

CERTIFIED NUTRITION SPECIALIST (CNS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which condition is associated with a deficiency of vitamin B12?**
 - A. Pernicious anemia
 - B. Scurvy
 - C. Rickets
 - D. Beriberi
- 2. Which calcium binding protein is associated with memory improvements in adults?**
 - A. Garum armoricum
 - B. Theanine
 - C. Lactium
 - D. Apoaquorin
- 3. What is the normal range of protein intake for an average adult?**
 - A. 0.8 g/kg
 - B. 1.0 g/kg
 - C. 1.5 g/kg
 - D. 1.2 g/kg
- 4. Which mineral is crucial for thyroid hormone synthesis?**
 - A. Iodine
 - B. Selenium
 - C. Zinc
 - D. Iron
- 5. What is the recommended limit of caffeine intake for pregnant women?**
 - A. 200 mg
 - B. 300 mg
 - C. 100 mg
 - D. No limit
- 6. Which of the following increases Diamine oxidase activity?**
 - A. Olive oil
 - B. Folate and calcium
 - C. Meat and alcohol
 - D. Wheat products

- 7. Which acid-base imbalance is typical in diabetic ketoacidosis?**
- A. Respiratory alkalosis
 - B. Respiratory acidosis
 - C. Metabolic acidosis
 - D. Metabolic alkalosis
- 8. Which of the following fat-soluble vitamins is important for eye health?**
- A. Vitamin A
 - B. Vitamin D
 - C. Vitamin E
 - D. Vitamin K
- 9. Which situation is NOT associated with a hypermetabolic response?**
- A. Burns
 - B. Sepsis
 - C. Stress
 - D. Starvation
- 10. Hot food should ideally be consumed within how many hours to ensure safety?**
- A. 1 hour
 - B. 2 hours
 - C. 3 hours
 - D. 4 hours

Answers

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1. A
2. D
3. A
4. A
5. A
6. C
7. C
8. A
9. D
10. B

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Explanations

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1. Which condition is associated with a deficiency of vitamin B12?

A. Pernicious anemia

B. Scurvy

C. Rickets

D. Beriberi

Pernicious anemia is specifically linked to a deficiency of vitamin B12. This condition arises when the body cannot absorb sufficient vitamin B12 from the gastrointestinal tract, often due to a lack of intrinsic factor, a protein necessary for the absorption of vitamin B12. As a result, the body is unable to produce adequate numbers of healthy red blood cells, leading to symptoms such as fatigue, weakness, and neurological issues. The other conditions listed do not relate to vitamin B12 deficiency. Scurvy is caused by a deficiency of vitamin C, which is critical for collagen synthesis and preventing bleeding. Rickets is associated with a lack of vitamin D, calcium, or phosphate, leading to softening and weakening of bones in children. Beriberi is a result of insufficient thiamine (vitamin B1), affecting the nervous and cardiovascular systems. These associations clarify why pernicious anemia is the correct answer regarding vitamin B12 deficiency.

2. Which calcium binding protein is associated with memory improvements in adults?

A. Garum armoricum

B. Theanine

C. Lactium

D. Apoaeguorin

Apoaeguorin is the calcium binding protein associated with memory improvements in adults. It has gained attention for its potential neuroprotective effects, particularly in enhancing cognitive function. Research suggests that apoaeguorin can help regulate calcium levels in neurons, which is crucial for maintaining cellular health and signaling. This regulation is particularly important in the context of memory and learning processes, as calcium plays a significant role in synaptic plasticity—the ability of synapses to strengthen or weaken over time, which is essential for forming memories. While other options may have their own benefits, such as garum armoricum, theanine, and lactium, they are not directly identified with memory enhancement through calcium binding. Garum armoricum is a fermented protein source, theanine is an amino acid commonly found in tea that can promote relaxation without sedation, and lactium is a hydrolyzed casein extract that is often marketed for its calming effects. None of these has the specific role in calcium binding in relation to cognitive functions that apoaeguorin has. Thus, apoaeguorin's unique function ties it directly to improvements in memory through its interaction with calcium within the nervous system.

3. What is the normal range of protein intake for an average adult?

- A. 0.8 g/kg**
- B. 1.0 g/kg
- C. 1.5 g/kg
- D. 1.2 g/kg

The normal range of protein intake for an average adult is indeed approximately 0.8 grams of protein per kilogram of body weight. This recommendation is based on the need to meet the basic needs of the body for maintenance, repair, and overall health. The 0.8 g/kg guideline is widely accepted by various health organizations, including the World Health Organization and the National Academy of Sciences, and is considered sufficient to prevent protein deficiency in sedentary adults. Higher protein intake recommendations, like those associated with options 1.0 g/kg, 1.2 g/kg, or 1.5 g/kg, may be targeted for specific populations, such as athletes or individuals seeking to increase muscle mass, but these amounts are not deemed necessary for the average adult who is generally active but does not engage in intense exercise or have increased protein needs due to health issues or lifestyle factors. Overall, 0.8 g/kg serves as a foundational guideline for dietary protein intake in an average adult's diet.

4. Which mineral is crucial for thyroid hormone synthesis?

- A. Iodine**
- B. Selenium
- C. Zinc
- D. Iron

Iodine is essential for the synthesis of thyroid hormones because it is a key component of both thyroxine (T4) and triiodothyronine (T3), the primary hormones produced by the thyroid gland. Without adequate iodine intake, the thyroid cannot produce sufficient amounts of these hormones, leading to conditions such as goiter and hypothyroidism. Iodine is absorbed from the diet and is readily taken up by the thyroid gland, where it combines with the amino acid tyrosine to form T3 and T4. This process is critical for regulating metabolism, growth, and development in the body. While selenium, zinc, and iron also play important roles in overall health and metabolic function, they do not have the same direct relationship with thyroid hormone synthesis as iodine does. Selenium, for instance, is involved in the conversion of T4 to the more active T3 form and is important for antioxidant enzyme function in the thyroid, but it cannot fulfill the role of iodine in hormone production. Zinc is vital for numerous enzymatic processes in the body and immune function, and iron is essential for oxygen transport in the blood, but neither is specifically required for the synthesis of thyroid hormones in the way that iodine is.

5. What is the recommended limit of caffeine intake for pregnant women?

- A. 200 mg**
- B. 300 mg
- C. 100 mg
- D. No limit

The recommended limit of caffeine intake for pregnant women is generally set at 200 mg per day. This guideline is based on research indicating that consuming caffeine in moderation can be safe during pregnancy, while higher intakes may be associated with potential risks, such as miscarriage or low birth weight. Health organizations like the American College of Obstetricians and Gynecologists (ACOG) endorse this limit, suggesting that pregnant women can have some caffeine without adverse effects. This amount considers various sources of caffeine, including coffee, tea, soft drinks, and chocolate, allowing for flexibility in dietary choices. By adhering to this guideline, pregnant women can enjoy their preferred beverages while minimizing any potential risks associated with excessive caffeine consumption.

6. Which of the following increases Diamine oxidase activity?

- A. Olive oil
- B. Folate and calcium
- C. Meat and alcohol**
- D. Wheat products

Diamine oxidase (DAO) is an enzyme primarily involved in the degradation of histamine, which plays a significant role in various physiological processes, especially related to digestive health. Research has shown that certain dietary components can influence the activity of DAO. Meat and alcohol have both been associated with increased DAO activity. The amino acids and nutrients found in meat contribute to the enzymatic processes in the body, including those involving histamine degradation. Additionally, alcohol can stimulate the production of certain enzymes, including DAO, although excessive alcohol can have detrimental effects. By incorporating meat into the diet, there is an increase in the availability of specific nutrients needed for the synthesis and activity of enzymes like DAO, thus effectively enhancing its activity. This makes the option involving meat and alcohol a relevant choice when considering factors that can increase diamine oxidase activity. In contrast, the other options consist of various dietary elements that do not have strong evidence supporting their role in increasing DAO activity. For example, olive oil, while generally beneficial for health, does not directly influence DAO. Folate and calcium are essential nutrients but are not specifically known for enhancing DAO activity. Lastly, most wheat products are associated with gluten, which may negatively impact individuals sensitive to gluten, potentially resulting in

7. Which acid-base imbalance is typical in diabetic ketoacidosis?

- A. Respiratory alkalosis
- B. Respiratory acidosis
- C. Metabolic acidosis**
- D. Metabolic alkalosis

Diabetic ketoacidosis (DKA) is characterized by the accumulation of ketone bodies in the bloodstream due to insufficient insulin, which leads to the breakdown of fat for energy. This process generates acetoacetic acid and beta-hydroxybutyric acid, both of which are acidic. The increase in these acids results in a decreased blood pH, indicating a state of acidosis. Metabolic acidosis is defined by a primary decrease in bicarbonate (HCO_3^-) levels and a compensatory response from the respiratory system to eliminate carbon dioxide (CO_2) in an effort to restore normal pH levels. In DKA, the body's attempt to counteract the acidosis is often ineffective due to the high levels of ketones produced, which further contributes to the acidic environment. In contrast, respiratory acidosis involves an increase in CO_2 due to impaired breathing, while respiratory alkalosis arises from the loss of CO_2 usually from hyperventilation. Metabolic alkalosis, on the other hand, results from excessive bicarbonate or loss of acid. These conditions do not align with the biochemical disturbances and clinical presentation observed in diabetic ketoacidosis. Therefore, metabolic acidosis is the typical acid-base imbalance observed in this condition.

8. Which of the following fat-soluble vitamins is important for eye health?

- A. Vitamin A**
- B. Vitamin D
- C. Vitamin E
- D. Vitamin K

Vitamin A is crucial for eye health due to its role in the formation of rhodopsin, a pigment found in the retina that is necessary for low-light and color vision. Additionally, Vitamin A contributes to maintaining a healthy cornea and prevents night blindness by supporting the overall functioning of the eyes. It is also involved in the maintenance of epithelial tissues, which includes the cells that line the eyes. While Vitamin D, Vitamin E, and Vitamin K have important functions in the body, they do not have the same direct impact on vision and eye health as Vitamin A. For instance, Vitamin D is primarily involved in bone health and immune function, Vitamin E serves as an antioxidant protecting cells from damage, and Vitamin K is important for blood clotting and bone metabolism. These functions, though significant, do not specifically target eye health in the way Vitamin A does.

9. Which situation is NOT associated with a hypermetabolic response?

- A. Burns
- B. Sepsis
- C. Stress
- D. Starvation**

A hypermetabolic response is characterized by an increase in metabolic rate, which often occurs in situations where the body experiences trauma, infection, or significant stress. In contrast, starvation represents a state where the body conserves energy due to a lack of food intake, resulting in a decrease in metabolic rate. During starvation, the body shifts to a catabolic state, breaking down fat stores for energy and preserving lean body mass as much as possible. In scenarios like burns, sepsis, and stress, the body often requires a greater energy output to heal or combat infection, leading to an elevated metabolic rate. For instance, in burns, the increased energy needs are due to the healing process and the thermogenic effect of the damaged tissue. Sepsis, an extreme systemic response to infection, can lead to significantly increased metabolism as the body fights to manage widespread inflammation and infections. Similarly, physical and emotional stressors can trigger the release of stress hormones, further stimulating metabolism. Therefore, the only scenario in which a hypermetabolic response is not typically observed is starvation, making this the correct choice.

10. Hot food should ideally be consumed within how many hours to ensure safety?

- A. 1 hour
- B. 2 hours**
- C. 3 hours
- D. 4 hours

Consuming hot food within two hours is crucial to prevent the growth of harmful bacteria that can cause foodborne illnesses. This time frame is based on food safety guidelines, which state that perishable foods should not be left out at room temperature for more than two hours. When food is kept above 140°F (60°C), it enters what is known as the "danger zone" when it drops below this temperature, which encourages the proliferation of bacteria. After two hours, the risk of foodborne pathogens multiplying significantly increases, potentially making the food unsafe to eat. Therefore, the recommendation to consume hot food within two hours aligns with safe food handling practices aimed at minimizing health risks. Options suggesting one hour or three to four hours do not align with the established food safety guidelines regarding the appropriate timeframe for consuming hot foods. Adhering to the two-hour rule helps ensure that food remains safe for consumption and reduces the likelihood of food-related illnesses.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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