

EAT RIGHT 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. In terms of dietary fats, which type is considered the healthiest?**
 - A. Saturated fats
 - B. Trans fats
 - C. Monounsaturated fats
 - D. Cholesterol
- 2. How can one achieve a state of energy balance?**
 - A. By increasing physical activity without changing diet
 - B. By reducing calorie intake without exercise
 - C. By matching calorie intake with calorie expenditure
 - D. By skipping meals regularly
- 3. What is the main benefit of consuming fruits and vegetables in a diet?**
 - A. They provide essential vitamins and minerals
 - B. They are high in calories
 - C. They are mainly water
 - D. They contain no nutrients
- 4. What is a whole grain?**
 - A. A grain that contains all parts of the seed
 - B. A grain that is processed to remove bran and germ
 - C. A grain that is high in sugar content
 - D. A grain that is used only in refined products
- 5. Which of the following is considered a healthy source of dietary fat?**
 - A. Trans fats
 - B. Saturated fats
 - C. Monounsaturated fats
 - D. Processed fats
- 6. What is the recommended daily intake of fruits and vegetables for adults?**
 - A. 3 servings
 - B. 5 servings
 - C. 7 servings
 - D. 10 servings

7. What is the main function of antioxidants in the diet?

- A. To boost metabolism
- B. To combat oxidative stress
- C. To provide energy
- D. To enhance digestion

8. How can meal prepping benefit nutritional intake?

- A. It encourages rapid weight loss
- B. It leads to unhealthy snacking
- C. It encourages healthy choices and portion control
- D. It limits food variety in meals

9. Which nutrient is particularly important for immune function?

- A. Sodium
- B. Zinc
- C. Saturated fat
- D. Cholesterol

10. What role does fiber play in a healthy diet?

- A. It helps in muscle building
- B. It aids in digestion and can help lower cholesterol
- C. It is mainly a source of calories
- D. It is not necessary in the diet

Answers

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

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Explanations

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1. In terms of dietary fats, which type is considered the healthiest?

- A. Saturated fats
- B. Trans fats
- C. Monounsaturated fats**
- D. Cholesterol

Monounsaturated fats are considered the healthiest type of dietary fat primarily because they have beneficial effects on heart health and overall well-being. These fats can help reduce bad cholesterol levels (LDL) in the blood, which is a major risk factor for heart disease, while simultaneously increasing good cholesterol levels (HDL). Common sources of monounsaturated fats include olive oil, avocados, and various nuts. In contrast, saturated fats, while they can be consumed in moderation, are typically linked to increased levels of LDL cholesterol when consumed excessively. Trans fats are largely recognized as harmful and are associated with an elevated risk of cardiovascular disease. Cholesterol, while a necessary substance for the body, is not a type of fat and is produced by the liver; dietary cholesterol has less of an impact on blood cholesterol levels than previously thought, but saturated and trans fats influence cholesterol levels more significantly. Thus, monounsaturated fats stand out as the healthiest option among dietary fats due to their positive impact on heart health and their potential to lower the risk of chronic diseases.

2. How can one achieve a state of energy balance?

- A. By increasing physical activity without changing diet
- B. By reducing calorie intake without exercise
- C. By matching calorie intake with calorie expenditure**
- D. By skipping meals regularly

Achieving a state of energy balance is essential for maintaining a healthy weight and overall well-being. Energy balance occurs when the number of calories consumed through food and beverages matches the number of calories the body expends through basic metabolic processes and physical activity. When calorie intake and expenditure are equal, the body is able to maintain its current weight, as neither excess energy is stored as fat nor energy deficits are created that would lead to weight loss. This balance is crucial for sustaining energy levels, ensuring proper metabolic function, and avoiding the potential health issues associated with either excessive weight gain or weight loss. Increasing physical activity without adjusting calorie intake or reducing calorie intake without incorporating exercise can both lead to imbalances that may not be sustainable long term. Additionally, regularly skipping meals is not a healthy strategy and can lead to fluctuations in energy levels and potential overeating later, complicating the energy balance equation. Therefore, the correct strategy involves matching calorie intake with calorie expenditure to achieve and maintain a state of energy balance.

3. What is the main benefit of consuming fruits and vegetables in a diet?

A. They provide essential vitamins and minerals

B. They are high in calories

C. They are mainly water

D. They contain no nutrients

Consuming fruits and vegetables offers numerous benefits, one of the key advantages being their high content of essential vitamins and minerals. These nutrients play a critical role in maintaining overall health, supporting various bodily functions, and preventing chronic diseases. For example, vitamins such as vitamin C and beta-carotene, commonly found in many fruits and vegetables, are important for immune function, skin health, and vision. Minerals like potassium, magnesium, and iron also contribute to maintaining healthy bodily systems, including cardiovascular, muscular, and skeletal health. Fruits and vegetables not only supply these essential nutrients but also provide dietary fiber, which aids in digestion and promotes a feeling of fullness, helping with weight management. Additionally, they are generally low in calories, making them an excellent choice for individuals looking to maintain or lose weight while ensuring they receive necessary nutrients. While it is true that fruits and vegetables have high water content, which assists in hydration, their primary benefit lies in their dense nutrient profile. The statement that they contain no nutrients is also inaccurate, as fruits and vegetables are well-known for their rich nutrient content. Therefore, the emphasis on their provision of essential vitamins and minerals firmly supports the assertion that they are fundamental components of a healthy diet.

4. What is a whole grain?

A. A grain that contains all parts of the seed

B. A grain that is processed to remove bran and germ

C. A grain that is high in sugar content

D. A grain that is used only in refined products

A whole grain is defined as a grain that contains all parts of the seed: the bran, germ, and endosperm. This composition means that whole grains maintain their nutritional benefits, including fiber, vitamins, and minerals, which are often lost during the refining process. Whole grains provide a range of health benefits, such as improved digestion and reduced risk of certain diseases. Understanding this definition is crucial for making dietary choices that promote overall health. The other options do not accurately describe whole grains. Some refer to refined grains, which have undergone processing that removes the bran and germ, stripping away many nutrients. Others incorrectly suggest that whole grains are characterized by high sugar content or that they are exclusively found in refined products. These misunderstandings can lead to confusion about what constitutes a healthy grain choice.

5. Which of the following is considered a healthy source of dietary fat?

- A. Trans fats
- B. Saturated fats
- C. Monounsaturated fats**
- D. Processed fats

Monounsaturated fats are recognized as a healthy source of dietary fat due to their beneficial effects on heart health and overall wellness. They can help reduce bad cholesterol levels (LDL) while increasing good cholesterol levels (HDL) in the body. This balance is crucial for maintaining cardiovascular health. Additionally, monounsaturated fats, found in foods like olive oil, avocados, and certain nuts, provide essential fatty acids that the body needs for various functions, including hormone production and cell membrane integrity. These fats are also associated with anti-inflammatory properties, making them a beneficial addition to a balanced diet. In contrast, trans fats and processed fats are linked to negative health outcomes, such as increased risk of heart disease, as they can raise bad cholesterol levels while lowering good cholesterol levels. Saturated fats, while they can be part of a healthy diet in moderation, are still recommended to be consumed in limited quantities compared to unsaturated fats due to their potential to raise cholesterol levels and contribute to heart disease when consumed in excess.

6. What is the recommended daily intake of fruits and vegetables for adults?

- A. 3 servings
- B. 5 servings**
- C. 7 servings
- D. 10 servings

The recommended daily intake of fruits and vegetables for adults is indeed 5 servings. This guideline is established by various health organizations, including the Dietary Guidelines for Americans, which emphasize the importance of incorporating a variety of fruits and vegetables into one's daily diet. Consuming at least 5 servings can help ensure that individuals obtain essential vitamins, minerals, fiber, and antioxidants, all of which contribute to overall health and can reduce the risk of chronic diseases such as heart disease, diabetes, and certain cancers. This recommendation encourages variety, meaning that individuals should aim to include different colors and types of fruits and vegetables to maximize nutrient intake. The benefits of adhering to this guideline include improved digestive health due to fiber content and enhanced immune function from the vitamins and phytonutrients found in plant foods. Other options, such as 3, 7, or 10 servings, while encouraging the consumption of fruits and vegetables, may not align with the most commonly cited guidelines for a balanced diet, which centers around 5 servings as a minimum target for optimal health outcomes.

7. What is the main function of antioxidants in the diet?

- A. To boost metabolism
- B. To combat oxidative stress**
- C. To provide energy
- D. To enhance digestion

The main function of antioxidants in the diet is to combat oxidative stress. Antioxidants are compounds that help protect the body from damage caused by free radicals, which are unstable molecules produced during normal metabolic processes or due to environmental factors such as pollution, radiation, and cigarette smoke. When free radicals accumulate, they can lead to oxidative stress, which has been associated with various chronic diseases, including heart disease, cancer, and neurodegenerative disorders. Antioxidants neutralize free radicals, thereby reducing oxidative damage and supporting overall health. Common dietary antioxidants include vitamins C and E, selenium, and various phytochemicals found in fruits and vegetables. By including a diet rich in antioxidants, individuals can help maintain cellular health and potentially lower their risk of developing certain health issues.

8. How can meal prepping benefit nutritional intake?

- A. It encourages rapid weight loss
- B. It leads to unhealthy snacking
- C. It encourages healthy choices and portion control**
- D. It limits food variety in meals

Meal prepping can significantly enhance nutritional intake by promoting healthy choices and encouraging portion control. When individuals take the time to prepare meals in advance, they are more likely to select nutrient-dense foods and plan balanced meals that include a variety of food groups—proteins, whole grains, healthy fats, and fruits and vegetables. This proactive approach helps in making informed decisions about what they eat, which can lead to overall improved dietary habits. By portioning out meals ahead of time, meal prepping also assists in controlling serving sizes, reducing the likelihood of overeating. This practice can foster a greater awareness of food intake, making it easier to adhere to nutritional guidelines and goals. Ultimately, meal prepping establishes a routine that prioritizes health, making it easier to maintain a balanced diet over time.

9. Which nutrient is particularly important for immune function?

- A. Sodium
- B. Zinc**
- C. Saturated fat
- D. Cholesterol

Zinc is a vital nutrient for immune function due to its crucial roles in various biological processes. It is essential for the development and activation of immune cells, including T-cells and B-cells, which are integral to the adaptive immune response. Zinc plays a role in maintaining the integrity of the skin and mucosal membranes, which serve as the body's first line of defense against pathogens. Additionally, it acts as a cofactor for numerous enzymes involved in DNA synthesis, cell division, and protein synthesis, all of which are necessary for a robust immune response. Adequate zinc levels have been linked to a reduction in the duration and severity of infections, illustrating its importance in enhancing the body's ability to fight off illness. This nutrient is often emphasized in discussions about immune health, particularly during cold and flu seasons, as well as in populations at risk for zinc deficiency, such as the elderly or those with certain dietary restrictions.

10. What role does fiber play in a healthy diet?

- A. It helps in muscle building
- B. It aids in digestion and can help lower cholesterol**
- C. It is mainly a source of calories
- D. It is not necessary in the diet

Fiber plays a crucial role in a healthy diet primarily due to its benefits for digestion and cholesterol management. It acts as a bulking agent in the digestive system, helping to promote regular bowel movements and prevent constipation. By adding bulk to stool, fiber facilitates its passage through the intestines and helps maintain a healthy gut. Additionally, fiber can aid in lowering cholesterol levels, particularly the low-density lipoprotein (LDL) cholesterol, often referred to as "bad" cholesterol. Soluble fiber, found in foods such as oats, beans, lentils, fruits, and vegetables, binds to cholesterol in the digestive system and can help reduce its absorption into the bloodstream. This leads to improved heart health and a reduced risk of cardiovascular disease. Unlike being primarily a source of calories or a non-essential part of the diet, fiber provides significant health benefits. It is neither a primary energy source nor unnecessary; rather, it is integral to maintaining overall health, digestive function, and cholesterol levels.

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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