eatrightPREP Registered Dietitian (RD) Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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

1. Dry food should be stored between:

A. -40°F to 60°F.

B. -32°F to 52°F.

C. -50°F to 70°F.

D. -65°F to 85°F.

2. Which of the following processing methods has been associated with cancer risk in animal studies?

A. Irradiation

B. Freeze-drying

C. Smoke curing

D. Pickling

3. Which of the following is an example of a positive correlation?

A. The amount of weight gained by pregnant women during the first trimester has been found to decrease as the number of episodes of nausea and vomiting increase.

B. The incidence of type 2 diabetes mellitus increases as central adiposity increases.

C. Consuming calories in excess of those needed results in generalized adiposity.

D. Blood pressure in certain genetic groups appears to decrease as the consumption of dietary sodium is reduced.

4. Which lunch menu reflects proper menu planning principles?

A. Steamed haddock, rice, roasted cauliflower, vanilla frozen yogurt with fresh pineapple

B. Baked pork chop, sautéed broccoli, rice pilaf, vanilla frozen yogurt with strawberries

C. Grilled chicken breast, mashed potatoes, steamed parsnips, lemon sorbet

D. Meatballs, tiny whole potatoes, brussels sprouts, fresh bing cherries

5. Which symptom should be the most concerning to a foodservice establishment and lead to excluding an employee from working?

A. Sore throat

B. Coughing

C. Nausea

D. Jaundice

6. To maintain quality and freshness of refrigerated produce, upon receiving these items, they should be placed directly into cold storage and held at a temperature between:

A. -55°F and 60°F.

B. -41°F and 48°F.

C. -34°F and 36°F

D. -30°F and 35°F

7. Which vitamin most enhances non-heme iron absorption when consumed with plant-based iron sources?

A. Vitamin A

B. Vitamin D

C. Vitamin C

D. Vitamin K

8. Which gastrointestinal hormone has the effect of increasing the consumption of food?

A. Cholecystokinin

B. Ghrelin

C. Enterostatin

D. Peripheral hormone peptide YY

9. What does the U in the FOCUS-PDCA performance improvement model represent?

A. Develop a team

B. Identify a process to improve

C. Recognize cause of a problem

D. Explain the current process

10. Using the bone-in ham example, what is the invoice cost to serve 85 pounds of cooked, sliced ham when AP is 18 pounds with 44% waste and a price of $1.83 per AP pound?

A. $155.55

B. $223.99

C. $277.78

D. $296.46

Answers

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

Explanations

1. Dry food should be stored between:

A. -40°F to 60°F.

B. -32°F to 52°F.

C. -50°F to 70°F.

D. -65°F to 85°F.

Dry foods stay shelf-stable when kept in a cool, dry place away from heat and moisture. The temperature window that covers both quick pantry storage and long-term freezing is from -50°F up to 70°F. Staying within this range helps prevent moisture migration, rancidity, and pest problems, since temperatures above 70°F accelerate spoilage and infestations, while extremely low temperatures are generally acceptable for freezing dry goods to extend shelf life. The other ranges either restrict the high end or don't include freezing, so they don't offer as safe or flexible a storage range for dry foods.

2. Which of the following processing methods has been associated with cancer risk in animal studies?

A. Irradiation

B. Freeze-drying

C. Smoke curing

D. Pickling

Exposure to smoke during processing introduces polycyclic aromatic hydrocarbons into foods. In animal studies, these compounds, such as benzo[a]pyrene, have been shown to cause tumors after ingestion by forming DNA adducts and triggering mutations that lead to cancer. This established carcinogenic effect in animal models makes smoke curing the processing method most consistently linked to cancer risk among the options. Other methods do not introduce the same carcinogenic compounds in the way smoking does; for example, freeze-drying mainly removes moisture and doesn't create those carcinogens, while irradiation and pickling involve different mechanisms with less clear, direct cancer evidence in this context.

3. Which of the following is an example of a positive correlation?

A. The amount of weight gained by pregnant women during the first trimester has been found to decrease as the number of episodes of nausea and vomiting increase.

B. The incidence of type 2 diabetes mellitus increases as central adiposity increases.

C. Consuming calories in excess of those needed results in generalized adiposity.

D. Blood pressure in certain genetic groups appears to decrease as the consumption of dietary sodium is reduced.

Positive correlation means two variables tend to move in the same direction: when one increases, the other also tends to increase (and when one decreases, the other tends to decrease). The example where central adiposity increases and the incidence of type 2 diabetes also increases is a clear, straightforward illustration of this: as fat around the midsection goes up, diabetes risk goes up across individuals, showing a consistent upward relationship. The other scenarios describe inverse movements or imply a cause-and-effect scenario rather than a simple association. For instance, weight gain during the first trimester decreases as nausea increases, which is an inverse relationship. Saying that calories in excess cause adiposity describes causation rather than a measured correlation between two variables. And the statement about blood pressure decreasing when sodium intake is reduced involves an intervention and outcome; while it often accompanies a positive directional link, the example is less about the natural association between two measured variables and more about the effect of a dietary change.

4. Which lunch menu reflects proper menu planning principles?

A. Steamed haddock, rice, roasted cauliflower, vanilla frozen yogurt with fresh pineapple

B. Baked pork chop, sautéed broccoli, rice pilaf, vanilla frozen yogurt with strawberries

C. Grilled chicken breast, mashed potatoes, steamed parsnips, lemon sorbet

D. Meatballs, tiny whole potatoes, brussels sprouts, fresh bing cherries

A balanced lunch provides all five major components—protein, vegetables, grains, fruit, and dairy—while favoring lean protein and moderate-fat, moderate-sugar choices. The menu with a baked pork chop, broccoli, rice pilaf, and vanilla frozen yogurt with strawberries fits best because it includes lean protein, a non-starchy vegetable, a grain, a fruit, and a dairy dessert. This combination supports satiety, calcium intake, fiber, and energy without relying on heavy fats or overly sweet desserts. The other options either miss one of these groups or rely on heavier preparations or desserts that don't align as well with nutrient balance.

5. Which symptom should be the most concerning to a foodservice establishment and lead to excluding an employee from working?

A. Sore throat

B. Coughing

C. Nausea

D. Jaundice

In foodservice, protecting customers from infectious illness is the top priority, so symptoms that signal a contagious infection must trigger exclusion from work. Jaundice points to a liver infection such as hepatitis A, which can be spread through food handling and has a clear potential to contaminate food or the food-preparation environment. Because of the high risk of transmitting illness, someone with jaundice should be excluded from working and require medical clearance before returning. By comparison, a sore throat, coughing, or nausea alone are less definitive indicators of contagious foodborne risk. They may reflect a minor illness or noninfectious causes, and policies often allow appropriate work with restrictions or after symptoms resolve, depending on severity and guidelines. The key idea is that jaundice is a strong, unambiguous red flag for contagious disease and food safety, making it the most concerning symptom for exclusion.

6. To maintain quality and freshness of refrigerated produce, upon receiving these items, they should be placed directly into cold storage and held at a temperature between:

A. -55°F and 60°F.

B. -41°F and 48°F.

C. -34°F and 36°F

D. -30°F and 35°F

Keeping refrigerated produce at a cold temperature as soon as it's received slows respiration, reduces moisture loss, preserves texture and color, and limits microbial growth. The best range is one that stays cold enough to preserve quality but not so cold that it causes freezing damage—roughly within the typical refrigeration zone of about 32–40°F. The option that ends at 36°F fits this window, providing a temperature that keeps produce fresh without crossing into warmer temperatures that hasten spoilage. The other ranges either stay too warm for optimal quality, or dip into freezing or extreme cold that could harm texture and color, or extend well above the safe refrigeration zone.

7. Which vitamin most enhances non-heme iron absorption when consumed with plant-based iron sources?

A. Vitamin A

B. Vitamin D

C. Vitamin C

D. Vitamin K

Non-heme iron from plants is absorbed more effectively when vitamin C is present because ascorbic acid reduces ferric iron (Fe3+) to ferrous iron (Fe2+) and forms a soluble iron-ascorbate complex. This keeps iron in a form that is readily taken up by enterocytes and helps overcome common plant-food inhibitors like phytates and polyphenols. So pairing iron-rich plant foods with vitamin C-rich foods—such as citrus, bell peppers, or strawberries—significantly boosts absorption. The other vitamins don't have this direct effect on gut absorption of non-heme iron: vitamin A helps mobilize iron from stores, vitamin D relates to calcium and bone health, and vitamin K is involved in blood clotting and bone metabolism, not enhancing non-heme iron uptake.

8. Which gastrointestinal hormone has the effect of increasing the consumption of food?

A. Cholecystokinin

B. Ghrelin

C. Enterostatin

D. Peripheral hormone peptide YY

Understanding how gut hormones regulate hunger shows why ghrelin stands out as the one that increases food intake. Ghrelin is produced in the stomach and acts on the brain to start meals. Its levels rise before eating and fall after, signaling hunger. It stimulates appetite by activating neurons in the hypothalamus that promote feeding, helping you feel hungry and seek out food. This hunger-promoting effect is the key reason ghrelin increases consumption. Other gut signals tend to promote fullness rather than hunger. Cholecystokinin, released when nutrients enter the small intestine, promotes satiety and slows gastric emptying. Peptide YY comes from the ileum and colon after a meal to reduce appetite. Enterostatin also tends to decrease fat intake. So ghrelin uniquely drives increased eating, while the others help you feel full.

9. What does the U in the FOCUS-PDCA performance improvement model represent?

A. Develop a team

B. Identify a process to improve

C. Recognize cause of a problem

D. Explain the current process

U stands for understanding the causes of the problem. This step emphasizes root-cause analysis before deciding what to improve. By digging into why a process isn't meeting goals—distinguishing underlying causes from mere symptoms—you can target the actual drivers of poor performance. That focused insight helps you choose the process to improve in a way that delivers real, lasting impact. Among the given options, the one that best fits this idea is recognizing the cause of a problem, since it captures identifying the underlying reasons rather than just describing the current process, assembling a team, or naming what to improve.

10. Using the bone-in ham example, what is the invoice cost to serve 85 pounds of cooked, sliced ham when AP is 18 pounds with 44% waste and a price of $1.83 per AP pound?

A. $155.55

B. $223.99

C. $277.78

D. $296.46

To compute the invoice cost, start by translating edible portion (EP) needs into as-purchased (AP) pounds, accounting for waste and unit size. Each bone-in ham provides 18 AP pounds, and 44% of that becomes waste, leaving 18 × (1 − 0.44) = 10.08 pounds of edible ham per ham. You need 85 pounds of cooked, sliced ham (EP). How many hams would that require? 85 ÷ 10.08 ≈ 8.43 hams. Since you must buy whole hams, round up to 9 hams. That means purchasing 9 × 18 = 162 AP pounds. With a price of $1.83 per AP pound, the invoice cost is 162 × 1.83 = $296.46. This is the amount billed for the required EP, given you buy whole hams. If you didn't round up to whole hams, you'd compute about 151.79 AP pounds costing roughly $277.77, but that wouldn't meet the 85 pounds EP requirement.

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:

https://eatrightpreprd.examzify.com

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