

# Evolve Nutrition Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. What caloric intake is recommended for infants, as seen in the formula calculations?**
  - A. 90 kcal/kg**
  - B. 108 kcal/kg**
  - C. 120 kcal/kg**
  - D. 150 kcal/kg**
- 2. Why is cholesterol important for the human body, according to a client worried about high cholesterol levels?**
  - A. Energy production**
  - B. Liver function**
  - C. Cellular membranes**
  - D. Blood clotting**
- 3. What is the function of zinc in the body?**
  - A. Supports muscle growth**
  - B. Supports immune function and assists in wound healing**
  - C. Boosts energy production**
  - D. Aids in calcium absorption**
- 4. Which breakfast cereal is preferred to help prevent constipation?**
  - A. Oatmeal**
  - B. Shredded wheat**
  - C. Rice cereal**
  - D. Cornflakes**
- 5. What labeling keyword often signifies lower sodium options in products?**
  - A. Cholesterol-free**
  - B. Reduced sodium**
  - C. Low fat**
  - D. No preservatives**

**6. What is the rank of malignant tumors of the colon and rectum among the most common causes of cancer in women?**

- A. Second**
- B. Third**
- C. Fourth**
- D. First**

**7. What dairy option is highlighted for a client on a low-fat, high-protein diet?**

- A. Whole milk**
- B. Buttermilk**
- C. Skim milk**
- D. Low-fat yogurt**

**8. For a client expressing a dislike for sweet potatoes while managing diabetes, what is a suitable dietary substitute?**

- A. White bread**
- B. Brown rice**
- C. Fruit juice**
- D. Pasta**

**9. What food option has the least calorie content among commonly ordered fast foods for active young adults?**

- A. A garden salad**
- B. One slice of French toast**
- C. Six chicken tenders**
- D. French fries**

**10. What is the recommended daily sodium intake for most adults according to dietary guidelines?**

- A. Less than 1500 mg**
- B. Less than 2000 mg**
- C. Less than 2300 mg**
- D. Less than 3000 mg**

## **Answers**

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

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## **Explanations**

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**1. What caloric intake is recommended for infants, as seen in the formula calculations?**

- A. 90 kcal/kg**
- B. 108 kcal/kg**
- C. 120 kcal/kg**
- D. 150 kcal/kg**

The recommended caloric intake for infants is generally around 108 kcal/kg of body weight per day. This figure is grounded in research indicating that this caloric level supports adequate growth and development during the rapid growth phase of infancy, which occurs in the first year of life. During this period, infants experience a significant increase in weight and length, necessitating a higher caloric intake relative to their body weight when compared to older children and adults. This caloric requirement ensures that infants receive enough energy from their diet to support not only day-to-day metabolic demands but also the growth needs essential for healthy development. The requirement takes into consideration the unique physiologic needs of infants, including their developing organs and tissues. Other caloric levels suggested are typically either based on varying recommendations or specific clinical situations. They may not account for the average needs across the broader population of healthy infants. Therefore, 108 kcal/kg strikes a balance between adequate nutrition and practical application for most infants.

**2. Why is cholesterol important for the human body, according to a client worried about high cholesterol levels?**

- A. Energy production**
- B. Liver function**
- C. Cellular membranes**
- D. Blood clotting**

Cholesterol plays a crucial role in maintaining the structure and function of cellular membranes. It provides fluidity and stability to the membranes, which is essential for the proper functioning of cells. Cholesterol is a key component of the lipid bilayer that makes up cell membranes, helping to regulate what enters and leaves the cell. It also facilitates the clustering of proteins within the membrane, which is important for various cellular processes, including signaling and communication. Understanding the significance of cholesterol in cellular membranes can help address concerns about high cholesterol levels. While it's important to maintain healthy cholesterol levels, it's equally vital to recognize that some cholesterol is necessary for the body to function effectively. This information can provide reassurance to clients worried about their cholesterol, highlighting that it is not solely a substance to be avoided, but one that plays essential roles in sustaining life.

### 3. What is the function of zinc in the body?

- A. Supports muscle growth
- B. Supports immune function and assists in wound healing**
- C. Boosts energy production
- D. Aids in calcium absorption

Zinc plays a crucial role in various physiological functions within the body, particularly in supporting immune function and aiding in wound healing. It is essential for the development and functioning of immune cells, such as T lymphocytes and phagocytes, which help defend the body against pathogens and infections. Additionally, zinc is involved in the synthesis of proteins and nucleic acids, processes that are vital for tissue repair and healing wounds. This mineral acts as a cofactor for numerous enzymes and is integral to maintaining the structural integrity of the immune system. While zinc does have an indirect role in muscle growth due to its involvement in protein synthesis, its primary functions align more closely with immune support and healing processes. It is not a direct booster of energy production, nor does it specifically aid in calcium absorption in the same manner as other nutrients, such as vitamin D. Thus, the selection of the function related to immune support and wound healing is the most accurate representation of zinc's vital roles in the body.

### 4. Which breakfast cereal is preferred to help prevent constipation?

- A. Oatmeal
- B. Shredded wheat**
- C. Rice cereal
- D. Cornflakes

Shredded wheat is the preferred choice to help prevent constipation due to its high fiber content. Dietary fiber is crucial for promoting regular bowel movements and maintaining digestive health. Shredded wheat is particularly rich in insoluble fiber, which adds bulk to the stool and helps it pass more easily through the intestines. This bulk formation is essential for preventing constipation. In comparison, oatmeal does contain soluble fiber, which can be beneficial for digestion, but it is not as high in insoluble fiber as shredded wheat. Rice cereal is often low in fiber and may not be effective in preventing constipation. Cornflakes, while they provide some fiber, typically do not match the fiber concentration found in shredded wheat. Therefore, individuals looking to enhance their fiber intake for better bowel health should consider shredded wheat as a superior option.

**5. What labeling keyword often signifies lower sodium options in products?**

- A. Cholesterol-free**
- B. Reduced sodium**
- C. Low fat**
- D. No preservatives**

The keyword "reduced sodium" is significant in nutrition labeling as it indicates that a product contains less sodium compared to a standard reference product, usually the same or similar product without the reduction. When a product is labeled as "reduced sodium," it must contain at least 25% less sodium than the standard version, making it a suitable option for individuals who are monitoring their sodium intake for health reasons, such as high blood pressure or heart disease. Other terms like "cholesterol-free," "low fat," and "no preservatives" refer to different aspects of nutrition and do not specifically indicate lower sodium content. "Cholesterol-free" indicates no cholesterol, "low fat" pertains to fat content rather than sodium, and "no preservatives" suggests the absence of artificial or synthetic additives, which doesn't directly relate to sodium levels. Therefore, "reduced sodium" is the correct choice for highlighting lower sodium options.

**6. What is the rank of malignant tumors of the colon and rectum among the most common causes of cancer in women?**

- A. Second**
- B. Third**
- C. Fourth**
- D. First**

Malignant tumors of the colon and rectum are indeed ranked as the third most common cause of cancer in women. This classification is based on cancer statistics that consistently indicate the prevalence of colorectal cancer among women, reflecting its significant impact compared to other types of cancer. Colorectal cancer includes both colon and rectal cancer and is a critical health concern due to its high incidence and potential for mortality. While breast cancer is the most common form of cancer in women, and lung cancer follows as the second leading cause, colorectal cancer retains a strong position as the third, highlighting the importance of screening and preventive measures. This ranking underlines the need for awareness and education regarding risk factors and symptoms associated with colorectal cancer. Public health initiatives often focus on promoting screening among women, especially those over the age of 50 or with other risk factors, to detect and treat the disease early. Understanding these statistics can help healthcare professionals emphasize timely screenings and enhance patient education on maintaining colorectal health.

**7. What dairy option is highlighted for a client on a low-fat, high-protein diet?**

- A. Whole milk**
- B. Buttermilk**
- C. Skim milk**
- D. Low-fat yogurt**

Skim milk is a prominent dairy option for individuals on a low-fat, high-protein diet because it offers the benefits of low fat content while still providing a good source of protein. Skim milk contains only a small fraction of the fat found in whole or reduced-fat milk, making it suitable for those looking to reduce their overall fat intake. Additionally, it retains most of the protein content, helping individuals meet their protein needs without the added calories from fat. This balance makes skim milk an ideal choice for someone adhering to a dietary plan focused on low fat and high protein. In contrast, other options either contain higher fat content or may not be as rich in protein relative to their calorie count, making them less appropriate for the specified dietary goals.

**8. For a client expressing a dislike for sweet potatoes while managing diabetes, what is a suitable dietary substitute?**

- A. White bread**
- B. Brown rice**
- C. Fruit juice**
- D. Pasta**

In the context of managing diabetes and considering a client who dislikes sweet potatoes, white bread is not a suitable dietary substitute. Instead, foods with a lower glycemic index and a higher fiber content tend to be better alternatives for blood sugar management. Brown rice serves as a more appropriate substitute, as it has a lower glycemic index compared to white bread and offers additional nutritional benefits, including fiber and essential nutrients. This can help in maintaining stable blood sugar levels. Fruit juice, while natural, can often contain high amounts of sugar and lead to spikes in blood glucose, making it a less suitable option for someone with diabetes. Pasta, especially white pasta, also tends to have a higher glycemic index and may not align with the dietary needs of someone managing diabetes. Choosing brown rice or other whole grains can provide a satisfying and healthy option that aligns with the dietary needs of clients managing diabetes.

**9. What food option has the least calorie content among commonly ordered fast foods for active young adults?**

- A. A garden salad**
- B. One slice of French toast**
- C. Six chicken tenders**
- D. French fries**

A garden salad generally has the least calorie content among commonly ordered fast foods for active young adults. Salads, especially those that consist mainly of leafy greens and vegetables, can be quite low in calories, particularly when they do not contain high-calorie dressings, cheeses, or toppings. For active young adults, maintaining a balanced diet while managing calorie intake is often essential for both energy levels and overall health. A garden salad typically provides essential vitamins, minerals, and fiber without adding a significant number of calories, making it an excellent choice. In contrast, the other options such as French toast, chicken tenders, and French fries are usually higher in calories due to their ingredients and cooking methods. French toast is often made with bread and eggs, and can be topped with syrup, which significantly increases its calorie count. Chicken tenders, breaded and fried, also contribute a considerable number of calories from both the protein and the frying process. Similarly, French fries are typically high in calories due to the combination of the potatoes and the oil they are cooked in. Therefore, the garden salad stands out as the most health-conscious choice in terms of calorie content among these fast-food options.

**10. What is the recommended daily sodium intake for most adults according to dietary guidelines?**

- A. Less than 1500 mg**
- B. Less than 2000 mg**
- C. Less than 2300 mg**
- D. Less than 3000 mg**

The recommended daily sodium intake for most adults is less than 2300 mg according to dietary guidelines. This guideline is established to help reduce the risk of hypertension and related cardiovascular diseases. Limiting sodium intake can be beneficial for maintaining healthy blood pressure levels, as excessive sodium consumption is linked to increased blood pressure. Most health organizations, including the American Heart Association, suggest that the general population should aim for decreasing their sodium intake to this level, as it is a simple yet effective measure for improving overall cardiovascular health. By adhering to this recommendation, individuals can minimize the risk of developing health complications associated with high sodium consumption, such as stroke and heart disease. While lower targets exist for specific populations, such as those with existing hypertension, 2300 mg serves as the standard upper limit for adults without such conditions. This threshold helps to promote healthier dietary habits while encouraging awareness about the sodium content present in various foods, particularly processed and restaurant foods, which often contain higher levels of sodium.

# 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](mailto:hello@examzify.com).**

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

**<https://evolvenutrition.examzify.com>**

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

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