

EVOLVE NUTRITION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 does total parenteral nutrition (TPN) provide for a client who is NPO due to acute pancreatitis?**
 - A. Increased fat intake
 - B. Total liquid diet
 - C. Nutritional needs without causing discomfort
 - D. Essential vitamins only
- 2. What is the primary reason for the introduction of mashed or pureed fruits to an infant's diet by 6 months of age?**
 - A. To provide fiber
 - B. To enhance iron absorption
 - C. To introduce sweetness
 - D. To replace formula
- 3. What is an appropriate food choice for a 10-year-old child with cystic fibrosis?**
 - A. Ham and cheese sandwich
 - B. Steamed vegetables
 - C. Popcorn
 - D. Pizza
- 4. What is the role of antioxidants in nutrition?**
 - A. Increase protein synthesis
 - B. Provide energy for cellular functions
 - C. Protect cells from oxidative damage
 - D. Regulate blood sugar levels
- 5. What nutrient primarily needs to be limited in a sodium-restricted diet for a client with Ménière disease?**
 - A. Protein
 - B. Carbohydrates
 - C. Sodium
 - D. Fat

- 6. What is the primary purpose of the Schilling test in a client suspected of having pernicious anemia?**
- A. Determine the client's ability to absorb vitamin B12
 - B. Measure liver function
 - C. Assess red blood cell count
 - D. Evaluate dietary iron levels
- 7. Which food is typically high in omega-3 fatty acids?**
- A. Chicken
 - B. Beef
 - C. Salmon
 - D. Rice
- 8. Which nursing intervention is appropriate for a young woman with anorexia nervosa using behavior modification?**
- A. Allowing her to leave therapy sessions
 - B. Encouraging group meals
 - C. Restricting her to her room until she gains weight
 - D. Offering dessert as a reward for gains
- 9. Which foods contain gluten that the mother of a child diagnosed with celiac disease should be aware of?**
- A. Wheat, oatmeal, cream of wheat
 - B. Rice, corn, and quinoa
 - C. Beans, lentils, and chickpeas
 - D. Almonds and coconut
- 10. Which of the following should not be included in dietary advice for pregnant women?**
- A. Soft-scrambled eggs
 - B. Cooked shrimp
 - C. Pasteurized cheese
 - D. Cooked meats

Answers

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

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Explanations

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1. What does total parenteral nutrition (TPN) provide for a client who is NPO due to acute pancreatitis?

- A. Increased fat intake
- B. Total liquid diet
- C. Nutritional needs without causing discomfort**
- D. Essential vitamins only

Total parenteral nutrition (TPN) is a medical nutrition therapy administered intravenously to provide complete nutrition to individuals who cannot eat or absorb food through the gastrointestinal tract. In cases like acute pancreatitis, where a patient is NPO (nil per os or nothing by mouth), TPN becomes essential for maintaining nutritional status without triggering further gastrointestinal distress. The choice indicating that TPN provides nutritional needs without causing discomfort is accurate because TPN delivers macronutrients (proteins, fats, and carbohydrates) and micronutrients (vitamins and minerals) directly into the bloodstream. This bypasses the gastrointestinal system entirely, which is crucial for someone with acute pancreatitis who may be experiencing pain or discomfort with oral intake or other forms of enteral nutrition. By avoiding irritation to the pancreas and allowing it to rest, TPN enables the body to receive necessary calories and nutrients paradoxically without causing discomfort. In contrast, while TPN does provide fat and other nutrients, it is not simply an increased fat intake, nor is it a total liquid diet since it is entirely intravenous and not related to conventional oral or liquid intake. It also goes beyond merely supplying essential vitamins, as TPN is designed to meet the full spectrum of nutritional needs comprehensively. Overall, T

2. What is the primary reason for the introduction of mashed or pureed fruits to an infant's diet by 6 months of age?

- A. To provide fiber
- B. To enhance iron absorption**
- C. To introduce sweetness
- D. To replace formula

Introducing mashed or pureed fruits to an infant's diet by 6 months of age primarily serves to enhance iron absorption. At this stage, infants begin to transition from a solely liquid diet primarily consisting of formula or breast milk to solid foods. Fruits are rich in vitamin C, which plays a critical role in increasing the absorption of non-heme iron from plant-based foods. This is particularly important since infants have higher iron requirements as they grow, especially after the age of 6 months when iron stores from birth begin to decline. Incorporating fruits not only helps in meeting their nutritional needs but also supports the overall introduction of diverse flavors and textures, promoting healthy eating habits as they develop. While fiber, sweetness, and the potential to replace formula are valid considerations, they do not address the primary concern of enhancing iron absorption in growing infants.

3. What is an appropriate food choice for a 10-year-old child with cystic fibrosis?

- A. Ham and cheese sandwich
- B. Steamed vegetables
- C. Popcorn
- D. Pizza

For a 10-year-old child with cystic fibrosis, the focus is on providing a diet that meets higher caloric and nutritional needs due to the increased energy expenditure and malabsorption issues associated with the condition. A ham and cheese sandwich is a suitable food choice because it contains proteins and fats, which are essential for growth and maintaining weight in children with cystic fibrosis. The protein from the ham and cheese can help support muscle mass, and the carbohydrates from the bread provide necessary energy. Additionally, a sandwich can be easily adjusted to include additional sources of calories or nutrients, such as adding extra cheese or avocado. Other options may not provide the same level of necessary nutrients or calories. For instance, steamed vegetables, while healthy and providing vitamins, may not supply enough calories or fat. Popcorn, on the other hand, is a low-nutrition snack that does not contribute significantly to the caloric needs of a child with cystic fibrosis. Pizza could be considered in some instances due to its potential for high-calorie content; however, it can also be laden with unhealthy fats and sodium, which may not always be appropriate or balanced. Thus, the ham and cheese sandwich aligns better with the dietary needs of a child managing cystic

4. What is the role of antioxidants in nutrition?

- A. Increase protein synthesis
- B. Provide energy for cellular functions
- C. Protect cells from oxidative damage
- D. Regulate blood sugar levels

Antioxidants play a crucial role in nutrition by protecting cells from oxidative damage. They are compounds that can neutralize free radicals—unstable molecules that can cause harm to cells, proteins, and DNA when their levels become too high. This oxidative stress is linked to various chronic diseases, including cancer, cardiovascular diseases, and neurodegenerative disorders. By combating the effects of oxidative stress, antioxidants help maintain cellular integrity and overall health. Cellular damage from free radicals can accelerate the aging process and contribute to many diseases. Thus, a diet rich in antioxidants, found in fruits, vegetables, nuts, and whole grains, can be beneficial in maintaining health and preventing disease. This protective role is why antioxidants are often emphasized in discussions about nutrition and health.

5. What nutrient primarily needs to be limited in a sodium-restricted diet for a client with Ménière disease?

- A. Protein
- B. Carbohydrates
- C. Sodium**
- D. Fat

In a sodium-restricted diet, especially for individuals with Ménière disease, the primary nutrient that needs to be limited is sodium. Ménière disease is a condition that affects the inner ear and can lead to symptoms like vertigo, tinnitus, and hearing loss. One of the contributing factors to the progression of this disease is fluid retention. High sodium intake can exacerbate fluid retention, leading to increased pressure in the inner ear, which can worsen the symptoms of the condition. Therefore, restricting sodium can help manage fluid levels and alleviate some of the symptoms associated with Ménière disease, making it essential for dietary modification in affected individuals. While protein, carbohydrates, and fat are important components of a balanced diet, they do not have the same direct impact on fluid retention and inner ear pressure as sodium does in the context of Ménière disease. Hence, sodium is the nutrient that is specifically emphasized for limitation in this dietary approach.

6. What is the primary purpose of the Schilling test in a client suspected of having pernicious anemia?

- A. Determine the client's ability to absorb vitamin B12**
- B. Measure liver function
- C. Assess red blood cell count
- D. Evaluate dietary iron levels

The primary purpose of the Schilling test is to determine the client's ability to absorb vitamin B12, which is crucial in diagnosing pernicious anemia. This condition arises when the body cannot absorb vitamin B12 due to a lack of intrinsic factor, a protein necessary for vitamin B12 absorption in the intestines. During the Schilling test, a patient is given a small amount of radioactive vitamin B12 orally. The amount of vitamin B12 that is absorbed into the bloodstream is measured through urine samples over the following day. If a low amount of vitamin B12 is expelled in the urine, it may suggest that the client has impaired absorption due to pernicious anemia or another cause. This targeted assessment helps differentiate between various causes of vitamin B12 deficiency, ultimately guiding appropriate treatment and management strategies for those affected by this condition.

7. Which food is typically high in omega-3 fatty acids?

- A. Chicken
- B. Beef
- C. Salmon**
- D. Rice

Salmon is recognized for its high levels of omega-3 fatty acids, which are essential fats that play a critical role in heart health, brain function, and reducing inflammation. These fatty acids, particularly EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), are predominantly found in fatty fish, making salmon a prime source. It is often recommended in dietary guidelines for those looking to boost their intake of healthy fats. The other food options do not provide comparable amounts of omega-3 fatty acids. Chicken and beef mainly contain saturated fats and are low in omega-3 content, while rice is a carbohydrate source with negligible amounts of these beneficial fats. Therefore, when seeking foods high in omega-3s, salmon stands out as an excellent choice, making it the correct answer.

8. Which nursing intervention is appropriate for a young woman with anorexia nervosa using behavior modification?

- A. Allowing her to leave therapy sessions
- B. Encouraging group meals
- C. Restricting her to her room until she gains weight**
- D. Offering dessert as a reward for gains

In the context of behavior modification for a young woman with anorexia nervosa, the approach should focus on promoting healthy eating behaviors and encouraging weight gain in a supportive environment. An essential aspect of treatment is using positive reinforcement techniques that motivate the patient to engage in desired behaviors. The correct intervention involves utilizing a reward system to reinforce positive behavior. By offering dessert as a reward for weight gains, the approach encourages the young woman to consume more food and balances psychological challenges while promoting nutritional habits. This method aligns with behavioral therapy principles, reinforcing acceptable eating patterns and encouraging her to recognize the enjoyment and benefits of food. On the other hand, allowing her to leave therapy sessions or restricting her to her room may lead to a withdrawal from necessary therapeutic engagement or exacerbate feelings of isolation and resistance to treatment. Encouraging group meals can be beneficial in fostering a communal eating experience, but it may not specifically target behavior modification strategies in the same direct way as the use of rewards. Each of these alternative options does not adequately address the principles of positive reinforcement critical to successful behavior modification in treating anorexia nervosa.

9. Which foods contain gluten that the mother of a child diagnosed with celiac disease should be aware of?

- A. Wheat, oatmeal, cream of wheat**
- B. Rice, corn, and quinoa
- C. Beans, lentils, and chickpeas
- D. Almonds and coconut

The correct answer highlights foods that contain gluten, which is a protein found in specific grains that individuals with celiac disease must avoid. Wheat is the most notable source of gluten, and it forms the basis of many products, including bread, pasta, and many baked goods. Oatmeal can also be problematic because it is often processed in facilities that handle wheat, leading to cross-contamination, even though oats themselves are gluten-free in their pure form. Cream of wheat, which is made from semolina derived from wheat, directly contains gluten as well. Understanding this is essential for managing celiac disease, as consuming gluten can trigger harmful immune responses in affected individuals, leading to serious health consequences. Recognizing the importance of avoiding these specific grains helps ensure that a child with celiac disease maintains a safe and healthy diet. Other options listed include grains and foods that are naturally gluten-free, which do not pose a risk to someone with celiac disease.

10. Which of the following should not be included in dietary advice for pregnant women?

- A. Soft-scrambled eggs**
- B. Cooked shrimp
- C. Pasteurized cheese
- D. Cooked meats

Soft-scrambled eggs are generally considered safe for pregnant women as long as they are prepared with thoroughly cooked eggs. The concern during pregnancy is primarily with undercooked or raw eggs, which can pose a risk of foodborne illness, specifically from Salmonella. When eggs are cooked until firm, they eliminate this risk, making them a safe and nutritious option for pregnant women. In contrast, the other options listed—cooked shrimp, pasteurized cheese, and cooked meats—are also safe choices when properly prepared, but they have specific dietary considerations that are well-known to pregnant women. For example, shrimp should be fully cooked to avoid the risks associated with seafood consumption, while pasteurized cheeses are safe as they minimize the risk of Listeria. Similarly, cooked meats pose minimal risk if they are prepared and cooked properly. Overall, soft-scrambled eggs can be a healthy part of a balanced diet during pregnancy, provided they are made with fully cooked eggs, supporting the idea that they should not be excluded from dietary advice.

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://evolvenutrition.examzify.com>

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

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