

Introduction to Dietetics Nutrition (NHM 195) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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	15

SAMPLE

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

SAMPLE

- 1. Which of the following is a Member Interest Group?**
 - A. GMIG**
 - B. NOBIDAN**
 - C. AAPI**
 - D. COGA**

- 2. Which step involves sitting for and passing a national registration exam?**
 - A. Complete a bachelor's degree**
 - B. Complete a supervised experiential learning program**
 - C. Gain licensure in your state**
 - D. Sit and pass a national registration exam**

- 3. Which publication is published by the Academy?**
 - A. Journal of the Academy of Nutrition and Dietetics**
 - B. Food and Nutrition Magazine**
 - C. Nutrition Care Manual**
 - D. Daily News**

- 4. The combining form trache/o refers to which structure?**
 - A. Trachea**
 - B. Bronchus**
 - C. Esophagus**
 - D. Larynx**

- 5. The abbreviation Dx stands for which medical term?**
 - A. Dysfunction**
 - B. Dose**
 - C. Dilation**
 - D. Diagnosis**

- 6. The combining form glyc/o means which of the following?**
 - A. Water**
 - B. Sugar**
 - C. Protein**
 - D. Fat**

- 7. In what year was the dietitian recognized and the Academy formed?**
- A. 1917**
 - B. 1901**
 - C. 1925**
 - D. 1940**
- 8. Which step notes completing a Masters Degree before the national registration exam?**
- A. Completing Masters Degree before national registration exam (1/1/2024)**
 - B. Gaining licensure in your state**
 - C. Pass the national registration exam**
 - D. Complete a supervised experiential learning program**
- 9. The abbreviation Bx stands for which medical procedure?**
- A. Biopsy**
 - B. Blood test**
 - C. Bacteria**
 - D. Biomarker**
- 10. The prefix my- means which of the following in this material?**
- A. Heart**
 - B. Muscle**
 - C. Blood**
 - D. Close**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following is a Member Interest Group?

- A. GMIG
- B. NOBIDAN
- C. AAPI**
- D. COGA

Member Interest Groups are smaller groups within a professional nutrition organization formed around shared identity, culture, or practice focus to connect members, share resources, and advocate for issues important to that group. AAPI stands for Asian American and Pacific Islander, and in many dietetics organizations there is a Member Interest Group by that name that brings together members who identify with or work with AAPI communities to address culturally competent care, research, and advocacy. This alignment with a specific demographic focus is what makes it a clear example of a Member Interest Group. The other acronyms don't clearly correspond to recognized Member Interest Groups within the field, so they don't fit as well.

2. Which step involves sitting for and passing a national registration exam?

- A. Complete a bachelor's degree
- B. Complete a supervised experiential learning program
- C. Gain licensure in your state
- D. Sit and pass a national registration exam**

Sitting for and passing the national registration exam is the step that grants national credentialing. After completing the required degree and the supervised experiential learning program, you become eligible to take the exam administered by the national body. Passing this exam earns you the registered dietitian credential, which is what validates your ability to practice at the national level. Completing a bachelor's degree and finishing the supervised practice are prerequisites that prepare you for the exam, but they don't by themselves confer registration. Gaining licensure in a state is a separate, state-specific requirement that usually follows national registration, not replaces it.

3. Which publication is published by the Academy?

- A. Journal of the Academy of Nutrition and Dietetics**
- B. Food and Nutrition Magazine
- C. Nutrition Care Manual
- D. Daily News

The key idea is identifying the Academy's official scholarly publication. The Journal of the Academy of Nutrition and Dietetics is the Academy's official peer-reviewed journal, published by the organization itself. It features original research, systematic reviews, and expert commentary that informs professional practice in nutrition and dietetics. This makes it the primary formal publication associated with the Academy. The other titles have different roles: a consumer-oriented magazine, an online nutrition-care resource, and a news publication. While valuable, they do not serve as the Academy's main scholarly journal, so the best fit for the publication published by the Academy is the Journal of the Academy of Nutrition and Dietetics.

4. The combining form trache/o refers to which structure?

- A. Trachea**
- B. Bronchus**
- C. Esophagus**
- D. Larynx**

The combining form trache/o designates the trachea, the windpipe that carries air from the larynx down to the lungs in the lower airway. It sits below the larynx and above the bronchi, and it can divide into the main bronchi as it enters each lung. The other structures are named with different roots: bronch/o for the bronchus, esophag/o for the esophagus, and laryng/o for the larynx.

5. The abbreviation Dx stands for which medical term?

- A. Dysfunction**
- B. Dose**
- C. Dilation**
- D. Diagnosis**

This item tests understanding of common medical shorthand in patient records. Dx is used to indicate the diagnosis—the specific disease or condition that has been identified after evaluating the patient. So, Dx stands for diagnosis, the conclusion of the diagnostic process based on history, examination, and tests. It's the label placed on the patient's condition, e.g., Dx: hypertension, to show what the clinician has determined. This is distinct from terms like dysfunction, dose, or dilation, which would be written or abbreviated differently.

6. The combining form glyc/o means which of the following?

- A. Water**
- B. Sugar**
- C. Protein**
- D. Fat**

Glyc/o refers to sugar. It comes from a word root meaning sweetness or sugar, and it shows up in terms like glycemia (sugar in the blood), glycosuria (sugar in the urine), glycogen (a stored form of glucose), and glycoprotein (protein with sugar groups). That makes sugar the best fit for the meaning of glyc/o. If we were talking about water, we'd use hydr/o or aqu-, for a protein we'd use prote/o, and for fat we'd use lip/o or adip/o.

7. In what year was the dietitian recognized and the Academy formed?

- A. 1917**
- B. 1901**
- C. 1925**
- D. 1940**

The year the dietetics profession gained formal recognition and the Academy was formed is 1917. During World War I, a group of dietitians organized to promote nutrition, standardize training, and support food management in public health and military settings, establishing the American Dietetic Association in 1917. This event marks the creation of the organized profession and the precursor to today's Academy of Nutrition and Dietetics. The other years are simply later milestones and do not reflect the founding date.

8. Which step notes completing a Masters Degree before the national registration exam?

- A. Completing Masters Degree before national registration exam (1/1/2024)**
- B. Gaining licensure in your state**
- C. Pass the national registration exam**
- D. Complete a supervised experiential learning program**

The important point is that eligibility to sit for the national registration exam is determined by meeting educational prerequisites, specifically completing a master's degree before attempting the exam. Starting in 2024, ACEND requires entering students to have earned a master's degree to be eligible for the RD exam. So, finishing the master's before you can register for or take the exam is the step that ensures you meet the credentialing rule. Licensure in a state comes after earning the RD credential, and passing the exam is the outcome after meeting both the degree and supervised practice requirements. The supervised experiential learning is the practical component you complete to be eligible for the exam, but the explicit prerequisite noted here is the master's degree before taking the exam.

9. The abbreviation Bx stands for which medical procedure?

- A. Biopsy**
- B. Blood test**
- C. Bacteria**
- D. Biomarker**

Bx is a tissue sampling procedure known as a biopsy. In medical notes and pathology, this shorthand is used to indicate that a piece of tissue has been removed for microscopic examination to diagnose conditions like cancer, inflammation, or infection. A blood test involves analyzing blood, not taking tissue, so that isn't what Bx stands for. Bacteria are microorganisms, not a procedure. A biomarker is a measurable indicator used in testing or research, not the act of removing tissue.

10. The prefix my- means which of the following in this material?

- A. Heart**
- B. Muscle**
- C. Blood**
- D. Close**

In this material, prefixes are a way to signal how a term relates to other ideas, and my- is defined to mean close or near. So when you see a term built with this prefix, it's telling you something about proximity rather than naming a body part or system. That's why close is the best fit among the options—the prefix is guiding you to interpret the concept as near or adjacent. The other options point to distinct anatomical ideas (heart, muscle, blood) which would be indicated by different prefixes in standard usage, not by this material's interpretation of my-.

SAMPLE

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://nhm195.examzify.com>

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

SAMPLE