

INTRODUCTION TO DIETETICS NUTRITION (NHM 195) PRACTICE TEST (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. Which pairing correctly matches the combining form with its meaning?**
 - A. Gluc/o – glucose
 - B. Dermat/o – bone
 - C. Lys/o – destruction
 - D. Opt/o – ear

- 2. The combining form albumin/o means which of the following?**
 - A. Protein
 - B. Carbohydrate
 - C. Fat
 - D. Nucleic acid

- 3. Which prefix means through?**
 - A. against
 - B. through
 - C. skin
 - D. life

- 4. ESRD stands for?**
 - A. End-stage respiratory disease
 - B. Early-stage renal disease
 - C. End-stage renal disease
 - D. Erythrocyte systemic disease

- 5. The combining form cyst/o denotes which structure?**
 - A. Bladder
 - B. Stomach
 - C. Lung
 - D. Heart

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

7. 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

8. The abbreviation Bx stands for which medical procedure?

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

9. The combining form hydr/o denotes which substance?

- A. Oxygen
- B. Mineral
- C. Glucose
- D. Water

10. What does ENT stand for?

- A. Ear, nose, and throat surgeon
- B. Ear, nose, and throat specialist
- C. Ear, throat, and nose specialist
- D. Eye, nose, and throat specialist

Answers

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

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Explanations

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1. Which pairing correctly matches the combining form with its meaning?

- A. Gluc/o – glucose
- B. Dermat/o – bone
- C. Lys/o – destruction
- D. Opt/o – ear

Lys/o indicates destruction or breakdown. This combining form comes from the idea of lysis, meaning to loosen or dissolve, so it's used in terms that describe destruction or breakdown of cells, tissue, or substances (for example, lysis or lysosome). That makes it the best match for destruction among the options. The other roots point to different body parts or concepts: gluc/o denotes sugar (and is related to glucose as a sugar in the body); dermat/o refers to the skin; oste/o refers to bone; opt/o relates to vision or the eye, not the ear.

2. The combining form albumin/o means which of the following?

- A. Protein
- B. Carbohydrate
- C. Fat
- D. Nucleic acid

In medical terminology, a combining form indicates the type of substance involved. albumin/o designates albumin, which is a protein. The body's plasma contains albumin, a key protein that helps maintain blood volume and fluid balance. So this combining form specifically means protein, not carbohydrate, fat, or nucleic acid. You can remember it by comparing with glyc/o for carbohydrates, lip/o for fats, and nucle/o for nucleic acids.

3. Which prefix means through?

- A. against
- B. through
- C. skin
- D. life

Understanding prefixes and their meanings helps you see how they shape a word. When a prefix means through, it signals passage or movement from one side to the other, as in trans- used in words like transport or transparent. The option that states the meaning as "through" directly reflects that idea, making it the best fit. The other options point to different prefix meanings: against maps to anti-, skin maps to dermat- (or cut-), and life maps to bio- (or viv-). Recognizing these connections lets you match meanings to the correct prefix quickly.

4. ESRD stands for?

- A. End-stage respiratory disease
- B. Early-stage renal disease
- C. End-stage renal disease
- D. Erythrocyte systemic disease

End-stage Renal Disease is the final phase of chronic kidney disease where kidney function is severely limited and typically cannot sustain life without dialysis or a transplant. This stage is usually marked by a very low glomerular filtration rate (GFR), accumulation of waste products, and electrolyte imbalances, which explains why nutrition care focuses on adjustments like protein guidance (often depending on dialysis status), phosphorus and potassium control, and fluid management. The other options don't fit because they point to the lungs (end-stage respiratory disease), describe an earlier stage of kidney disease (early-stage renal disease), or use a nonstandard term (erythrocyte systemic disease).

5. The combining form cyst/o denotes which structure?

- A. Bladder
- B. Stomach
- C. Lung
- D. Heart

The combining form cyst/o refers to the bladder, the organ that stores urine. It comes from the Greek kystis meaning bladder or sac. In medical terms you'll see cyst/o in words like cystitis (inflammation of the bladder), cystoscope (an instrument to examine the bladder), and cystectomy (removal of the bladder). This is distinct from other body parts: gastr/o is stomach, pneumon/o or pulmon/o is lung, and cardi/o is heart. So when you see cyst/o, think bladder.

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. 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.

8. 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.

9. The combining form hydr/o denotes which substance?

A. Oxygen

B. Mineral

C. Glucose

D. Water

Hydr/o denotes water. In medical terms, combining forms link a root to a suffix or another element, and hydr/o is used whenever the word relates to water. That's why hydration means giving or retaining water, while dehydration means loss of water. Other substances use different roots (oxygen with oxy- or ox-, glucose with gluc- or glyco-, minerals with mineral-), so hydr/o is specifically about water.

10. What does ENT stand for?

- A. Ear, nose, and throat surgeon
- B. Ear, nose, and throat specialist**
- C. Ear, throat, and nose specialist
- D. Eye, nose, and throat specialist

ENT stands for Ear, Nose, and Throat. In medical practice, this term refers to a specialist who focuses on disorders of those regions. While many ENT professionals perform surgeries, the title itself emphasizes expertise in these areas rather than a specific surgical role. The eye is not part of this specialty, and the standard phrasing uses ear, nose, and throat, which is why that option is the correct one.

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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!

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