

JEAN INMAN REGISTERED DIETITIAN (RD) DOMAIN 2 PRACTICE EXAM (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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	16

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 dietary concern can arise from long-term parenteral nutrition?**
 - A. Over-nutrition
 - B. Deficiencies in micronutrients
 - C. Excessive fiber intake
 - D. Increased gut motility

- 2. Compared to whole milk, breast milk is typically characterized by what nutritional composition?**
 - A. Higher in protein and lower in fat
 - B. Lower in protein, higher in carbohydrates and fat
 - C. Equivalent in protein and fat
 - D. Higher in sugar and lower in protein

- 3. On what basis is the allowance for Food Stamps determined?**
 - A. Federal poverty guidelines
 - B. The USDA Thrifty Food Program
 - C. The number of household members
 - D. Current market prices of food

- 4. What is the best way to increase attendance at a nutritional seminar for dentists?**
 - A. Promote on social media
 - B. Have it sponsored by a dental organization
 - C. Send email invitations
 - D. Offer free snacks

- 5. How many calories are contained in 1.5L of a 25% dextrose solution?**
 - A. 850
 - B. 1275
 - C. 1000
 - D. 1500

- 6. Which of the following conditions may lead to anemia?**
- A. Hypertension
 - B. Renal failure
 - C. Diabetes Mellitus
 - D. Heart disease
- 7. The essential amino acid tryptophan is most closely associated with the synthesis of which vitamin?**
- A. Vitamin C
 - B. Niacin
 - C. Vitamin B12
 - D. Folate
- 8. After a gastrectomy, the diet order should indicate a decrease in which type of nutrient?**
- A. Carbohydrates
 - B. Proteins
 - C. Disaccharides
 - D. Saturated fats
- 9. An athlete requires 4000 kcals. If cornflakes provide 25% of the RDA for carbohydrates per serving, how many servings are needed for the athlete to meet this requirement?**
- A. 1
 - B. 2
 - C. 3
 - D. 4
- 10. When should iron preparations ideally be taken?**
- A. On an empty stomach
 - B. With meals
 - C. Before bedtime
 - D. With a glass of milk

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which dietary concern can arise from long-term parenteral nutrition?

- A. Over-nutrition
- B. Deficiencies in micronutrients**
- C. Excessive fiber intake
- D. Increased gut motility

Long-term parenteral nutrition can lead to deficiencies in micronutrients due to a few key factors. Parenteral nutrition, which involves delivering nutrients directly into the bloodstream, bypasses the gastrointestinal tract. While it can effectively supply macronutrients like carbohydrates, proteins, and fats, managing and balancing micronutrient (vitamins and minerals) needs can be more challenging. When individuals rely on parenteral nutrition for extended periods, there is a risk that not all essential micronutrients are adequately provided, especially if there are issues with the formulation or adjustment of the nutrient mixture. This is exacerbated when patients are unable to receive oral or enteral nutrition, and the specific requirements for individual vitamins and trace minerals may not be met, leading to potential deficiencies. Other choices present alternative concerns, such as over-nutrition which is related to excessive caloric intake, excessive fiber intake which is not a concern in parenteral nutrition where fiber is often absent, and increased gut motility which does not apply since the gut is not being stimulated in parenteral nutrition situations. Thus, while those options address potential issues associated with diet, they do not accurately reflect the specific concern about micronutrient deficiencies that is most relevant to long-term parenteral

2. Compared to whole milk, breast milk is typically characterized by what nutritional composition?

- A. Higher in protein and lower in fat
- B. Lower in protein, higher in carbohydrates and fat**
- C. Equivalent in protein and fat
- D. Higher in sugar and lower in protein

Breast milk is known for its unique nutritional composition, which is particularly well-suited for infants. Compared to whole milk, breast milk contains lower levels of protein. This lower protein content is beneficial for infants, as it helps prevent overload on their immature kidneys. Additionally, breast milk has higher concentrations of fat, which are essential for brain development and energy supply in growing infants. Moreover, breast milk contains higher amounts of carbohydrates, particularly lactose, which is the primary sugar found in it. This carbohydrate is important for providing energy and promoting the growth of beneficial gut bacteria. The balance of nutrients in breast milk is specifically designed to meet the nutritional needs of infants in their early months of life, making it superior to whole milk in this regard. The composition also supports optimal growth and development, which is why breast milk is recommended as the primary source of nutrition for infants.

3. On what basis is the allowance for Food Stamps determined?

- A. Federal poverty guidelines
- B. The USDA Thrifty Food Program**
- C. The number of household members
- D. Current market prices of food

The allowance for Food Stamps, now more commonly known as the Supplemental Nutrition Assistance Program (SNAP), is determined primarily based on the USDA Thrifty Food Program. This program provides a guideline for the minimum amount needed to provide a nutritious diet to families while adhering to a low-cost food plan. It reflects the cost of food required to meet nutritional standards and can vary based on household size and other factors. The USDA estimates the cost of a standard diet that a family can prepare at home and uses this data to help establish the benefit levels for SNAP. This means that the amount a household may receive through SNAP benefits is calculated in a way that is related to the Thrifty Food Plan, making it a central factor in determining those allowances. While other options such as federal poverty guidelines, household size, and market prices do play roles in the broader context of program eligibility and benefit calculations, they are not the primary basis for determining the actual benefit amounts under SNAP. Thus, the key reference for the allowance calculation is the USDA Thrifty Food Program, which serves as the foundation of the nutritional and budgetary guidelines for food assistance.

4. What is the best way to increase attendance at a nutritional seminar for dentists?

- A. Promote on social media
- B. Have it sponsored by a dental organization**
- C. Send email invitations
- D. Offer free snacks

Having the seminar sponsored by a dental organization is a highly effective strategy for increasing attendance. This approach leverages the authority and credibility of an established organization within the dental field, making the event more appealing to potential attendees. Dentists are more likely to participate when they see the endorsement of a reputable organization that they trust and respect. Sponsorship often includes marketing support and outreach through the organization's established networks, which can significantly boost visibility and interest in the seminar among its members. It also suggests a level of quality and relevance in the content of the seminar that attendees may find appealing. In contrast, promoting on social media, sending email invitations, and offering free snacks are certainly valuable tactics, but they may not carry the same weight of influence or draw as the endorsement and reach provided by a dental organization. These methods can enhance attendance but may not be as effective in creating a compelling reason for participation when compared to the strong association and trust that comes with organizational sponsorship.

5. How many calories are contained in 1.5L of a 25% dextrose solution?

- A. 850
- B. 1275**
- C. 1000
- D. 1500

To determine the number of calories in 1.5L of a 25% dextrose solution, you first need to know the concentration of dextrose in the solution. A 25% dextrose solution means that there are 25 grams of dextrose in every 100 mL of the solution. 1. Calculate the total amount of dextrose in 1.5L (or 1500 mL): - Since the solution has 25 grams of dextrose per 100 mL, we can find the total grams of dextrose in 1500 mL by using a ratio:
$$\text{Total grams of dextrose} = \left(\frac{25 \text{ g}}{100 \text{ mL}} \right) \times 1500 \text{ mL} = 375 \text{ g}$$
 2. Next, convert the grams of dextrose into calories. Dextrose provides approximately 4 calories per gram:
$$\text{Total calories} = 375 \text{ g} \times 4 \text{ calories/g} = 1500 \text{ cal}$$

6. Which of the following conditions may lead to anemia?

- A. Hypertension
- B. Renal failure**
- C. Diabetes Mellitus
- D. Heart disease

Renal failure is associated with anemia due to the kidneys' role in erythropoiesis, the production of red blood cells. In a healthy individual, the kidneys produce erythropoietin, a hormone that stimulates the bone marrow to produce red blood cells. However, in the condition of renal failure, there is a decreased production of erythropoietin, which can lead to a reduction in red blood cell production and ultimately result in anemia. This type of anemia is often referred to as renal anemia and is commonly seen in patients with chronic kidney disease. Other conditions listed, such as hypertension, diabetes mellitus, and heart disease, do not directly contribute to the development of anemia in the same manner. While these conditions can have complications and contribute to general health issues, they do not primarily affect the body's ability to produce red blood cells like renal failure does. Thus, the link between renal failure and anemia is direct and biologically significant.

7. The essential amino acid tryptophan is most closely associated with the synthesis of which vitamin?

- A. Vitamin C
- B. Niacin**
- C. Vitamin B12
- D. Folate

Tryptophan is an essential amino acid that plays a significant role in the synthesis of niacin, also known as vitamin B3. The human body can convert tryptophan into niacin, particularly when dietary intake of niacin is insufficient. This conversion process is crucial, as niacin is involved in numerous metabolic processes, including energy production and DNA repair. The relationship between tryptophan and niacin highlights the body's ability to utilize amino acids not only for protein synthesis but also for the production of essential nutrients. This conversion requires several cofactors, including vitamin B6, which aids in the transformation of tryptophan into niacin. In contrast, the other vitamins listed—vitamin C, vitamin B12, and folate—do not share this direct metabolic pathway with tryptophan. Vitamin C is primarily involved in antioxidant functions and collagen synthesis, vitamin B12 is crucial for red blood cell formation and neurological function, and folate plays an essential role in DNA synthesis and repair. None of these processes involve tryptophan as a direct precursor in their synthesis.

8. After a gastrectomy, the diet order should indicate a decrease in which type of nutrient?

- A. Carbohydrates
- B. Proteins
- C. Disaccharides**
- D. Saturated fats

After a gastrectomy, there is a significant change in the way the body processes food due to the removal of a portion or all of the stomach. This process can influence how nutrients are absorbed and metabolized. Disaccharides, which are a type of carbohydrate made up of two sugar molecules, can be particularly problematic after this type of surgery. The stomach plays a vital role in the initial digestion of carbohydrates. With a reduced stomach size or absence of the stomach, the body may have a harder time breaking down disaccharides, potentially leading to malabsorption issues. This is particularly important considering that the normal digestion that occurs in the stomach may be impaired, increasing the risk of food intolerances and gastrointestinal distress when consuming these types of sugars. Therefore, a decrease in disaccharides in the diet post-gastrectomy can help to minimize discomfort, prevent diarrhea, and improve overall nutrient absorption in the altered gastrointestinal environment. Adjustments to the diet in this context can enhance tolerance and support better nutritional outcomes.

9. An athlete requires 4000 kcals. If cornflakes provide 25% of the RDA for carbohydrates per serving, how many servings are needed for the athlete to meet this requirement?

- A. 1
- B. 2**
- C. 3
- D. 4

To determine how many servings of cornflakes an athlete needs to meet their carbohydrate requirement based on the provided caloric intake, it's important to first understand the composition of carbohydrates in cornflakes and their contribution to the total caloric needs. The average carbohydrate requirement for an athlete can be calculated using the general recommendation that 45-65% of total daily calories should come from carbohydrates. For an athlete requiring 4000 kcals, this translates to approximately 1800 to 2600 kcals dedicated to carbohydrates. Given that carbohydrates provide 4 kcal per gram, this means the athlete needs about 450 to 650 grams of carbohydrates daily. If each serving of cornflakes provides 25% of the Recommended Dietary Allowance (RDA) for carbohydrates, that RDA generally suggests about 130 grams for an average sedentary adult. Therefore, 25% of that amount from cornflakes would provide roughly 32.5 grams of carbohydrates per serving (which is $130 \text{ grams} \times 0.25$). To find out how many servings are necessary for the athlete to meet their carbohydrate needs, we take the higher end of the carbohydrate requirement for athletes, which is around 650 grams. By dividing that requirement by the amount provided per serving

10. When should iron preparations ideally be taken?

- A. On an empty stomach
- B. With meals**
- C. Before bedtime
- D. With a glass of milk

The most effective way to absorb iron preparations is when they are taken on an empty stomach. This means that the absorption of iron can be hampered when it is consumed with meals or other food sources, as certain dietary components can inhibit the uptake of iron. However, it is also important to consider that taking iron supplements on an empty stomach can cause gastrointestinal discomfort, which leads many people to take them with food. Taking iron with meals may enhance comfort for individuals who experience side effects from iron supplements, yet it can also diminish iron absorption due to the presence of various dietary factors such as phytates in grains, calcium in dairy products, and tannins in tea or coffee. Therefore, while taking iron with meals might be a common recommendation to reduce discomfort, ideally, iron should be consumed on an empty stomach to maximize its effectiveness, particularly if side effects are manageable.

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://jeaninmanrddomain2.examzify.com>

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

SAMPLE