

JEAN INMAN REGISTERED DIETITIAN (RD) DOMAIN 2 PRACTICE EXAM (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. The best way to justify continuing a wellness program would be to demonstrate that the participants:**
 - A. Increased their physical activity
 - B. Reduced their health risk scores
 - C. Had better attendance rates
 - D. Shared their experiences
- 2. Which anthropometric measurements are particularly useful in assessing adults?**
 - A. Tricep skinfold, head circumference, arm muscle circumference
 - B. Head circumference, arm muscle circumference, height, weight
 - C. Serum albumin, tricep skinfold
 - D. Tricep skinfold, arm muscle circumference, height, weight
- 3. What is a symptom commonly associated with nephrosis?**
 - A. Dehydration
 - B. Albuminuria
 - C. Hypotension
 - D. Hyperalbuminemia
- 4. 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
- 5. When should the discharge planning for a hospitalized patient begin?**
 - A. On the day of discharge
 - B. After 7 days of hospitalization
 - C. On the first day of admission
 - D. When a patient has stabilized

- 6. What is the weight classification for a low birth weight infant?**
- A. Less than 3000 grams
 - B. Less than 2000 grams
 - C. Less than 2500 grams
 - D. Less than 1500 grams
- 7. Who has the greatest water, protein, and calorie needs per unit of body weight?**
- A. A 1-month-old infant
 - B. A 6-month-old infant
 - C. A toddler
 - D. An adolescent
- 8. Anasarca is extreme generalized edema and swelling of the skin associated with which condition?**
- A. Heart, liver, or renal failure
 - B. Pulmonary disease
 - C. Severe dehydration
 - D. Acute infection
- 9. In hepatic disease, what is the most often recommended fat intake?**
- A. 25 - 40% of calories
 - B. 10 - 20% of calories
 - C. 40 - 50% of calories
 - D. 15 - 30% of calories
- 10. How is the hemoglobin A1c test useful for evaluating diabetes management?**
- A. It measures daily glucose levels
 - B. It reflects average blood sugar over a long period
 - C. It indicates insulin resistance
 - D. It assesses dietary adherence

Answers

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

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Explanations

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1. The best way to justify continuing a wellness program would be to demonstrate that the participants:

- A. Increased their physical activity
- B. Reduced their health risk scores**
- C. Had better attendance rates
- D. Shared their experiences

To justify the continuation of a wellness program effectively, demonstrating that participants have reduced their health risk scores is particularly compelling. This metric directly correlates with the primary goals of wellness programs, which often aim to improve participants' health outcomes. Reduced health risk scores indicate that the program is having a tangible impact on the participants' overall health. It suggests that individuals are making meaningful lifestyle changes that lead to lower risks for chronic diseases, such as obesity, diabetes, cardiovascular diseases, and other health-related issues. These improvements can be quantified through assessments and screenings, providing concrete data to support the program's effectiveness. While increased physical activity is important and contributes to overall wellness, it is more of a means to an end—strengthening the participants' health but not necessarily demonstrating measurable health improvements. Similarly, attendance rates and sharing experiences, while valuable for engagement and community building, do not always correlate with better health outcomes. Therefore, focusing on health risk scores provides the most significant evidence for the program's success, making it the strongest basis for justifying its continuation.

2. Which anthropometric measurements are particularly useful in assessing adults?

- A. Tricep skinfold, head circumference, arm muscle circumference
- B. Head circumference, arm muscle circumference, height, weight
- C. Serum albumin, tricep skinfold
- D. Tricep skinfold, arm muscle circumference, height, weight**

The tricep skinfold measurement, arm muscle circumference, height, and weight are all integral components in the assessment of adult nutritional status. The tricep skinfold measurement is significant as it provides insights into subcutaneous fat, which can indicate body fat levels and overall nutritional status. It helps in evaluating fat stores, which is essential in understanding energy reserves in the body. Arm muscle circumference is also crucial as it reflects the muscle mass and can be an indicator of protein status and overall muscle health. It is especially relevant in adults where loss of muscle mass can signify malnutrition or health issues. Height and weight are fundamental measurements in assessing growth patterns, body composition, and the calculation of Body Mass Index (BMI), which helps in categorizing individuals into various weight status categories. This can further guide health interventions. Together, these measurements provide a comprehensive view of an adult's body composition, allowing healthcare professionals to assess nutritional status accurately and tailor interventions accordingly.

3. What is a symptom commonly associated with nephrosis?

- A. Dehydration
- B. Albuminuria**
- C. Hypotension
- D. Hyperalbuminemia

Albuminuria is a symptom commonly associated with nephrosis, which is a kidney disorder characterized by excessive protein loss in the urine. In the context of nephrosis, the kidneys become damaged and allow proteins, particularly albumin, to leak from the bloodstream into the urine. This loss of albumin leads to a significant decrease in the protein levels in the blood, which can result in various complications. The presence of albumin in the urine is a hallmark sign of nephrotic syndrome, which encompasses nephrosis. It serves as a key indicator for clinicians when diagnosing and monitoring the condition. The severity of albuminuria can often correlate with the extent of kidney damage, making it a critical symptom to assess. In contrast, dehydration, hypotension, and hyperalbuminemia are not directly tied to nephrosis. Dehydration can occur for various reasons but is not specific to nephrotic conditions. Hypotension may also occur due to numerous factors but does not represent the characteristic symptoms of nephrosis. Hyperalbuminemia, which refers to elevated levels of albumin in the blood, is generally contradictory to the protein loss seen in nephrosis and would not typically occur in this condition, where albumin levels in the blood tend to be low.

4. 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.

5. When should the discharge planning for a hospitalized patient begin?

- A. On the day of discharge
- B. After 7 days of hospitalization
- C. On the first day of admission**
- D. When a patient has stabilized

Discharge planning for a hospitalized patient should begin on the first day of admission. This proactive approach ensures that the patient's needs are identified early in their hospital stay, allowing for a comprehensive plan to be developed that addresses their post-discharge care requirements. Beginning discharge planning upon admission facilitates timely communication among the healthcare team, the patient, and their family. It allows for better coordination of services, identification of potential barriers to discharge, and the establishment of appropriate follow-up care. Early planning also helps to ensure that patients are educated about their health conditions, medications, and any follow-up actions they need to take, which can significantly enhance their recovery outcomes and reduce the risk of readmission. Options like starting discharge planning on the day of discharge, after a specific number of days, or only when a patient has stabilized can lead to rushed preparations and increased anxiety for patients and families. These approaches may overlook critical elements needed for a smooth transition from hospital to home. In contrast, initiating discharge planning at the start of an admission promotes a thorough, well-organized approach to transitioning the patient back to their home or other care settings.

6. What is the weight classification for a low birth weight infant?

- A. Less than 3000 grams
- B. Less than 2000 grams
- C. Less than 2500 grams**
- D. Less than 1500 grams

A low birth weight infant is classified as one who weighs less than 2500 grams (approximately 5 pounds, 8 ounces) at birth. This classification is significant because low birth weight can be indicative of various health issues and risks, including prematurity, intrauterine growth restriction, and potential long-term developmental challenges. It is a critical measure used in pediatric health assessments and has implications for the care and monitoring of infants in medical settings. The other weight classifications, which are set at different thresholds, are not accurate for defining low birth weight. For instance, infants weighing less than 2000 grams are categorized as very low birth weight and those under 1500 grams as extremely low birth weight. While these distinctions are important in the medical context, they do not pertain to the standard definition of low birth weight, which remains established at under 2500 grams.

7. Who has the greatest water, protein, and calorie needs per unit of body weight?

- A. A 1-month-old infant
- B. A 6-month-old infant**
- C. A toddler
- D. An adolescent

The 6-month-old infant has the greatest water, protein, and calorie needs per unit of body weight. During the early stages of life, particularly within the first year, infants experience rapid growth and development. This period demands a significant amount of nutrients, as their bodies are growing and developing vital organs and systems. Water needs are particularly high in infants due to their larger surface area relative to their body weight, which can lead to greater fluid loss. Additionally, protein is essential for the growth of muscle and tissue, and infants require a higher protein intake relative to their body weight compared to older children and adolescents. Their caloric needs are also elevated as they require energy not only for growth but also for basic metabolic functions. While a 1-month-old infant also has high needs, the 6-month-old infant typically requires even more due to increased growth rates and possibly the introduction of complementary foods, which can further raise their calorie, protein, and nutrient intake needs. In contrast, toddlers and adolescents, while they certainly require adequate nutrition for growth and development, have lower nutrient needs per unit of body weight compared to infants. Thus, the need for water, protein, and calories is most pronounced in the 6-month-old infant.

8. Anasarca is extreme generalized edema and swelling of the skin associated with which condition?

- A. Heart, liver, or renal failure**
- B. Pulmonary disease
- C. Severe dehydration
- D. Acute infection

Anasarca refers to a profound level of general edema, where there is significant swelling throughout the body, particularly noticeable in the skin and subcutaneous tissues. This condition typically results from an imbalance in the body's fluid regulation mechanisms, with the accumulation of excess fluid in the interstitial spaces. The most common causes of anasarca include heart failure, liver failure, and renal failure. In heart failure, the heart's reduced ability to pump blood can lead to fluid retention and buildup. Liver failure can disrupt the production of proteins like albumin, which are crucial for maintaining oncotic pressure; this leads to fluid leaking out of the blood vessels into surrounding tissues. Renal failure can also contribute by impairing the body's ability to regulate salt and water balance, leading to excessive retention of fluids and subsequent edema. While pulmonary disease, severe dehydration, and acute infections can lead to fluid imbalances or localized swelling, they are not typically associated with the generalized and severe edema characteristic of anasarca. Pulmonary disease may cause localized edema in the lungs, dehydration would typically result in reduced fluid volume rather than excess, and infections may cause localized inflammation and swelling, but do not lead to the systemic fluid retention observed in anasarca.

9. In hepatic disease, what is the most often recommended fat intake?

- A. 25 - 40% of calories**
- B. 10 - 20% of calories
- C. 40 - 50% of calories
- D. 15 - 30% of calories

In the context of hepatic disease, fat intake recommendations aim to manage the overall disease process while ensuring adequate nutrition. Typically, a fat intake of 25 - 40% of total calories is often suggested for individuals with liver conditions. This range helps to provide essential fatty acids and supports energy needs without overburdening the liver, particularly given the liver's important role in lipid metabolism. This guideline takes into account the need to avoid excessive fat which can worsen the disease or lead to complications, while still allowing enough fat to support overall health and nutrient absorption. This is significant in hepatic disease management, as insufficient fat can lead to deficiencies in fat-soluble vitamins and essential fatty acids. Lower fat recommendations, such as 10 - 20% or 15 - 30%, may not provide adequate energy or essential nutrients required for recovery and maintaining metabolic functions. On the other hand, a higher fat intake of 40 - 50% could potentially exacerbate liver issues, particularly in conditions like fatty liver disease, where lipid metabolism is already impaired. Therefore, the recommendation of 25 - 40% of calories from fat strikes an appropriate balance to support individuals with hepatic disease effectively.

10. How is the hemoglobin A1c test useful for evaluating diabetes management?

- A. It measures daily glucose levels
- B. It reflects average blood sugar over a long period**
- C. It indicates insulin resistance
- D. It assesses dietary adherence

The hemoglobin A1c test is particularly useful for evaluating diabetes management because it reflects average blood sugar levels over a period of time, typically the past two to three months. This measurement is achieved by assessing the percentage of hemoglobin that is glycated, which occurs when glucose in the blood attaches to hemoglobin, the protein in red blood cells that carries oxygen. This long-term snapshot of blood glucose control provides valuable insights for healthcare providers and patients regarding how well diabetes is being managed. It is a critical tool in understanding trends in blood sugar levels, which can inform treatment adjustments and dietary recommendations. In contrast to daily glucose measurements, which can fluctuate significantly due to various factors such as meals, exercise, and stress, the A1c test provides a broader view of glycemic control, making it an essential component of diabetes care. Other choices, like measuring daily glucose levels, indicating insulin resistance, or assessing dietary adherence, do not encapsulate the long-term nature of the A1c test and its purpose in chronic disease management.

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!

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