

MEDICAL NUTRITION THERAPY FOR VARIOUS DISEASE STATES PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

<https://mntforvariiiousdisease.examzify.com>



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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 is the recommended protein intake per kilogram for Stage 3 and 4 ulcers?**
 - A. 0.8-1.0 g/kg
 - B. 1.0-1.2 g/kg
 - C. 1.5-2 g/kg
 - D. 2.0-2.5 g/kg

- 2. What is the vitamin C supplementation recommendation for Stage 3 or 4 ulcers?**
 - A. 100-200 mg
 - B. 500-1000 mg
 - C. 5-10 g
 - D. 50-100 mg

- 3. For NAFLD, what is the recommended weight loss target to reduce liver fat and inflammation?**
 - A. 5-10% weight loss
 - B. 20-30% weight loss
 - C. 0% weight loss
 - D. 15-25% weight loss

- 4. Name two evidence-based dietary patterns proven effective for weight management and cardiovascular risk reduction.**
 - A. High-protein diet; ketogenic diet
 - B. Low-sodium diet; vegan diet
 - C. Western diet; Atkins diet
 - D. Mediterranean diet; DASH diet

- 5. For macrocytic anemia, what is the recommended approach?**
 - A. Increase iron intake
 - B. Avoid B12
 - C. Determine cause and increase B12/folate intake
 - D. Increase calcium

- 6. Vitamin supplementation is typically necessary for what reason?**
- A. It is never necessary
 - B. It should be avoided in liver disease
 - C. It should only be used in pregnancy
 - D. It is necessary for various health conditions
- 7. What dietary pattern helps reduce dental caries?**
- A. High Carb, Sticky Foods
 - B. Low Cariogenic Diet; Low Carb/Sticky Foods; High Protein; Moderate Fat
 - C. High Fat
 - D. High Sugar
- 8. In PKU management, which sweetener should be avoided?**
- A. Saccharin.
 - B. Stevia.
 - C. Aspartame.
 - D. Xylitol.
- 9. Which statement best summarizes the overall dietary approach for cystic fibrosis?**
- A. High calorie intake with high fat and high protein percentages.
 - B. Low calorie intake with low fat.
 - C. Normal calories with average fat and protein.
 - D. Vegan diet with no modifications.
- 10. What is the first clinical concern when treating eating disorders?**
- A. Weight Restoration
 - B. Correcting Electrolyte Abnormalities
 - C. Vitamin Supplementation
 - D. Exercise Modification

Answers

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

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Explanations

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1. What is the recommended protein intake per kilogram for Stage 3 and 4 ulcers?

- A. 0.8-1.0 g/kg
- B. 1.0-1.2 g/kg
- C. 1.5-2 g/kg**
- D. 2.0-2.5 g/kg

Healing wounds requires more protein than usual because amino acids are needed for collagen synthesis, tissue repair, immune function, and enzyme activity. Stage 3 and 4 ulcers are deep, draining wounds with significant tissue loss and inflammation, which increases protein turnover and nitrogen losses. Because of this, protein needs rise to support healing and prevent negative nitrogen balance. The recommended range is 1.5–2 g of protein per kilogram of body weight per day, which provides enough amino acids to fuel tissue repair without overloading the system. For example, a 70 kg person would target about 105–140 g of protein daily. Keep in mind that staying energy-replete is important too; adequate calories help spare protein for healing rather than using it for energy. Lower protein ranges would not meet the heightened demands of these wounds, while even higher amounts (2.0–2.5 g/kg) offer little additional benefit and may not be necessary, especially if there are renal concerns.

2. What is the vitamin C supplementation recommendation for Stage 3 or 4 ulcers?

- A. 100-200 mg
- B. 500-1000 mg**
- C. 5-10 g
- D. 50-100 mg

Stage III and IV ulcers require more robust wound repair, including substantial collagen formation and antioxidant protection. Vitamin C is essential for collagen synthesis and supporting immune function in healing wounds, so a higher intake helps tissue repair without being excessive. The recommended range of 500-1000 mg per day provides enough vitamin C to support ongoing collagen formation and healing processes in these severe ulcers while staying well within safe limits for most adults. It's higher than typical dietary intake but not a megadose. Lower amounts, like 100-200 mg or 50-100 mg, may not supply enough vitamin C to meet the increased demands of healing these wounds. Very high doses, such as 5-10 g, are not routinely needed and can cause adverse effects.

3. For NAFLD, what is the recommended weight loss target to reduce liver fat and inflammation?

- A. 5-10% weight loss**
- B. 20-30% weight loss
- C. 0% weight loss
- D. 15-25% weight loss

Weight loss reduces fat in the liver and dampens inflammatory processes in NAFLD, and the target that's most effective and achievable is about 5-10% of body weight. This level of weight loss lowers the influx of fatty acids to the liver, improves insulin sensitivity, and decreases inflammatory signals, leading to a meaningful reduction in liver fat and inflammation. While larger losses (like 15-25% or 20-30%) can offer additional benefits, they are harder to achieve and sustain for most patients, and 0% weight loss would not yield these improvements.

4. Name two evidence-based dietary patterns proven effective for weight management and cardiovascular risk reduction.

- A. High-protein diet; ketogenic diet
- B. Low-sodium diet; vegan diet
- C. Western diet; Atkins diet
- D. Mediterranean diet; DASH diet**

Two dietary patterns with the strongest, well-supported evidence for both weight management and cardiovascular risk reduction are the Mediterranean diet and the DASH diet. The Mediterranean pattern emphasizes fruits, vegetables, whole grains, legumes, nuts, and olive oil, with fish and poultry more often than red meat. This way of eating tends to increase satiety and fiber intake, supporting modest weight management when calories are controlled, while also improving lipids and inflammatory markers, which lowers cardiovascular risk over time. The DASH pattern focuses on plenty of fruits and vegetables, low-fat dairy, lean proteins, and limited saturated fat and sodium. It is particularly effective for lowering blood pressure, a major cardiovascular risk factor, and it also supports healthy weight and metabolic health when energy intake matches needs. Together, these two patterns provide a practical, evidence-backed approach that addresses both maintaining a healthy weight and reducing cardiovascular risk. Other options may offer some benefits, but they don't demonstrate the same consistent, comprehensive impact on both weight and heart health.

5. For macrocytic anemia, what is the recommended approach?

- A. Increase iron intake
- B. Avoid B12
- C. Determine cause and increase B12/folate intake**
- D. Increase calcium

Macrocytic anemia happens when red blood cell production is disrupted, most often from insufficient vitamin B12 or folate. The most effective approach is to identify the underlying cause and replenish the deficient nutrients. If B12 deficiency is present (which can be due to poor intake, malabsorption, or pernicious anemia), B12 replacement is needed. If folate deficiency is present (common with poor intake or heightened needs), folate supplementation is used. In many cases, both deficiencies can contribute and both should be corrected. This strategy directly treats the cause of the macrocytosis and anemia. Iron supplementation would not fix macrocytosis since iron deficiency causes microcytic anemia, not macrocytic. Calcium has no role in correcting this type of anemia.

6. Vitamin supplementation is typically necessary for what reason?

- A. It is never necessary
- B. It should be avoided in liver disease
- C. It should only be used in pregnancy
- D. It is necessary for various health conditions**

Vitamins are needed to support many metabolic processes, and health conditions can change how much you need, how well you absorb, or how quickly you lose vitamins. When disease, surgery, or treatments disrupt intake or metabolism, the risk of deficiency rises, so supplementation becomes necessary to prevent or correct that deficiency and to support recovery. That broad need across different situations is why vitamin supplementation is described as necessary for various health conditions. The other statements don't fit because supplementation isn't never necessary, isn't limited to pregnancy, and isn't universally avoided in liver disease. Some conditions raise vitamin requirements or impair absorption, while pregnancy is just one scenario among many that require specific nutrients.

7. What dietary pattern helps reduce dental caries?

- A. High Carb, Sticky Foods
- B. Low Cariogenic Diet; Low Carb/Sticky Foods; High Protein; Moderate Fat**
- C. High Fat
- D. High Sugar

Dental caries risk is driven by the amount and duration of exposure of teeth to fermentable carbohydrates that plaque bacteria metabolize into acid. A pattern that is low in cariogenic foods, minimizes sticky, carbohydrate-rich items, and emphasizes lean proteins with moderate fat reduces the substrate available to acid-producing bacteria and shortens the time teeth are exposed to acid between meals. Choosing a diet with low carbohydrate and especially low sticky foods means fewer opportunities for bacteria to produce acid that demineralizes enamel. Protein-rich foods tend to be less fermentable by oral bacteria, and moderate fat provides calories without adding fermentable carbohydrate. Together, this pattern supports a lower cariogenic challenge. In contrast, high carbohydrate and sticky foods supply more fermentable sugars and keep them clinging to teeth longer, elevating acid production and caries risk. High sugar directly increases the substrate for plaque bacteria, while simply increasing fat does not address carbohydrate exposure.

8. In PKU management, which sweetener should be avoided?

- A. Saccharin.
- B. Stevia.
- C. Aspartame.**
- D. Xylitol.

Phenylalanine restriction is central in PKU management because the body cannot properly metabolize phenylalanine, leading to buildup that can harm the brain. Aspartame contains phenylalanine, so consuming it raises phenylalanine levels and must be avoided in PKU. Other sweeteners like saccharin, stevia, and xylitol do not contain phenylalanine, so they are generally considered safe alternatives, though xylitol can cause GI upset in larger amounts. Always check labels and use medically approved sweeteners as advised by a dietitian.

9. Which statement best summarizes the overall dietary approach for cystic fibrosis?

- A. High calorie intake with high fat and high protein percentages.**
- B. Low calorie intake with low fat.
- C. Normal calories with average fat and protein.
- D. Vegan diet with no modifications.

People with cystic fibrosis have higher energy needs and fat malabsorption due to pancreatic insufficiency. Because fat provides a dense source of calories, a diet that is high in calories and high in fat helps meet energy requirements and supports weight gain and growth. Adequate protein is also important to preserve lean body mass and support immune function. In practice this approach is paired with pancreatic enzyme replacement to improve digestion of fats and proteins and with fat-soluble vitamin supplementation as needed. Therefore, the best overall dietary plan is a high-calorie, high-fat, and adequate-to-high-protein strategy to support growth, weight, and respiratory health. Lower-calorie or low-fat options would fail to meet these energy and nutrient needs, and a vegan diet with no modifications would risk deficiencies in fat, protein, and fat-soluble vitamins.

10. What is the first clinical concern when treating eating disorders?

- A. Weight Restoration
- B. Correcting Electrolyte Abnormalities**
- C. Vitamin Supplementation
- D. Exercise Modification

The immediate priority in treating someone with an eating disorder is stabilizing the body's metabolic state, especially correcting dangerous electrolyte disturbances. Electrolyte abnormalities like low potassium, phosphate, or magnesium can trigger life-threatening issues such as arrhythmias and seizures, and they can worsen quickly when refeeding begins. Because reintroducing calories can drive insulin release that shifts electrolytes into cells (the mechanism behind refeeding syndrome), it's essential to identify and correct these imbalances before or alongside increasing intake. This makes electrolyte correction the most urgent first step to ensure safety during treatment. Weight restoration is crucial for recovery, but it typically follows medical stabilization. Pushing calories without addressing electrolyte issues can precipitate serious complications, so the initial focus is on correcting electrolytes, then proceeding with careful refeeding and gradual weight gain. Vitamin supplementation and exercise modification are important components of comprehensive care but do not take precedence over stabilizing electrolyte status in the early phase.

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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:

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

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