

NANP BOARD DOMAIN I – FOOD AND NUTRITION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Listeria is commonly associated with which foods?**
 - A. Ground beef
 - B. Soft cheeses
 - C. Fresh produce
 - D. Ready-to-eat deli meats
- 2. Which disease state commonly requires renal-diet modification, including restricted protein and sodium?**
 - A. Chronic kidney disease.
 - B. Type 2 diabetes.
 - C. Hypertension.
 - D. Celiac disease.
- 3. Which vitamin is another name for Vitamin E?**
 - A. Vitamin A
 - B. Vitamin B
 - C. Tocopherol
 - D. Ascorbic Acid
- 4. Which laboratory measure best reflects long-term average blood glucose control in diabetes?**
 - A. Hemoglobin A1c (HbA1c).
 - B. Fasting plasma glucose.
 - C. Oral glucose tolerance test.
 - D. Random plasma glucose.
- 5. Given a daily intake of 2100 kcal with 50% carbohydrates, 20% protein, and 30% fat, estimate daily grams of carbohydrate, protein, and fat.**
 - A. Carbohydrates $\approx$ 262–263 g; Protein $\approx$ 105 g; Fat $\approx$ 70 g
 - B. Carbohydrates $\approx$ 260 g; Protein $\approx$ 110 g; Fat $\approx$ 60 g
 - C. Carbohydrates $\approx$ 320 g; Protein $\approx$ 90 g; Fat $\approx$ 70 g
 - D. Carbohydrates $\approx$ 242 g; Protein $\approx$ 100 g; Fat $\approx$ 80 g

- 6. What is the best definition of food insecurity?**
- A. Inadequate access to sufficient nutritious food
 - B. A lack of sufficient calories regardless of nutritional quality
 - C. Limited food safety in production systems
 - D. Increased food waste due to overproduction
- 7. Vitamins provide energy.**
- A. Not sure
 - B. I don't know
 - C. True
 - D. False
- 8. The material indicates that olive oil's notable fatty acid profile includes:**
- A. Omega 6 fats without arachidonic acid
 - B. Very High Lauric Acid content
 - C. Dominant Omega 3 fatty acids
 - D. No fatty acids of interest
- 9. Which macronutrient provides the most energy per gram?**
- A. Fat
 - B. Carbohydrates
 - C. Protein
 - D. Alcohol
- 10. Which weight-management approach best aligns with energy balance principles?**
- A. Replace energy-dense foods with lower-calorie, nutrient-dense options and increase physical activity.
 - B. Eliminate all fats.
 - C. Increase sugar intake.
 - D. Only count calories.

Answers

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

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Explanations

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1. Listeria is commonly associated with which foods?

- A. Ground beef
- B. Soft cheeses
- C. Fresh produce
- D. Ready-to-eat deli meats**

Listeria can grow at refrigerator temperatures, so foods eaten without cooking are common sources. Ready-to-eat deli meats fit this pattern because they're typically consumed without a cooking step, or only lightly heated, allowing any contamination to persist and multiply during chilling. This makes them a well-known vehicle for listeriosis, especially for pregnant individuals, older adults, and those with weakened immune systems. While soft cheeses and unpasteurized dairy can also harbor Listeria, the frequent consumer pattern of eating deli meats without heating is why they're the most commonly associated option in this context.

2. Which disease state commonly requires renal-diet modification, including restricted protein and sodium?

- A. Chronic kidney disease.**
- B. Type 2 diabetes.
- C. Hypertension.
- D. Celiac disease.

The idea is that when kidney function is impaired, the body's ability to handle waste and regulate fluids and electrolytes is reduced, so the diet is adjusted to ease that workload. Limiting protein lowers the amount of nitrogenous waste the damaged kidneys must process, which can lessen symptoms and slow disease progression. Reducing sodium helps control blood pressure and decrease fluid retention and edema, both common when the kidneys aren't excreting fluids and electrolytes efficiently. Together, these dietary tweaks form a renal-focused plan to protect remaining kidney function and maintain balance. Other conditions may benefit from diet changes too, but the combination of restricted protein and sodium is a hallmark of renal-diet management in chronic kidney disease.

3. Which vitamin is another name for Vitamin E?

- A. Vitamin A
- B. Vitamin B
- C. Tocopherol**
- D. Ascorbic Acid

Vitamins have common names and chemical names. For Vitamin E, the chemical name used in science is tocopherol (with alpha-tocopherol as the main active form in humans). So tocopherol is another name for Vitamin E. The other options refer to different vitamins: Vitamin A is retinol (or carotenoids), Vitamin B refers to the B-complex vitamins, and Ascorbic Acid is Vitamin C.

4. Which laboratory measure best reflects long-term average blood glucose control in diabetes?

- A. Hemoglobin A1c (HbA1c).**
- B. Fasting plasma glucose.
- C. Oral glucose tolerance test.
- D. Random plasma glucose.

Long-term average blood glucose control is best reflected by the HbA1c test because it measures the amount of glucose that has permanently attached to hemoglobin over the life span of red blood cells. Since red blood cells circulate for about 120 days, HbA1c provides an integrated view of average glucose exposure over roughly two to three months. Higher average glucose leads to more glycation and a higher HbA1c percentage, which is why this test tracks chronic control rather than a single moment in time. The other measures capture more immediate states: fasting plasma glucose is a snapshot after an overnight fast, the oral glucose tolerance test assesses how the body handles a glucose load at one point in time, and random plasma glucose reflects glucose levels influenced by recent meals. HbA1c remains the best indicator of long-term control, though it can be affected by conditions that alter red blood cell turnover.

5. Given a daily intake of 2100 kcal with 50% carbohydrates, 20% protein, and 30% fat, estimate daily grams of carbohydrate, protein, and fat.

- A. Carbohydrates $\approx$ 262–263 g; Protein $\approx$ 105 g; Fat $\approx$ 70 g**
- B. Carbohydrates $\approx$ 260 g; Protein $\approx$ 110 g; Fat $\approx$ 60 g
- C. Carbohydrates $\approx$ 320 g; Protein $\approx$ 90 g; Fat $\approx$ 70 g
- D. Carbohydrates $\approx$ 242 g; Protein $\approx$ 100 g; Fat $\approx$ 80 g

Start with the energy per gram for each macronutrient: carbohydrates 4 kcal/g, protein 4 kcal/g, fat 9 kcal/g. To find daily grams from a total of 2100 kcal with a 50/20/30 distribution, multiply 2100 by each percentage and then divide by the relevant kcal per gram. Carbohydrates: 50% of 2100 = 1050 kcal; $1050 \div 4 \approx 262.5$ g about 262–263 g. Protein: 20% of 2100 = 420 kcal; $420 \div 4 = 105$ g. Fat: 30% of 2100 = 630 kcal; $630 \div 9 = 70$ g. Total energy checks out: $1050 + 420 + 630 = 2100$ kcal. This yields approximately 262–263 g carbs, 105 g protein, and 70 g fat, which matches the given correct option. Other choices deviate from these gram amounts or would not sum to 2100 kcal when using 4 kcal/g for carbs and protein and 9 kcal/g for fat.

6. What is the best definition of food insecurity?

- A. Inadequate access to sufficient nutritious food**
- B. A lack of sufficient calories regardless of nutritional quality
- C. Limited food safety in production systems
- D. Increased food waste due to overproduction

Food insecurity centers on whether people can reliably access enough nutritious food to maintain health. The best definition among the options says there is inadequate access to sufficient nutritious food, because it captures both the quantity and the quality needed for a healthy diet. If someone can't get foods that meet their nutrient needs, they're food insecure—even if there are calories available. The other statements miss important parts: focusing only on calories ignores nutrition quality; focusing on safety in production is about how food is produced, not whether people can access it; and describing waste from overproduction isn't about people's access to food.

7. Vitamins provide energy.

- A. Not sure
- B. I don't know
- C. True
- D. False**

Vitamins enable energy production but do not supply energy themselves. Energy in the body comes from the calories in carbohydrates, fats, and proteins, which are metabolized to yield ATP. Vitamins act as coenzymes or cofactors in the metabolic pathways that convert these macronutrients into usable energy. For example, several B vitamins function in glycolysis, the citric acid cycle, and oxidative phosphorylation, helping enzymes transfer electrons and carry out end steps efficiently. Because vitamins themselves contain no calories, they do not provide energy. That's why the statement is false.

8. The material indicates that olive oil's notable fatty acid profile includes:

- A. Omega 6 fats without arachidonic acid**
- B. Very High Lauric Acid content
- C. Dominant Omega 3 fatty acids
- D. No fatty acids of interest

Olive oil is known for its fat profile being rich in monounsaturated fats, especially oleic acid, with only modest amounts of polyunsaturated fats like linoleic acid (an omega-6). It contains little to no arachidonic acid, which is not typically present in plant oils. It does not have very high lauric acid (that's more typical of coconut oil), nor is omega-3 the dominant fatty acid in olive oil. So describing olive oil as having omega-6 fats without arachidonic acid correctly reflects its notable fatty acid pattern.

9. Which macronutrient provides the most energy per gram?

- A. Fat**
- B. Carbohydrates
- C. Protein
- D. Alcohol

Energy density varies by macronutrient, and fat provides the most energy per gram. Fat yields about 9 kcal per gram, while carbohydrates and proteins each yield about 4 kcal per gram. Alcohol isn't a macronutrient, but it does contribute energy at about 7 kcal per gram. The high energy density of fat comes from its chemical structure—fats are highly reduced, so when they are oxidized in metabolism, more energy is released per gram than from carbs or protein. In practical terms, small amounts of fat carry more calories, which is why fats are the most energy-dense macronutrient.

10. Which weight-management approach best aligns with energy balance principles?

- A. Replace energy-dense foods with lower-calorie, nutrient-dense options and increase physical activity.**
- B. Eliminate all fats.
- C. Increase sugar intake.
- D. Only count calories.

At its heart, weight management follows energy balance: the relationship between calories you consume and calories you burn. The best approach aligns with this by both reducing intake and increasing expenditure. Replacing energy-dense foods with lower-calorie, nutrient-dense options lowers overall calories while still providing essential nutrients, and increasing physical activity raises energy expenditure. Together, these changes create a sustainable negative energy balance that supports weight control or loss. The other ideas miss an important piece: eliminating fats entirely is not necessary or healthy for most, increasing sugar raises overall energy intake, and focusing only on counting calories without considering food quality or activity ignores how nutrient density and movement influence energy balance.

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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://nanpdomain1.examzify.com>

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

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