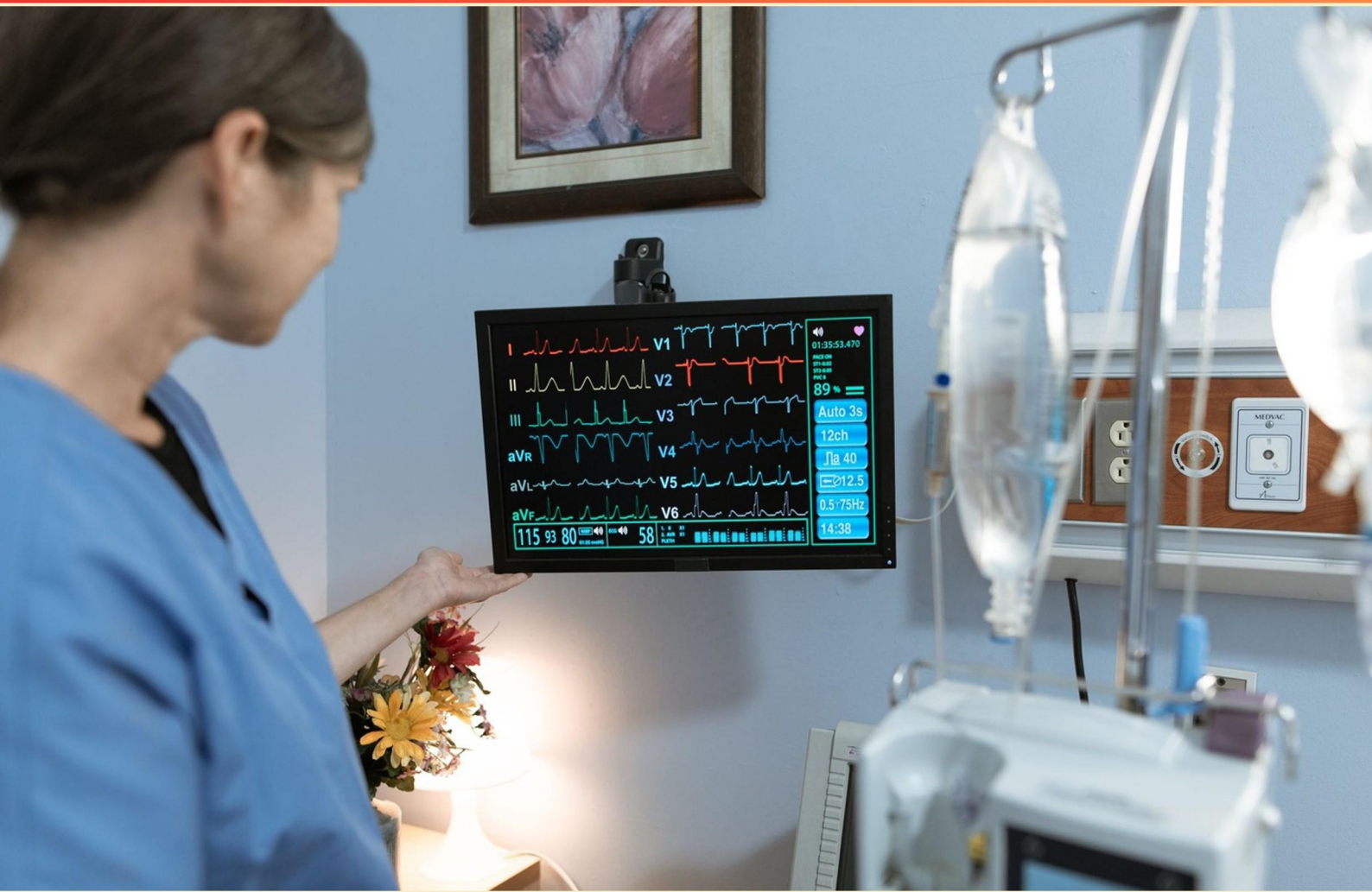


NCLEX NUTRITION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
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. Why might enteral nutrition be necessary for a client with liver dysfunction?**
 - A. To increase appetite
 - B. To provide necessary nutrition when oral intake is compromised
 - C. To replace regular meals
 - D. To act as a sole hydration source
- 2. What is the primary risk associated with using bolus feeding in enteral nutrition?**
 - A. High residual volumes
 - B. Increased digestibility
 - C. Reduced aspiration risk
 - D. Efficiency in nutrient delivery
- 3. In regards to enteral nutrition, what is a common practice for bag filling to ensure safety?**
 - A. Fill for 2 hours of use
 - B. Fill for 4 hours of use
 - C. Fill for 8 hours of use
 - D. Fill for 12 hours of use
- 4. Which nutrient is essential for the synthesis of thyroxine, a hormone that regulates metabolism?**
 - A. Iron
 - B. Sulfur
 - C. Iodine
 - D. Phosphorus
- 5. Which symptoms indicate a patient might be suffering from foodborne illness after eating?**
 - A. Dry mouth and headache
 - B. Projectile vomiting and watery diarrhea
 - C. Weight gain and fatigue
 - D. Dry skin and muscle cramps

- 6. What is a potential mechanical complication that can occur with enteral feedings?**
- A. Electrolyte imbalance
 - B. Abdominal distention
 - C. Aspiration
 - D. Constipation
- 7. What does a soft (bland, low-fiber) diet mainly consist of?**
- A. High-fat, high-fiber foods
 - B. Whole foods that are low in fiber
 - C. Liquid foods that are easily swallowed
 - D. Raw fruits and vegetables
- 8. Which meal is appropriate for a patient on a level 1 dysphagia diet?**
- A. Pureed meatloaf, pureed broccoli, and chocolate pudding
 - B. Chicken salad with a fruit cup
 - C. Soft scrambled eggs with toast
 - D. Sandwiches made on white bread with soft fillings
- 9. Which food sources are predominant sources of Vitamin E?**
- A. Dairy products
 - B. Pale vegetables
 - C. Vegetable oils and nuts
 - D. Fish and eggs
- 10. Which of the following is an indication for a mechanical soft diet?**
- A. High protein requirement
 - B. Limited chewing ability
 - C. Strict low-carb diet
 - D. Hypertension management

Answers

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

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Explanations

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1. Why might enteral nutrition be necessary for a client with liver dysfunction?

- A. To increase appetite
- B. To provide necessary nutrition when oral intake is compromised**
- C. To replace regular meals
- D. To act as a sole hydration source

Enteral nutrition is essential for a client with liver dysfunction primarily to provide necessary nutrition when oral intake is compromised. Individuals with liver issues may experience symptoms such as nausea, vomiting, or altered mental status, which can hinder their ability to consume adequate amounts of food orally. Ensuring that these patients receive adequate nutrition is crucial for maintaining liver health, supporting metabolic functions, and preventing complications, as malnutrition can exacerbate liver problems and overall health. Providing enteral nutrition allows for the delivery of a nutritionally complete formula directly to the gastrointestinal tract, bypassing the need for oral intake. This method ensures that patients receive the required calories, proteins, and nutrients necessary for recovery, especially when traditional eating is no longer feasible. The other choices reflect various reasons for nutrition administration but do not capture the particular necessity in the context of liver dysfunction. For example, increasing appetite does not directly address the nutritional needs when consumption is not possible. Similarly, replacing regular meals may not prioritize the unique dietary requirements or health concerns of the liver-compromised patient. Finally, while hydration is important, enteral nutrition typically serves a broader role than just serving as a hydration source alone.

2. What is the primary risk associated with using bolus feeding in enteral nutrition?

- A. High residual volumes**
- B. Increased digestibility
- C. Reduced aspiration risk
- D. Efficiency in nutrient delivery

The primary risk associated with using bolus feeding in enteral nutrition is high residual volumes. Bolus feeding involves delivering a larger volume of formula or nutrients at once, typically through a syringe. This method can lead to a situation where the stomach does not empty as efficiently, resulting in high residual volumes. High residuals can indicate that the patient is not tolerating the feed well, which could lead to complications such as aspiration or gastrointestinal discomfort. Monitoring residual volumes is crucial as excessive residual might suggest that the feeding rate needs to be adjusted or that there is a need for further assessment of the patient's gastrointestinal function. Therefore, understanding the implications of high residuals is essential for ensuring the safety and effectiveness of enteral nutrition in patients.

3. In regards to enteral nutrition, what is a common practice for bag filling to ensure safety?

- A. Fill for 2 hours of use
- B. Fill for 4 hours of use**
- C. Fill for 8 hours of use
- D. Fill for 12 hours of use

Filling an enteral feeding bag for a duration of 4 hours of use is a standard practice to ensure safety. This time frame helps reduce the risk of bacterial growth in the feeding formula, which can occur as the nutrient solution sits at room temperature. The Centers for Disease Control and Prevention (CDC), along with other health organizations, recommend that prepared enteral feedings should not be left at room temperature for more than 4 hours. By adhering to this timing, the risk of contamination and resultant complications related to microbial growth, such as infections or gastrointestinal disturbances, is minimized. Filling for 5 to 8 hours or longer is considered unsafe because the risk of infection increases significantly as the time of exposure to room temperature extends. Therefore, filling the bag for a maximum of 4 hours ensures that patients receive fresh and safe enteral nutrition without compromising their health.

4. Which nutrient is essential for the synthesis of thyroxine, a hormone that regulates metabolism?

- A. Iron
- B. Sulfur
- C. Iodine**
- D. Phosphorus

Iodine is essential for the synthesis of thyroxine, which is a hormone produced by the thyroid gland that plays a critical role in regulating metabolism. Thyroxine, also known as T4, requires iodine as a key component in its molecular structure. The body uses iodine to produce thyroid hormones, and a deficiency in iodine can lead to thyroid-related disorders, such as goiter and hypothyroidism, which are characterized by a reduced level of thyroid hormones and consequent metabolic slowing. While other nutrients play important roles in overall health, they are not directly involved in the synthesis of thyroxine. For instance, iron is crucial for hemoglobin production and oxygen transport in the blood, sulfur is involved in protein structure and metabolism, and phosphorus is vital for bone health and energy storage. However, they do not contribute to the synthesis of thyroid hormones. Understanding the specific functions and requirements of various nutrients, particularly iodine in this context, highlights the importance of maintaining adequate iodine levels for healthy thyroid function and metabolic processes.

5. Which symptoms indicate a patient might be suffering from foodborne illness after eating?

- A. Dry mouth and headache
- B. Projectile vomiting and watery diarrhea**
- C. Weight gain and fatigue
- D. Dry skin and muscle cramps

Projectile vomiting and watery diarrhea are classic symptoms associated with foodborne illnesses. These symptoms often indicate the body's response to harmful pathogens or toxins ingested through contaminated food. When someone suffers from a foodborne illness, their gastrointestinal system is typically affected, leading to rapid expulsion of contents from both ends of the digestive tract. This reaction can be the body's attempt to rid itself of the offending agents. Watery diarrhea results from the intestine's inability to absorb fluids properly, often due to the irritation caused by bacteria or viruses. Projectile vomiting can occur when the stomach expels its contents forcefully, which is a sign of distress or irritation in the gastrointestinal system. This combination of symptoms is particularly characteristic of certain types of foodborne pathogens, like norovirus or Salmonella, which can lead to severe gastric discomfort and dehydration if not managed promptly. In contrast, the other symptom groups listed do not align as closely with the typical presentations of foodborne illness and tend to signify different health issues. Weight gain and fatigue, for instance, may relate to chronic conditions or dietary habits unrelated to acute gastrointestinal disturbance.

6. What is a potential mechanical complication that can occur with enteral feedings?

- A. Electrolyte imbalance
- B. Abdominal distention
- C. Aspiration**
- D. Constipation

Aspiration is a significant mechanical complication that can arise during enteral feedings. This occurs when the feeding material inadvertently enters the airway rather than the esophagus and stomach. Aspiration can lead to serious respiratory complications, including pneumonia and airway obstruction. The risk is heightened in individuals with compromised swallowing ability, altered consciousness, or those positioned improperly during feeding. While electrolyte imbalances, abdominal distention, and constipation can occur with enteral feeding, they are not classified as mechanical complications. Instead, these issues relate more to physiological responses and the body's handling of the nutrients provided through enteral means. Therefore, understanding the risks of aspiration highlights the importance of proper patient positioning, monitoring, and techniques to ensure safe administration of enteral nutrition.

7. What does a soft (bland, low-fiber) diet mainly consist of?

- A. High-fat, high-fiber foods
- B. Whole foods that are low in fiber**
- C. Liquid foods that are easily swallowed
- D. Raw fruits and vegetables

A soft (bland, low-fiber) diet primarily consists of foods that are easy to chew and swallow and do not irritate the digestive system. This type of diet is often recommended for patients recovering from surgery, suffering from gastrointestinal conditions, or experiencing difficulty swallowing. Low-fiber foods are easier to digest and can help to minimize gastrointestinal discomfort. The correct answer emphasizes whole foods that are low in fiber, meaning they have a softer texture and are less likely to cause obstruction or irritation in the digestive tract. Common examples include cooked vegetables, ripe bananas, and certain grains like white rice or plain pasta, which contribute to this diet's goal of providing nutrition while maintaining comfort. The other choices involve aspects that do not align with the principles of a soft diet. High-fat, high-fiber foods can be difficult to digest and may exacerbate gastrointestinal symptoms. Liquid foods that are easily swallowed are too restrictive and do not encompass the variety of textures typically found in a soft diet. Raw fruits and vegetables are high in fiber and can irritate the digestive system, which is contrary to the soft diet's aim to provide gentle, easy-to-digest options.

8. Which meal is appropriate for a patient on a level 1 dysphagia diet?

- A. Pureed meatloaf, pureed broccoli, and chocolate pudding**
- B. Chicken salad with a fruit cup
- C. Soft scrambled eggs with toast
- D. Sandwiches made on white bread with soft fillings

A level 1 dysphagia diet is designed for individuals who have significant difficulty swallowing solids and need foods that are pureed to a smooth, homogenous consistency. This type of diet aims to minimize the risk of aspiration and ensure safe swallowing. The appropriate meal for this diet includes pureed foods that do not require chewing and can be easily swallowed. In the case of pureed meatloaf, pureed broccoli, and chocolate pudding, each component is blended to a consistency that is safe for someone within a level 1 dysphagia diet. The pureed meatloaf provides protein, the pureed broccoli offers vegetables and nutrients, and the chocolate pudding serves as a smooth, enjoyable dessert, all of which align with the restrictions and requirements of the diet. Other options, while they may seem appealing, include foods that require chewing or have textures that could pose a choking risk. Chicken salad, soft scrambled eggs with toast, and sandwiches, even when made with soft fillings, are not suitable as they contain pieces that could be difficult to manage for someone with dysphagia. Therefore, the selection of pureed items is the best choice for ensuring patient safety and meeting dietary needs.

9. Which food sources are predominant sources of Vitamin E?

- A. Dairy products
- B. Pale vegetables
- C. Vegetable oils and nuts**
- D. Fish and eggs

Vitamin E is a fat-soluble vitamin with antioxidant properties that play a crucial role in protecting cells from oxidative damage. The primary food sources abundant in Vitamin E are vegetable oils, such as wheat germ oil, sunflower oil, and safflower oil, along with nuts like almonds, hazelnuts, and peanuts. These sources are rich in tocopherols, which are the chemical compounds classified as Vitamin E. Incorporating these foods into the diet can help individuals meet their Vitamin E needs effectively. Dairy products typically contain minimal amounts of Vitamin E, while pale vegetables may include some vitamins but are not significant sources of Vitamin E. Fish and eggs, while nutritious, do not provide sufficient amounts of Vitamin E relative to vegetable oils and nuts. This makes vegetable oils and nuts the most prominent sources for this important nutrient.

10. Which of the following is an indication for a mechanical soft diet?

- A. High protein requirement
- B. Limited chewing ability**
- C. Strict low-carb diet
- D. Hypertension management

A mechanical soft diet is primarily recommended for individuals who have limited chewing ability. This type of diet consists of foods that are soft in texture and easy to chew, which is essential for those who may have dental issues, oral surgeries, or certain medical conditions that impair their ability to chew robust foods. The aim is to provide nutrition while accommodating the patient's needs to ensure safe and comfortable eating. While other choices may involve dietary considerations, they do not specifically align with the purpose of a mechanical soft diet. For instance, a high protein requirement typically necessitates foods that may not be soft, such as meats or hard dairy products, which are not suitable for someone with chewing problems. A strict low-carb diet focuses on carbohydrate restrictions and may incorporate various food types without specifically addressing the texture or ease of chewing, and hypertension management often relates more to sodium and overall caloric intake rather than food texture. Thus, the primary indication for a mechanical soft diet is clearly linked to the need for easier-to-chew foods, highlighting the importance of chewing ability when determining dietary modifications.

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://nclexnutrition.examzify.com>

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

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