

Nutrition and Elimination Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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 a common indicator of dehydration in the body?**
 - A. Increased appetite**
 - B. Frequent urination**
 - C. Dark yellow urine**
 - D. Heightened energy levels**

- 2. What role do antioxidants play in nutrition?**
 - A. They provide energy**
 - B. They enhance flavor**
 - C. They protect cells from damage**
 - D. They aid in digestion**

- 3. What intervention should a nurse perform for a patient receiving total parenteral nutrition who is displaying hypoglycemia?**
 - A. Maintain constant infusion flow rate**
 - B. Discontinue TPN infusion immediately**
 - C. Check TPN for supplemental electrolyte levels**
 - D. Administer an IV bolus of 50% dextrose**

- 4. What is one of the primary benefits of adequate prenatal nutrition?**
 - A. Prevents lasting damage post-delivery**
 - B. Supports healthy fetal development**
 - C. Reduces the need for postpartum recovery**
 - D. Minimizes cravings during pregnancy**

- 5. What mineral is primarily involved in maintaining healthy bones?**
 - A. Iron**
 - B. Magnesium**
 - C. Calcium**
 - D. Potassium**

- 6. What is the role of antioxidants in nutrition?**
- A. To increase calorie intake**
 - B. To protect cells from free radical damage**
 - C. To promote fat storage**
 - D. To enhance protein synthesis**
- 7. What can result from a deficiency in vitamin D?**
- A. Increased energy levels**
 - B. Weak bones and osteoporosis**
 - C. Enhanced digestion**
 - D. Improved immunity**
- 8. Which nutrient is essential for optimal immune function?**
- A. Vitamin A**
 - B. Vitamin C**
 - C. Vitamin D**
 - D. Vitamin E**
- 9. What is the primary function of proteins in the body?**
- A. Providing energy during exercise**
 - B. Building and repairing tissues**
 - C. Regulating body temperature**
 - D. Producing glucose from fat**
- 10. What is the likely cause of diarrhea in a patient on enteral feeding for 2 hours?**
- A. Formula intolerance**
 - B. Bacterial contamination**
 - C. Antibiotic therapy**
 - D. Unbalanced diet**

Answers

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

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Explanations

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1. What is a common indicator of dehydration in the body?

- A. Increased appetite
- B. Frequent urination
- C. Dark yellow urine**
- D. Heightened energy levels

Dark yellow urine is a common indicator of dehydration in the body because as the body becomes dehydrated, urine concentration increases. This means that as the kidneys retain more water to conserve hydration, the urine becomes less diluted and appears darker in color. A healthy level of hydration generally produces light yellow or straw-colored urine, while darker shades can signal the need for increased fluid intake. Other physiological signs of dehydration may include increased thirst, dry mouth, fatigue, and dizziness. Understanding these indicators can help individuals recognize the importance of maintaining adequate hydration for overall health. Recognizing dark yellow urine as a sign of dehydration is essential for preventing complications associated with insufficient fluid intake.

2. What role do antioxidants play in nutrition?

- A. They provide energy
- B. They enhance flavor
- C. They protect cells from damage**
- D. They aid in digestion

Antioxidants play a crucial role in nutrition by protecting cells from damage caused by free radicals, which are unstable molecules that can harm cellular components such as DNA, proteins, and cell membranes. This cellular damage is linked to various diseases, including cancer, heart disease, and aging-related conditions. By neutralizing free radicals, antioxidants help maintain the integrity of cells, support the immune system, and contribute to overall health. Free radicals are generated through normal metabolic processes, environmental factors, and exposure to toxins. Antioxidants, which include vitamins (like vitamins C and E), minerals (such as selenium), and various phytochemicals found in fruits and vegetables, work synergistically to combat oxidative stress and reduce inflammation in the body. The other choices do not accurately represent the function of antioxidants. While they may provide other benefits, such as aiding digestion or enhancing flavor, these functions are not directly related to the protective role antioxidants play in cell health.

3. What intervention should a nurse perform for a patient receiving total parenteral nutrition who is displaying hypoglycemia?

- A. Maintain constant infusion flow rate**
- B. Discontinue TPN infusion immediately**
- C. Check TPN for supplemental electrolyte levels**
- D. Administer an IV bolus of 50% dextrose**

When a patient receiving total parenteral nutrition (TPN) shows signs of hypoglycemia, administering an IV bolus of 50% dextrose is the most appropriate intervention. This method quickly elevates blood glucose levels, providing a rapid correction for the hypoglycemic state. Since TPN solutions contain a high concentration of carbohydrates, sudden discontinuation of TPN can lead to fluctuations in blood sugar levels, making it essential to provide an immediate source of glucose to stabilize the patient. Furthermore, maintaining a constant infusion flow rate is not effective in addressing acute hypoglycemia since the issue at hand is the immediate need to correct the low glucose levels. Discontinuing TPN infusion immediately could exacerbate hypoglycemia since it removes the carbohydrate source, leading to further drops in blood glucose. Checking the TPN for supplemental electrolyte levels does not directly target the immediate need for glucose correction.

4. What is one of the primary benefits of adequate prenatal nutrition?

- A. Prevents lasting damage post-delivery**
- B. Supports healthy fetal development**
- C. Reduces the need for postpartum recovery**
- D. Minimizes cravings during pregnancy**

One of the primary benefits of adequate prenatal nutrition is that it supports healthy fetal development. During pregnancy, the developing fetus relies on the mother's nutritional intake to obtain essential vitamins, minerals, and nutrients necessary for growth and development. Proper nutrition can help in the formation of organs, tissues, and systems and ensures that the fetus has the optimal conditions for development. Adequate prenatal nutrition is crucial for preventing deficiencies that could lead to developmental disorders, low birth weight, or other complications. Nutritional elements such as folic acid are known to significantly reduce the risk of neural tube defects, while adequate protein and healthy fats support overall growth and brain development. This foundation laid by good nutrition during pregnancy is instrumental in promoting not only immediate health outcomes for the baby but also long-term health and cognitive function. The other answer choices, while they may offer benefits, do not encapsulate the primary advantage in the same direct manner as supporting fetal development does. Preventing lasting damage post-delivery is an indirect outcome of proper nutrition, as is reducing postpartum recovery needs, which might not be achieved solely through prenatal dietary practices. While managing cravings can be a part of pregnancy nutrition, it is not a primary benefit. Thus, supporting healthy fetal development stands out as the most crucial reason.

5. What mineral is primarily involved in maintaining healthy bones?

- A. Iron**
- B. Magnesium**
- C. Calcium**
- D. Potassium**

Calcium is the mineral that is primarily involved in maintaining healthy bones. It plays a crucial role in the development and maintenance of bone structure and density. The majority of the body's calcium is found in the bones and teeth, where it provides strength and integrity. Calcium facilitates various physiological functions, including muscle contractions, blood clotting, and nerve transmission, but its most significant role is in the skeletal system. Adequate calcium intake, especially during childhood, adolescence, and early adulthood when bone mass is being accrued, is essential for achieving optimal bone health. Insufficient calcium can lead to bone density loss and increase the risk of osteoporosis later in life. While magnesium and potassium are also important minerals for overall health, they do not have the same direct impact on bone health as calcium does. Magnesium does contribute to bone structure and plays a role in calcium metabolism, but it is not the primary mineral for maintaining bone density. Iron is primarily associated with the production of hemoglobin in red blood cells and is not directly related to bone health.

6. What is the role of antioxidants in nutrition?

- A. To increase calorie intake**
- B. To protect cells from free radical damage**
- C. To promote fat storage**
- D. To enhance protein synthesis**

Antioxidants play a crucial role in nutrition primarily by protecting cells from damage caused by free radicals. Free radicals are unstable molecules that can cause oxidative stress, leading to cellular damage and contributing to various diseases, including cancer, heart disease, and neurodegenerative disorders. Antioxidants neutralize these free radicals, thereby minimizing their harmful effects. These protective compounds, which include vitamins (like vitamin C and E), minerals (such as selenium), and various phytochemicals, assist in maintaining overall health by reducing oxidative stress in the body. By scavenging free radicals, antioxidants help ensure that cellular functions remain intact, which is vital for preventing chronic illnesses and supporting long-term well-being. The other options do not accurately reflect the primary function of antioxidants. They focus on aspects like calorie intake, fat storage, and protein synthesis, which are not related to the protective qualities that antioxidants provide against oxidative damage.

7. What can result from a deficiency in vitamin D?

- A. Increased energy levels
- B. Weak bones and osteoporosis**
- C. Enhanced digestion
- D. Improved immunity

A deficiency in vitamin D can lead to weak bones and osteoporosis because vitamin D plays a critical role in calcium absorption and bone metabolism. Vitamin D stimulates the intestines to absorb calcium, which is essential for maintaining strong bones. Without adequate vitamin D, the body struggles to absorb calcium effectively, resulting in decreased bone density and increased susceptibility to fractures and osteoporosis. This condition is particularly concerning in older adults, as the risk of bone-related issues, such as fractures, significantly increases with age. The health of your bones is directly linked to your vitamin D levels, making this option the most accurate representation of the consequences of its deficiency.

8. Which nutrient is essential for optimal immune function?

- A. Vitamin A
- B. Vitamin C**
- C. Vitamin D
- D. Vitamin E

Vitamin C is a crucial nutrient for optimal immune function due to its role as an antioxidant and its ability to enhance the immune system's response. It is involved in the production and function of white blood cells, which are vital to the body's defense against pathogens. Additionally, vitamin C helps protect immune cells from oxidative damage and plays a role in signaling processes that ensure adequate immune response. Its significance becomes particularly evident during periods of increased stress or illness, when the body's demand for vitamin C rises. Foods rich in vitamin C, such as citrus fruits, berries, and green leafy vegetables, are recommended to support overall health and immune resilience. While other vitamins like A, D, and E also contribute to immune function, vitamin C is particularly well-studied for its direct effects on immune cells and its ability to bolster the body's defenses in various ways.

9. What is the primary function of proteins in the body?

- A. Providing energy during exercise
- B. Building and repairing tissues**
- C. Regulating body temperature
- D. Producing glucose from fat

The primary function of proteins in the body is to build and repair tissues. Proteins are made up of amino acids, which serve as the building blocks for the body's cells, muscles, skin, and organs. During periods of growth, healing, or physical stress, the body relies on protein to synthesize new tissues and repair damaged ones. This includes muscle tissue after exercise, skin after wounds, and various cellular structures throughout the body. While proteins can contribute to energy needs, particularly if carbohydrates and fats are not sufficient, their main role is not energy provision but rather structural and functional support. The other options highlight functions that proteins may influence or interact with, but they are not the primary role of proteins in the body's overall physiology. For example, regulating body temperature is mainly the role of other systems in the body, and producing glucose from fat is a process primarily associated with metabolic pathways involving carbohydrates and fats.

10. What is the likely cause of diarrhea in a patient on enteral feeding for 2 hours?

- A. Formula intolerance**
- B. Bacterial contamination
- C. Antibiotic therapy
- D. Unbalanced diet

The indication of formula intolerance is indeed a plausible cause of diarrhea in a patient receiving enteral feeding. When a person is on an enteral feeding regimen, the digestive system must adjust to the delivered formula. If the formula has components that the patient cannot properly digest or absorb—perhaps due to a pre-existing gastrointestinal condition, enzyme deficiency, or a sensitivity to certain ingredients—this can lead to digestive discomfort and diarrhea. Formula intolerance can manifest quickly after the initiation of feeding, as the digestive tract reacts to substances that are unsuitable or excessive for the patient's condition. Monitoring the patient's residuals, bowel movements, and tolerance levels is crucial to making timely adjustments to the feeding regimen. Other potential factors, while relevant, may not account for immediate diarrhea following a short duration of enteral feeding. Bacterial contamination typically involves a longer period after the feeding starts and would usually lead to other systemic symptoms. Antibiotic therapy can alter gut flora over time but does not typically present with immediate diarrhea unless it triggers an overgrowth of pathogenic bacteria like *Clostridium difficile*. An unbalanced diet might cause issues over a longer timeframe as well and is usually not an issue with properly formulated enteral nutrition provided by feeding products.

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://nutritionelimination.examzify.com>

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

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