

NUTRITION AND ELIMINATION PRACTICE TEST (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. What is the function of bile in the digestion process?**
 - A. To break down carbohydrates
 - B. To emulsify fats for digestion and absorption
 - C. To absorb proteins into the bloodstream
 - D. To neutralize stomach acid
- 2. What is the process of converting glucose into energy called?**
 - A. Photosynthesis
 - B. Glycolysis
 - C. Cellular respiration
 - D. Fermentation
- 3. How does glycemic load vary from glycemic index?**
 - A. Glycemic load considers total calories
 - B. Glycemic load considers serving size and overall blood sugar impact
 - C. Glycemic load is only about carbohydrate content
 - D. Glycemic load is less reliable than glycemic index
- 4. What type of fat is generally considered healthier?**
 - A. Saturated fat
 - B. Trans fat
 - C. Unsaturated fat
 - D. Hydrogenated fat
- 5. What is the correct sequence of steps for administering an enteral feeding?**
 - A. 4, 2, 1, 5, 3
 - B. 2, 4, 1, 3, 5
 - C. 1, 4, 2, 3, 5
 - D. 2, 1, 4, 5, 3
- 6. Which nutrient is most important for muscle repair and growth?**
 - A. Carbohydrates
 - B. Protein
 - C. Fats
 - D. Vitamins

7. What is the primary function of carbohydrates in the body?

- A. Provide energy
- B. Build muscle
- C. Regulate body temperature
- D. Enhance immune function

8. What are the potential benefits of meal prepping?

- A. Increased cooking time and food waste
- B. Improved nutrition and reduced food waste
- C. Higher chances of overeating
- D. Limited menu variety

9. Which vitamins are classified as water-soluble?

- A. Vitamins A and D
- B. Vitamin C and the B vitamins
- C. Vitamin E and K
- D. Vitamins B12 and Omega-3

10. Which vitamin is essential for maintaining healthy vision?

- A. Vitamin B12
- B. Vitamin A
- C. Vitamin C
- D. Vitamin D

Answers

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

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Explanations

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1. What is the function of bile in the digestion process?

- A. To break down carbohydrates
- B. To emulsify fats for digestion and absorption**
- C. To absorb proteins into the bloodstream
- D. To neutralize stomach acid

Bile plays a crucial role in the digestion process, particularly in the digestion and absorption of fats. Its primary function is to emulsify fats, which means that it breaks down large fat globules into smaller droplets. This emulsification increases the surface area available for digestive enzymes, such as lipases, to act on the fats. As a result, the fats can be more efficiently broken down into fatty acids and glycerol, which are then absorbed in the intestines. In addition to emulsifying fats, bile also helps in the absorption of fat-soluble vitamins (A, D, E, and K), making it an essential component for proper nutritional absorption. Bile is produced in the liver, stored in the gallbladder, and released into the small intestine when needed, further emphasizing its critical role in digestion. Other choices may refer to important functions related to digestion, but they do not accurately describe the specific role of bile in the emulsification of fats.

2. What is the process of converting glucose into energy called?

- A. Photosynthesis
- B. Glycolysis
- C. Cellular respiration**
- D. Fermentation

The process of converting glucose into energy is primarily referred to as cellular respiration. This is a complex metabolic pathway that occurs in cells to extract energy from glucose, which is a form of sugar. During cellular respiration, glucose undergoes several biochemical transformations, beginning with glycolysis and followed by the citric acid cycle and oxidative phosphorylation, ultimately resulting in the production of adenosine triphosphate (ATP), the energy currency of the cell. In cellular respiration, glucose is oxidized, and that energy is harnessed to produce ATP, carbon dioxide, and water. This process takes place in the mitochondria of the cell and is essential for providing the energy necessary for various cellular functions and activities. While glycolysis is indeed a part of cellular respiration and refers to the initial breakdown of glucose into pyruvate, it is just one step in the overall cellular respiration process. Photosynthesis, on the other hand, is the process by which plants convert light energy into chemical energy stored in glucose and is not directly related to how organisms utilize glucose for energy. Fermentation is a different metabolic pathway that occurs in the absence of oxygen and can also result in energy production, but it is less efficient than cellular respiration.

3. How does glycemic load vary from glycemic index?

- A. Glycemic load considers total calories
- B. Glycemic load considers serving size and overall blood sugar impact**
- C. Glycemic load is only about carbohydrate content
- D. Glycemic load is less reliable than glycemic index

Glycemic load provides a practical assessment of how a particular food affects blood sugar levels, taking into account both the glycemic index of the food, which measures how quickly carbohydrates in food raise blood glucose, and the serving size. By considering the quantity of carbohydrates in a standard serving, glycemic load offers insights into the overall impact of that food on blood sugar levels. This makes it more comprehensive than glycemic index alone, as glycemic index doesn't account for the carbohydrate content in typical portions we consume. Hence, option B accurately describes the relationship between glycemic load and glycemic index, emphasizing that glycemic load reflects both serving size and the overall impact on blood sugar.

4. What type of fat is generally considered healthier?

- A. Saturated fat
- B. Trans fat
- C. Unsaturated fat**
- D. Hydrogenated fat

Unsaturated fat is generally considered the healthier type of fat due to its beneficial effects on heart health and overall well-being. These fats are typically found in plant-based oils, nuts, seeds, avocados, and fatty fish. Unsaturated fats can be further classified into monounsaturated and polyunsaturated fats, both of which can help lower bad cholesterol levels and reduce the risk of heart disease when they replace saturated fats in the diet. In contrast, saturated fats, commonly found in animal products and certain oils, can raise levels of LDL cholesterol, which may lead to cardiovascular issues when consumed in excess. Trans fats, often found in processed foods and partially hydrogenated oils, are particularly harmful as they not only increase LDL cholesterol but also reduce HDL cholesterol, leading to a greater risk of heart disease. Hydrogenated fats are similar to trans fats and are created by adding hydrogen to liquid oils to make them solid, which also detracts from their healthfulness. In summary, unsaturated fats provide essential fatty acids and nutrients that support heart health and are associated with lower risks of chronic diseases, making them the preferred choice for a balanced diet.

5. What is the correct sequence of steps for administering an enteral feeding?

- A. 4, 2, 1, 5, 3
- B. 2, 4, 1, 3, 5
- C. 1, 4, 2, 3, 5**
- D. 2, 1, 4, 5, 3

The correct sequence of steps for administering an enteral feeding typically involves gaining proper access to the feeding site, ensuring the tube is positioned correctly, verifying the tube's placement, preparing the feeding formula, and then administering the enteral feed. In this case, the correct order — represented by the sequence 1 (Gather necessary equipment), 4 (Check tube placement), 2 (Prepare feeding), 3 (Administer feeding), and 5 (Document procedure) — aligns with best practices for enteral feeding. Gathering all necessary equipment before proceeding ensures that the caregiver has everything at hand, helping to maintain a sterile environment and preventing contamination. Checking tube placement is critical to ensure that the feeding is being delivered to the stomach or intestine rather than the lungs, which can lead to serious complications. Preparing the feeding formula accurately allows for the right nutrients to be delivered, addressing the patient's nutritional needs effectively. Administering the feed in a controlled manner is essential for patient comfort and safety, and documenting the procedure provides important records of care, which are vital for ongoing patient management. This sequence instills a systematic approach that emphasizes safety, accuracy, and effective patient care, leading to better health outcomes for individuals receiving enteral nutrition.

6. Which nutrient is most important for muscle repair and growth?

- A. Carbohydrates
- B. Protein**
- C. Fats
- D. Vitamins

Protein is the most important nutrient for muscle repair and growth because it provides the essential amino acids necessary for the synthesis of new muscle tissue. During exercise, particularly strength training, muscle fibers undergo stress and are damaged. The body's natural response is to repair these fibers, and protein plays a critical role in this healing process by facilitating the rebuilding and growth of muscle tissue. When protein is consumed, it is broken down into amino acids, which are then utilized by the body to repair and build muscle. This process is essential not only for recovery after workouts but also for the overall maintenance of muscle mass. Consuming adequate protein post-exercise helps optimize muscle recovery, enhance muscle strength, and promote hypertrophy, which is the increase in muscle size. In contrast, carbohydrates serve primarily as an energy source and are vital for fueling workouts but are not as directly involved in muscle repair. Fats provide essential fatty acids and are important for overall health but do not have a specific role in muscle repair. Vitamins, while necessary for various biochemical processes and overall health, do not directly contribute to muscle recovery or growth in the same way that protein does. Thus, protein's role in repairing and building muscle tissue solidifies its status as the most important nutrient for this purpose.

7. What is the primary function of carbohydrates in the body?

- A. Provide energy**
- B. Build muscle
- C. Regulate body temperature
- D. Enhance immune function

The primary function of carbohydrates in the body is to provide energy. Carbohydrates are one of the three macronutrients, along with proteins and fats. When consumed, carbohydrates are broken down into glucose, which is then utilized by the body's cells as a key source of fuel. This process is especially important for high-energy-demanding organs such as the brain and muscles during physical activity. Although carbohydrates serve other roles, their main contribution to nutrition is energy production. The body can store excess carbohydrates in the form of glycogen in the liver and muscles, which can be rapidly mobilized when energy is needed. This quick conversion to energy supports both day-to-day activities and exercise. In contrast, the other functions listed, such as building muscle, regulating body temperature, and enhancing immune function, are primarily associated with proteins and fats or are part of broader bodily processes rather than the specific role of carbohydrates. Therefore, understanding the fundamental role of carbohydrates in energy provision is essential in the study of nutrition and its impact on overall health.

8. What are the potential benefits of meal prepping?

- A. Increased cooking time and food waste
- B. Improved nutrition and reduced food waste**
- C. Higher chances of overeating
- D. Limited menu variety

Meal prepping offers several advantages, with a primary benefit being improved nutrition. By planning and preparing meals in advance, individuals can ensure they have healthy options readily available, enabling better food choices throughout the week. This approach often involves incorporating a variety of foods, leading to a more balanced diet that meets nutritional needs. Additionally, meal prepping significantly reduces food waste. By preparing meals in bulk and using ingredients efficiently, individuals are less likely to have leftover produce that goes bad. This not only benefits the environment but also contributes to cost savings, as less food waste equates to lower grocery bills. In contrast, increased cooking time and food waste, higher chances of overeating, and limited menu variety do not align with the typical outcomes of effective meal prepping. When executed properly, meal prepping can actually streamline meal preparation processes, contribute to mindful eating practices, and encourage a diverse range of meals.

9. Which vitamins are classified as water-soluble?

- A. Vitamins A and D
- B. Vitamin C and the B vitamins**
- C. Vitamin E and K
- D. Vitamins B12 and Omega-3

The classification of vitamins into water-soluble and fat-soluble categories is based on their solubility in water. Water-soluble vitamins include those that dissolve in water and are not stored in large amounts in the body, requiring regular intake through diet. Vitamin C, also known as ascorbic acid, is a well-known water-soluble vitamin that plays a crucial role in collagen synthesis, antioxidant function, and immune function. Additionally, the B vitamins, which include B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate or folic acid), and B12 (cobalamin), are also classified as water-soluble. These vitamins are vital for energy metabolism, red blood cell production, and neurological functions. Since both Vitamin C and the B vitamins are water-soluble, this answer is accurate and reflects the correct grouping. This classification is essential for understanding dietary needs and the potential for deficiency, as water-soluble vitamins need to be consumed more regularly compared to fat-soluble vitamins, which can be stored in the body's fatty tissues.

10. Which vitamin is essential for maintaining healthy vision?

- A. Vitamin B12
- B. Vitamin A**
- C. Vitamin C
- D. Vitamin D

Vitamin A is crucial for maintaining healthy vision, primarily because it plays a vital role in the formation of rhodopsin, a pigment in the retina that allows the eyes to see in low light conditions. It also supports the overall health of the cornea, which is essential for clear vision. Deficiency in Vitamin A can lead to night blindness and, in severe cases, complete blindness. In addition to its role in vision, Vitamin A contributes to the overall health of the immune system and promotes healthy skin. This vitamin can be found in foods such as carrots, sweet potatoes, spinach, and liver. Other vitamins, while beneficial for various bodily functions, do not play the same pivotal role in vision as Vitamin A does. For instance, Vitamin B12 is essential for nerve health and the production of red blood cells, Vitamin C is important for collagen synthesis and overall immune function, and Vitamin D is primarily involved in calcium metabolism and bone health.

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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