

# Nutrition and Nutritional Care/Support Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. Which nutrient is particularly important for pregnant women?**
  - A. Calcium**
  - B. Vitamin D**
  - C. Folate (or folic acid)**
  - D. Iron**
- 2. What nutrient must be limited to reduce the risk of hypertension?**
  - A. Cholesterol**
  - B. Sugar**
  - C. Sodium**
  - D. Calcium**
- 3. What is the main source of dietary cholesterol?**
  - A. Fruits and vegetables**
  - B. Whole grains and legumes**
  - C. Animal products such as meat, eggs, and dairy**
  - D. Nuts and seeds**
- 4. Name one benefit of polyunsaturated fats.**
  - A. They increase triglyceride levels**
  - B. They can help reduce bad cholesterol levels**
  - C. They are primarily found in animal products**
  - D. They are solid at room temperature**
- 5. What is an appropriate nursing intervention when a patient exhibits signs of dehydration?**
  - A. Restrict fluid intake.**
  - B. Monitor vital signs only.**
  - C. Encourage increased fluid intake.**
  - D. Utilize sedatives for comfort.**



- 6. What does "nutritional genomics" study?**
- A. How physical exercise influences nutrition**
  - B. The interactions between nutrients/diet and genes affecting health**
  - C. The impact of genetics on food preparation techniques**
  - D. Effects of foodborne pathogens on genetic expression**
- 7. Which type of milk is generally lower in saturated fat?**
- A. Skim milk**
  - B. Full cream milk**
  - C. Buttermilk**
  - D. Whole milk**
- 8. What is the primary purpose of dietary guidelines?**
- A. To promote overall health through healthy eating**
  - B. To increase the popularity of certain diets**
  - C. To recommend supplements over whole foods**
  - D. To limit food choices severely**
- 9. What is the primary benefit of omega-3 fatty acids?**
- A. Increased cholesterol levels**
  - B. Reduced inflammation**
  - C. Improved muscle growth**
  - D. Enhanced sugar metabolism**
- 10. What is the connection between nutrition and immunity?**
- A. Good nutrition weakens the immune system**
  - B. Adequate nutrition supports a strong immune system**
  - C. Immunity has no relation to nutritional status**
  - D. Adequate hydration is more important than nutrition**

## **Answers**

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

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## **Explanations**

**1. Which nutrient is particularly important for pregnant women?**

- A. Calcium**
- B. Vitamin D**
- C. Folate (or folic acid)**
- D. Iron**

Folate, or folic acid, is particularly important for pregnant women due to its critical role in fetal development. It is essential for the proper formation of the neural tube, which becomes the brain and spinal cord, and can help prevent serious congenital disabilities of the brain and spine, such as spina bifida and anencephaly. Adequate folate levels are crucial during the early stages of pregnancy, often before a woman even realizes she is pregnant, making it a key nutrient to emphasize for women of childbearing age. While calcium, vitamin D, and iron are also important for pregnant women, they serve different functions. Calcium is vital for the developing baby's bones and teeth, vitamin D aids in calcium absorption and supports immune function, and iron is necessary to support increased blood volume and the oxygen needs of both mother and fetus. However, the unique necessity of folate in preventing specific neural defects gives it particular significance during pregnancy, making it a priority in prenatal nutrition guidelines.

**2. What nutrient must be limited to reduce the risk of hypertension?**

- A. Cholesterol**
- B. Sugar**
- C. Sodium**
- D. Calcium**

Sodium is the nutrient that must be limited to reduce the risk of hypertension. High sodium intake can lead to increased blood pressure, as it causes the body to retain water, putting extra strain on blood vessels. This is particularly important for individuals who are sensitive to sodium or have existing hypertension. Reducing sodium intake can help lower blood pressure and reduce the risk of heart disease and stroke. Sodium is commonly found in many processed and packaged foods, which can contribute to excessive daily intake without individuals realizing it. Therefore, to promote cardiovascular health, health professionals often advise incorporating whole, unprocessed foods into the diet while being mindful of sodium content in meals. This dietary adjustment can have a significant impact on managing and preventing hypertension.

### 3. What is the main source of dietary cholesterol?

- A. Fruits and vegetables
- B. Whole grains and legumes
- C. Animal products such as meat, eggs, and dairy**
- D. Nuts and seeds

The primary source of dietary cholesterol is indeed animal products, which include meat, eggs, and dairy. Cholesterol is a waxy substance that is present in the cells of all animals and is synthesized in the liver. Foods that originate from animals, such as beef, pork, chicken, fish, eggs, milk, and cheese, contain significant amounts of cholesterol. In contrast, plant-based foods like fruits, vegetables, whole grains, legumes, nuts, and seeds do not contain cholesterol, as it is only found in animal-derived foods. While these plant foods are rich in essential nutrients and offer various health benefits, they are not sources of dietary cholesterol. This distinction is crucial in understanding how different food groups contribute to overall cholesterol intake in the diet. Therefore, animal products are the primary contributors to dietary cholesterol levels.

### 4. Name one benefit of polyunsaturated fats.

- A. They increase triglyceride levels
- B. They can help reduce bad cholesterol levels**
- C. They are primarily found in animal products
- D. They are solid at room temperature

One significant benefit of polyunsaturated fats is their ability to help reduce bad cholesterol levels, specifically low-density lipoprotein (LDL) cholesterol. This reduction is important because high levels of LDL cholesterol are associated with an increased risk of heart disease and stroke. Polyunsaturated fats, such as omega-3 and omega-6 fatty acids, can improve lipid profiles by replacing saturated fats in the diet. This replacement helps in lowering total cholesterol levels and specifically LDL cholesterol, while potentially raising high-density lipoprotein (HDL) cholesterol, which is known as the "good" cholesterol. In contrast, increasing triglyceride levels is not a benefit associated with polyunsaturated fats; instead, they may help in managing or lowering triglyceride levels when included as part of a balanced diet. Furthermore, polyunsaturated fats are predominantly found in plant-based oils, nuts, seeds, and fatty fish rather than in animal products, which commonly contain saturated fats. Finally, these fats are typically liquid at room temperature rather than solid, which is a characteristic of saturated fats.

**5. What is an appropriate nursing intervention when a patient exhibits signs of dehydration?**

- A. Restrict fluid intake.**
- B. Monitor vital signs only.**
- C. Encourage increased fluid intake.**
- D. Utilize sedatives for comfort.**

Encouraging increased fluid intake is appropriate when a patient exhibits signs of dehydration. Dehydration occurs when the body loses more fluids than it takes in, leading to an imbalance that can affect every system in the body. One of the primary nursing interventions for managing dehydration is to restore adequate fluid levels. This can be done orally by encouraging the patient to drink water or electrolyte solutions, or, in more severe cases, intravenously. Promoting increased fluid intake helps replenish lost fluids, restores electrolyte balance, and supports overall bodily functions. It is a fundamental step in reversing the dehydration process and preventing potential complications, such as kidney damage, hypovolemic shock, or even impaired cognitive function. Other options are not appropriate in this context. For example, restricting fluid intake would worsen dehydration, while only monitoring vital signs would fail to address the root issue of fluid balance. Additionally, utilizing sedatives could further complicate the patient's condition and would not treat the dehydration directly. In summary, encouraging increased fluid intake is essential to effectively manage and treat dehydration.

**6. What does "nutritional genomics" study?**

- A. How physical exercise influences nutrition**
- B. The interactions between nutrients/diet and genes affecting health**
- C. The impact of genetics on food preparation techniques**
- D. Effects of foodborne pathogens on genetic expression**

Nutritional genomics is a field of study that explores the complex interactions between nutrients or dietary components and genes, aiming to understand how these interactions affect health and disease. This branch of science focuses on how our individual genetic makeup can influence the way our bodies respond to different nutrients. It examines how specific nutrients can modify gene expression, influence metabolic pathways, and ultimately impact our overall health and the risk of developing certain diet-related diseases. The study of nutritional genomics is pivotal for personalized nutrition, as it can help tailor dietary recommendations based on an individual's genetic profile. By understanding these interactions, researchers and health professionals can develop targeted dietary strategies that optimize health outcomes based on genetic predispositions. Options that mention physical exercise, food preparation techniques, or foodborne pathogens are not aligned with the primary focus of nutritional genomics, which specifically investigates the relationship between diet and gene interaction rather than aspects related to physical activity, culinary practices, or pathogens.

**7. Which type of milk is generally lower in saturated fat?**

- A. Skim milk**
- B. Full cream milk**
- C. Buttermilk**
- D. Whole milk**

Skim milk is generally lower in saturated fat because it is made by removing the cream from whole milk, which significantly reduces the fat content. Whole milk contains a higher percentage of fat, while full cream milk contains the highest amount, comprising almost all of the cream. Buttermilk, although lower in fat than whole milk, often has more saturated fat than skim milk. Therefore, skim milk stands out as the choice with the least amount of saturated fat, making it a better option for those looking to limit their saturated fat intake. This is why it is commonly recommended for individuals who are trying to maintain or reduce their overall fat consumption in their diet.

**8. What is the primary purpose of dietary guidelines?**

- A. To promote overall health through healthy eating**
- B. To increase the popularity of certain diets**
- C. To recommend supplements over whole foods**
- D. To limit food choices severely**

The primary purpose of dietary guidelines is to promote overall health through healthy eating. These guidelines are established by health organizations and governments to provide individuals and communities with information about how to make nutritious food choices that support physical well-being and prevent chronic diseases. The guidelines emphasize a balanced diet that includes a variety of foods, focusing on whole grains, fruits, vegetables, lean proteins, and healthy fats, while also advising on limiting saturated fats, sugars, and sodium. By aiming for overall health, dietary guidelines also encourage lifestyle practices that go beyond just food choices, such as being physically active and maintaining a healthy weight. This holistic approach is essential for preventing conditions like obesity, diabetes, and cardiovascular diseases, ultimately contributing to improved quality of life and longevity. Thus, the correct choice highlights the overarching goal of these dietary frameworks in fostering long-term health benefits rather than merely endorsing specific diets, supplements, or restrictive eating patterns.



## 9. What is the primary benefit of omega-3 fatty acids?

- A. Increased cholesterol levels
- B. Reduced inflammation**
- C. Improved muscle growth
- D. Enhanced sugar metabolism

The primary benefit of omega-3 fatty acids lies in their ability to reduce inflammation. Omega-3 fatty acids, found in foods such as fatty fish, flaxseeds, and walnuts, have anti-inflammatory properties that are well-documented through various studies. By promoting the production of anti-inflammatory compounds and modulating immune responses, omega-3 fatty acids play a crucial role in helping to manage chronic inflammatory conditions, such as arthritis and cardiovascular diseases. Reduction of inflammation is significant because chronic inflammation can lead to various health issues, including heart disease, diabetes, and cancer. Therefore, incorporating omega-3 fatty acids into the diet can be a proactive strategy for maintaining overall health and mitigating the risk of these chronic diseases. In contrast, options related to increased cholesterol levels, improved muscle growth, and enhanced sugar metabolism do not accurately represent the primary benefits of omega-3 fatty acids. In fact, omega-3s are known to positively influence lipid profiles by potentially lowering triglyceride levels and promoting heart health rather than increasing cholesterol levels. Additionally, while omega-3s may contribute to certain aspects of muscle health, muscle growth primarily depends on adequate protein intake and exercise rather than omega-3 consumption alone. As for sugar metabolism, while there is some evidence that

## 10. What is the connection between nutrition and immunity?

- A. Good nutrition weakens the immune system
- B. Adequate nutrition supports a strong immune system**
- C. Immunity has no relation to nutritional status
- D. Adequate hydration is more important than nutrition

The connection between nutrition and immunity is critical, as adequate nutrition plays a fundamental role in supporting and strengthening the immune system. A well-nourished body has the necessary nutrients, vitamins, and minerals that are essential for the proper functioning of immune cells. For instance, nutrients such as vitamin C, vitamin D, zinc, and protein are pivotal in maintaining immune health, enabling the body to effectively respond to pathogens, reduce the risk of infections, and promote faster recovery when illness occurs. In contrast, poor nutritional status can lead to deficiencies that impair immune function, making an individual more susceptible to infections and diseases. It is well-established in nutritional science that enhanced dietary patterns and sufficient nutrient intake can lead to improved immune responses. Thus, acknowledging the role of nutrition in bolstering immunity is crucial for overall health and well-being.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nutritionalcaresupport.examzify.com>**

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