

NUTRITION AND NUTRITIONAL CARE/ SUPPORT 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. Which fatty food should be consumed with caution due to high saturated fat content?**
 - A. Olive oil
 - B. Avocado
 - C. Butter
 - D. Fish oil
- 2. What is the primary source of energy for the brain?**
 - A. Fatty acids
 - B. Proteins
 - C. Glucose
 - D. Vitamins
- 3. How does protein contribute to body composition?**
 - A. It is not a significant nutrient for body composition
 - B. It primarily serves as an energy source
 - C. It aids in muscle repair and growth
 - D. It helps in maintaining hydration levels
- 4. 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
- 5. What is the main function of vitamins in the body?**
 - A. They act as building blocks of proteins
 - B. They provide energy directly to the body
 - C. They support numerous biochemical functions and processes
 - D. They replace nutrients lost during exercise
- 6. Which food is a poor source of B vitamins?**
 - A. Whole grains
 - B. Leafy vegetables
 - C. Meat and poultry
 - D. Refined sugar

- 7. Which mineral is crucial for oxygen transport in the body?**
- A. Calcium
 - B. Iron
 - C. Zinc
 - D. Potassium
- 8. What disease might the nurse educate a patient about regarding obesity risks?**
- A. Type 2 diabetes
 - B. Breast cancer
 - C. Osteoporosis
 - D. Hypertension
- 9. Which macronutrient is primarily responsible for providing energy?**
- A. Protein
 - B. Carbohydrates
 - C. Fat
 - D. Vitamins
- 10. Which finding would indicate that a patient recovering from surgery can advance to a full liquid diet?**
- A. Absence of nausea
 - B. Flatus is passed and there is a report of hunger
 - C. Stable vital signs
 - D. Intolerance to solid food

Answers

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

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Explanations

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1. Which fatty food should be consumed with caution due to high saturated fat content?

- A. Olive oil
- B. Avocado
- C. Butter**
- D. Fish oil

Butter is a fatty food that should be consumed with caution because it is high in saturated fat, which has been associated with an increased risk of cardiovascular disease when consumed in excess. Saturated fats can raise LDL cholesterol levels in the blood, potentially leading to heart-related problems. While butter can enhance flavor in cooking and baking, it is advisable to limit its intake and consider healthier alternatives or use it in small quantities. On the other hand, olive oil and avocado are examples of sources of monounsaturated fats, which are considered heart-healthy and beneficial for overall health. Fish oil contains omega-3 fatty acids, which are known to have anti-inflammatory properties and promote heart health. These fats are generally viewed as healthier choices compared to saturated fats found in butter. Thus, butter stands out as a food item that warrants caution due to its saturated fat content.

2. What is the primary source of energy for the brain?

- A. Fatty acids
- B. Proteins
- C. Glucose**
- D. Vitamins

The primary source of energy for the brain is glucose. The brain is an organ with high energy demands, utilizing about 20% of the body's total energy consumption despite representing only about 2% of body weight. Glucose, a simple sugar, is critical for the brain's function because it easily crosses the blood-brain barrier and is efficiently metabolized to produce ATP, the energy currency of cells. While fatty acids can serve as an energy source for other tissues, especially during prolonged fasting or low-carbohydrate diets, the brain primarily relies on glucose derived from carbohydrates in the diet. Proteins are primarily used for tissue repair and growth rather than as a direct energy source for the brain. Vitamins play supportive roles in metabolic processes but do not serve as energy sources themselves. Therefore, glucose stands out as the most essential nutrient for enabling the brain to perform its wide array of functions effectively.

3. How does protein contribute to body composition?

- A. It is not a significant nutrient for body composition
- B. It primarily serves as an energy source
- C. It aids in muscle repair and growth**
- D. It helps in maintaining hydration levels

Protein plays a vital role in body composition, primarily through its involvement in muscle repair and growth. When the body undergoes physical activity or strain, muscle fibers experience micro-tears. Protein provides the necessary amino acids that are crucial for the repair of these fibers, leading to muscle recovery and growth. This process not only helps increase muscle mass but also contributes to overall strength and metabolic rate, as muscle tissue is more metabolically active than fat tissue. Incorporating adequate protein into the diet supports these processes, making it essential for individuals looking to enhance their body composition, particularly those engaging in resistance training or athletic pursuits. This understanding highlights protein's significance not only for muscle health but also in achieving a balanced approach to body composition management. The other options do not capture the primary roles of protein in body composition—energy sources are more effectively provided by fats and carbohydrates. While hydration is essential for overall health, it is not directly influenced by protein intake.

4. 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

5. What is the main function of vitamins in the body?

- A. They act as building blocks of proteins
- B. They provide energy directly to the body
- C. They support numerous biochemical functions and processes**
- D. They replace nutrients lost during exercise

Vitamins serve crucial roles in supporting numerous biochemical functions and processes within the body. Unlike macronutrients such as carbohydrates, proteins, and fats that provide energy and serve as structural components, vitamins are organic compounds that are essential for regulating various metabolic pathways. They are involved in processes such as energy production, immune function, blood clotting, and the synthesis of DNA and RNA. Each vitamin has a specific role; for example, B vitamins are vital for energy metabolism, while vitamin C is important for collagen synthesis and immune support. This complexity highlights the importance of vitamins in maintaining overall health and facilitating essential body functions. Other options do not accurately capture the primary roles of vitamins. For instance, while building blocks of proteins are primarily amino acids, vitamins assist in the processes that utilize these amino acids rather than serving as the building blocks themselves. Vitamins do not directly provide energy, which is the role of macronutrients, and they do not simply replace nutrients lost during exercise; rather, they are often needed to optimize the function of those nutrients. Thus, the role of vitamins in supporting diverse and critical biochemical functions firmly underlies their importance in nutrition and health.

6. Which food is a poor source of B vitamins?

- A. Whole grains
- B. Leafy vegetables
- C. Meat and poultry
- D. Refined sugar**

Refined sugar is a poor source of B vitamins because it is primarily composed of simple carbohydrates with no significant nutritional value in terms of vitamins or minerals. Unlike whole grains, leafy vegetables, and meat and poultry, which provide a variety of B vitamins that are essential for energy metabolism, cognitive function, and overall health, refined sugar lacks these nutrients entirely. Whole grains, for instance, are rich in B vitamins such as thiamine, riboflavin, niacin, and folate. Leafy vegetables also contribute key B vitamins, particularly folate, which is important for DNA synthesis and repair. Meat and poultry are good sources of several B vitamins, including B6 and B12, which are critical for various metabolic processes. Thus, while whole grains, leafy vegetables, and meat and poultry are nutritious foods that support B vitamin intake, refined sugar provides no such benefits, making it the clear answer as a poor source.

7. Which mineral is crucial for oxygen transport in the body?

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

The mineral that plays a crucial role in oxygen transport in the body is iron. Iron is a fundamental component of hemoglobin, the protein in red blood cells responsible for binding to oxygen in the lungs and carrying it to tissues throughout the body. Without adequate iron, the body cannot produce enough healthy red blood cells, potentially leading to anemia, which can result in fatigue and weakness due to insufficient oxygen delivery to tissues. Calcium, zinc, and potassium, while important for various bodily functions, do not have a direct role in oxygen transport. Calcium is essential for bone health and muscle function, zinc plays a vital role in immune function and wound healing, and potassium is crucial for maintaining fluid balance and proper function of muscles and nerves. However, none of these minerals are involved in the actual transport of oxygen within the bloodstream like iron is.

8. What disease might the nurse educate a patient about regarding obesity risks?

- A. Type 2 diabetes
- B. Breast cancer**
- C. Osteoporosis
- D. Hypertension

While breast cancer is indeed associated with obesity risks, it is important to highlight why type 2 diabetes is frequently emphasized in discussions about obesity-related diseases. Obesity is a significant risk factor for type 2 diabetes because excess body fat, particularly around the abdomen, can lead to insulin resistance, where the body's cells become less sensitive to insulin. This resistance impairs glucose metabolism and can lead to elevated blood sugar levels, ultimately resulting in diabetes. Additionally, type 2 diabetes has a well-established connection to various obesity-related cardiovascular issues and complications, making it a focal point of obesity education. While breast cancer, osteoporosis, and hypertension also share associations with obesity, the mechanism and direct correlation with diabetes make it particularly crucial for patient education. Understanding the risks of type 2 diabetes can empower patients to make lifestyle changes to manage their weight and improve their overall health.

9. Which macronutrient is primarily responsible for providing energy?

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

The primary macronutrient responsible for providing energy is carbohydrates. Carbohydrates are the body's main source of fuel, particularly for the brain and muscles during high-intensity activities. When consumed, carbohydrates are broken down into glucose, which is then utilized by cells for energy. This energy is essential for daily activities and bodily functions, making carbohydrates a critical component of a balanced diet. While fats and proteins also provide energy, they play different roles in the body. Fats are a concentrated source of energy and are typically used during prolonged, lower-intensity activities but are not the primary energy source for immediate needs. Proteins mainly serve as building blocks for tissues and are used for energy only when carbohydrates are unavailable. Vitamins, on the other hand, do not provide energy directly; instead, they help the body utilize carbohydrates, fats, and proteins efficiently. Therefore, carbohydrates are recognized as the primary source of energy for the body.

10. Which finding would indicate that a patient recovering from surgery can advance to a full liquid diet?

- A. Absence of nausea
- B. Flatus is passed and there is a report of hunger**
- C. Stable vital signs
- D. Intolerance to solid food

Advancing to a full liquid diet in a patient recovering from surgery typically depends on their gastrointestinal function and tolerance to oral intake. The presence of flatus signifies that the bowel is starting to return to normal function, indicating that peristalsis has resumed. Additionally, a report of hunger suggests that the patient is ready to take in more nutrients. Together, these factors indicate that the digestive system is functioning adequately, allowing for the transition to a more substantial diet that includes liquids. While the absence of nausea and stable vital signs are certainly favorable signs of recovery, they do not directly confirm adequate gastrointestinal motility or appetite, which are crucial for advancing diet. Intolerance to solid food, on the other hand, suggests a need to remain on a restricted diet until the digestive system can handle more complex foods. Therefore, the combination of passing flatus and expressing hunger provides a more definitive indication that the patient can safely progress to a full liquid diet.

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://nutritionalcaresupport.examzify.com>

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

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