

NUTRITION BENCHMARK PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Pts w _____ should be careful on dosing with fat soluble vitamins?
 - A. Iron deficiency
 - B. Liver disease
 - C. Vitamin C deficiency
 - D. Kidney failure
2. What is the soft diet?
 - A. Low in fiber and seasoning, easily digested
 - B. High fiber
 - C. Spicy foods only
 - D. Raw vegetables
3. Which statement describes a clear liquid diet?
 - A. See through, no residue, non gas-forming
 - B. Liquid at room temperature
 - C. See-through with residue
 - D. Solid foods allowed
4. Which of the following factors is NOT known to increase BMR?
 - A. Hair color
 - B. Age
 - C. Thyroid status
 - D. Fever
5. Preserve kidney function through limiting protein to how many g/kg/day?
 - A. 0.6-0.8 g/kg/day
 - B. 0.8-1.0 g/kg/day
 - C. 1.2-1.5 g/kg/day
 - D. 1.5-2.0 g/kg/day

- 6. For cancer patients experiencing anorexia, which strategies are recommended?**
- A. Drink only water and avoid protein
 - B. Eat large portions later in the day
 - C. Skip breakfast and snack
 - D. Eat small portions of high-protein foods and high calories; eat in the morning; avoid foods with odors
- 7. Opened baby food in the fridge should be discarded after how long?**
- A. 48 hours
 - B. 12 hours
 - C. 72 hours
 - D. 24 hours
- 8. During the third trimester of pregnancy, approximately how many kilocalories per day are recommended?**
- A. 452 kcal/day
 - B. 600 kcal/day
 - C. 300 kcal/day
 - D. 500 kcal/day
- 9. Which statement accurately describes a dysphagia diet for someone with swallowing difficulties?**
- A. Regular diet is always appropriate
 - B. There is no need to modify liquids
 - C. A diet with only solid foods
 - D. A diet that includes pureed foods and thickened liquids
- 10. To reduce aspiration risk, which approach is typically recommended?**
- A. Spicy foods enhance swallowing
 - B. Avoid texture modification
 - C. Texture-modified diet
 - D. Consume only liquids

Answers

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

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Explanations

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1. Pts w _____ should be careful on dosing with fat soluble vitamins?

- A. Iron deficiency
- B. Liver disease**
- C. Vitamin C deficiency
- D. Kidney failure

Fat-soluble vitamins A, D, E, and K are stored in the liver and adipose tissue and are absorbed with dietary fats. Because they can accumulate, taking high doses carries a risk of toxicity. When liver disease is present, the liver's ability to metabolize, store, and release these vitamins is altered, making it easier to end up with abnormal levels even with standard supplementation. That's why dosing fat-soluble vitamins must be approached with extra caution in liver disease. In contrast, vitamin C is water-soluble and excess is usually excreted, iron is a mineral, and kidney failure affects other processes more than the storage of fat-soluble vitamins, so they don't require the same dosing caution for these vitamins.

2. What is the soft diet?

- A. Low in fiber and seasoning, easily digested**
- B. High fiber
- C. Spicy foods only
- D. Raw vegetables

Soft diet focuses on texture and gentle digestion, using foods that are soft, easy to chew and swallow. Because the aim is to minimize digestive workload, these foods are typically low in fiber and mild in seasonings, so they pass through the system with less effort and less irritation. That's why describing the diet as low in fiber and seasoning and easily digested best matches the concept. High-fiber foods add bulk and require more chewing and digestive processing, so they don't fit. Spicy foods can irritate the GI lining and are not characteristic of a bland, gentle diet. Raw vegetables are harder to break down and chew, so they aren't part of a soft-diet pattern.

3. Which statement describes a clear liquid diet?

- A. See through, no residue, non gas-forming**
- B. Liquid at room temperature
- C. See-through with residue
- D. Solid foods allowed

A clear liquid diet consists of liquids you can see through and that leave no undigested residue in the intestines. The description provided—see-through, no residue, and non gas-forming—fits this idea exactly, because the goal is liquids that are transparent, free of solid particles, and gentle on the digestive tract without producing gas. In practice, you'd have water, clear broths, strained fruit juice without pulp, tea or coffee without milk, and plain gelatin. It excludes dairy or any liquids with pulp, opaque juices, or beverages that introduce solid material or gas into the gut. This approach supports hydration with minimal residue, often used when the gut needs to rest or before procedures.

4. Which of the following factors is NOT known to increase BMR?

- A. Hair color
- B. Age
- C. Thyroid status
- D. Fever

BMR reflects the body's energy needs at rest and is driven by factors that change metabolic rate, not by cosmetic traits. Fever raises BMR because the body works harder to fight infection and maintain a higher temperature. Thyroid status also shifts BMR: higher thyroid hormone levels speed up many metabolic processes, increasing energy use. Age tends to lower BMR over time as lean body mass and metabolic activity decline. Hair color, on the other hand, is a pigment-related trait with no mechanism that alters resting energy expenditure. So hair color is not known to increase BMR.

5. Preserve kidney function through limiting protein to how many g/kg/day?

- A. 0.6-0.8 g/kg/day
- B. 0.8-1.0 g/kg/day
- C. 1.2-1.5 g/kg/day
- D. 1.5-2.0 g/kg/day

In kidney disease, limiting protein helps reduce the kidneys' workload and the production of nitrogenous waste, which can slow progression and preserve function. The best-supported target is about 0.8 to 1.0 g of protein per kilogram of body weight each day, a level that lowers renal stress while still meeting most essential nutritional needs. Lowering to 0.6–0.8 g/kg/day can risk protein malnutrition if energy intake isn't carefully managed, while higher intakes like 1.2–1.5 or 1.5–2.0 g/kg/day increase the kidneys' workload and are not typically used for preservation of function.

6. For cancer patients experiencing anorexia, which strategies are recommended?

- A. Drink only water and avoid protein
- B. Eat large portions later in the day
- C. Skip breakfast and snack
- D. Eat small portions of high-protein foods and high calories; eat in the morning; avoid foods with odors

When someone with cancer experiences anorexia, the approach that works best is to make meals both energy- and protein-dense in small, easy-to-tolerate portions, and to time the intake so it feels most doable—often earlier in the day—and keep foods with strong odors down. The idea is to support weight and lean body mass while reducing the barrier of feeling full or nauseated. Small portions eaten several times a day help avoid overwhelming fullness and can improve overall intake. Focusing on high-protein, high-calorie foods ensures that the calories you do consume contribute to tissue repair and immune health, which are important during treatment. Having a protein- and calorie-rich option in the morning taps into a time when appetite may be better and mornings are often more tolerable before later-day symptoms build up. Avoiding foods with strong odors can lessen nausea and aversion that often come with cancer therapies, making it easier to eat. For example, choosing foods like dairy or dairy-based smoothies with added protein, eggs, yogurt, nut butters, lean meats, beans, and calorie-dense snacks can help meet daily needs without forcing large meals at once. In contrast, drinking only water or skipping meals would not provide the nutrients needed; waiting to eat large portions later can worsen tolerance, and skipping breakfast or snacking reduces opportunities to distribute protein and calories throughout the day.

7. Opened baby food in the fridge should be discarded after how long?

- A. 48 hours
- B. 12 hours
- C. 72 hours
- D. 24 hours**

Opened baby food stored in the fridge should be discarded within 24 hours. Once a jar or pouch is opened, it's exposed to bacteria from the air and from utensils, and although cold temperatures slow growth, they don't stop it completely. Using the food within a day minimizes the risk of illness for a baby. If you notice off smells, unusual color, or changes in texture, discard immediately. Keeping the fridge at about 4°C (40°F) or below helps, but the safest guideline remains to use or discard opened baby food within 24 hours.

8. During the third trimester of pregnancy, approximately how many kilocalories per day are recommended?

- A. 452 kcal/day**
- B. 600 kcal/day
- C. 300 kcal/day
- D. 500 kcal/day

In the third trimester, the body's energy needs rise because the fetus grows rapidly and maternal tissues expand, increasing daily energy expenditure. The commonly cited extra requirement is about 450 kilocalories per day above what a nonpregnant woman needs, so the option around 452 kcal/day lines up with that guideline. It's an approximate target and can vary with pre-pregnancy weight, activity level, and overall health. The other numbers don't fit as closely: 600 kcal/day is higher than the typical recommendation, 300 kcal/day is lower, and 500 kcal/day is a bit above the standard estimate.

9. Which statement accurately describes a dysphagia diet for someone with swallowing difficulties?

- A. Regular diet is always appropriate
- B. There is no need to modify liquids
- C. A diet with only solid foods
- D. A diet that includes pureed foods and thickened liquids**

The idea being tested is how swallowing difficulties are managed with texture-modified foods and liquids to make eating safer. A plan that includes pureed foods and thickened liquids provides a safer swallow because the foods are smooth and cohesive, which reduces the need for extensive chewing, and the liquids move more slowly, giving more time to coordinate the swallow and protect the airway. Regular diets and unmodified liquids aren't safe for many people with dysphagia, since they don't reduce the risk of choking or aspiration. Limiting to solids only may help form a bolus, but it doesn't address the liquids that commonly pose trouble. So, combining pureed textures with thickened liquids aligns with safer swallowing practices.

10. To reduce aspiration risk, which approach is typically recommended?

- A. Spicy foods enhance swallowing
- B. Avoid texture modification
- C. Texture-modified diet**
- D. Consume only liquids

Modifying the texture and consistency of what someone eats and drinks is the key approach to reducing aspiration risk. When the bolus is softened, minced, or pureed, and liquids are thickened to an appropriate level, the swallowing muscles can form and propel the bolus more predictably, giving the airway better protection. This makes it easier to control where the food goes during swallowing and reduces the chances that material will slip into the airway. Spicy foods don't reliably lower aspiration risk and can irritate the throat for some people, so they aren't a protective strategy. Not modifying textures leaves swallowing difficulties unaddressed, keeping aspiration risk higher. Relying on liquids alone isn't universally safe either—the thinness of regular liquids can still allow material to pass into the airway if swallowing timing or airway closure is impaired. A texture-modified diet directly targets the physical properties of the bolus to support safer swallowing.

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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://nutritionbenchmark.examzify.com>

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

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