

Nutrition Diet Therapy Practice Exam (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. 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!

Questions

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1. What is a nutrient claim?
 - A. Statements that suggest the health benefits of food
 - B. Statements that describe the quantities of nutrients in food
 - C. Statements that ensure food is organic
 - D. A claim that needs FDA approval before it is made
2. Which demographic is at the highest risk for lactose intolerance?
 - A. White northern Europeans
 - B. Southeast Asians
 - C. Middle Easterners
 - D. South Americans
3. Which of the following is NOT a function of triglycerides in the diet?
 - A. Source of essential fatty acids
 - B. Softening stool
 - C. Add satiety
 - D. Deliver fat-soluble vitamins
4. Which macronutrient is primarily absorbed in the mouth, stomach, and small intestine?
 - A. Protein
 - B. Fat
 - C. Carbohydrates
 - D. Water
5. What does PEM stand for in nutritional terms?
 - A. Protein Energy Metabolism
 - B. Protein Energy Malnutrition
 - C. Protein Enhanced Micronutrients
 - D. Protein Enzyme Maintenance

6. Which vitamin is known for its role in calcium absorption?
- A. Vitamin A
 - B. Vitamin B12
 - C. Vitamin D
 - D. Vitamin E
7. What substance is produced by the pancreas to aid in protein digestion?
- A. Bile
 - B. Amylase
 - C. Proteases
 - D. Pepsin
8. How does starch differ from glycogen?
- A. Starch is stored in animals, while glycogen is in plants.
 - B. Starch serves as a food source for the body, whereas glycogen does not.
 - C. Glycogen has a branched structure, while starch is linear.
 - D. Starch is primarily stored in the liver.
9. Which of the following is NOT a class of nutrients?
- A. Fiber
 - B. Minerals
 - C. Vitamins
 - D. Sugars
10. For individuals with IBS, what does a low-FODMAP diet aim to alleviate?
- A. Weight gain
 - B. High blood pressure
 - C. Digestive symptoms
 - D. High cholesterol levels

Answers

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

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Explanations

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1. What is a nutrient claim?

- A. Statements that suggest the health benefits of food
- B. Statements that describe the quantities of nutrients in food
- C. Statements that ensure food is organic
- D. A claim that needs FDA approval before it is made

A nutrient claim specifically describes the quantities of nutrients in food products and indicates whether a food is rich or low in certain nutrients. This type of claim is usually based on established nutritional criteria and can include terms such as "low fat," "high fiber," or "zero sugar." These statements help consumers make informed choices regarding the nutritional content of the foods they consume. The focus of nutrient claims is purely on the nutrient content itself, rather than on the health effects or benefits associated with consuming those nutrients, which distinguishes them from health claims. Moreover, while health claims may require FDA approval and address the health implications of specific nutrients, nutrient claims do not necessarily need this level of scrutiny as they strictly pertain to the amount of various nutrients present in the food. Thus, the correctness of the answer lies in recognizing the fundamental purpose and definition of nutrient claims in the context of food labeling.

2. Which demographic is at the highest risk for lactose intolerance?

- A. White northern Europeans
- B. Southeast Asians
- C. Middle Easterners
- D. South Americans

Lactose intolerance is a condition characterized by the inability to digest lactose, a sugar found in milk and dairy products, due to a deficiency of lactase, the enzyme required for its digestion. The prevalence of lactose intolerance varies significantly across ethnic groups and geographic locations. Southeast Asians are among the populations with the highest rates of lactose intolerance. Studies indicate that as many as 90-100% of individuals in some Southeast Asian countries have reduced lactase activity compared to populations of Northern European descent, where a higher prevalence of lactase persistence is observed. This difference is largely a result of genetic variations that affect lactase production after weaning. In contrast, White northern Europeans tend to have much lower rates of lactose intolerance, often attributed to historical dairy farming practices and cultural adaptations to dairy consumption. Middle Easterners and South Americans also have varying rates of lactose intolerance but generally do not match the levels seen in Southeast Asian populations. Understanding these demographic trends is crucial for dietary planning and interventions, especially in clinical settings where dietary recommendations may need to consider an individual's ethnic background and potential lactose intolerance. This awareness can help avoid gastrointestinal distress in individuals who cannot tolerate lactose, enabling better nutritional compliance and overall health.

3. Which of the following is NOT a function of triglycerides in the diet?

- A. Source of essential fatty acids
- B. Softening stool
- C. Add satiety
- D. Deliver fat-soluble vitamins

Triglycerides serve several important functions in the diet, and one of those is indeed providing essential fatty acids, which are crucial for numerous bodily functions, including cell membrane structure and hormone production. They are also responsible for adding satiety, as fats tend to be more calorie-dense and slow down the digestion process, making one feel fuller for a longer period of time. Additionally, triglycerides play a key role in the absorption and transportation of fat-soluble vitamins, such as vitamins A, D, E, and K, by facilitating their delivery to the body where they are required for various biological functions. The function of softening stool, while important for digestive health, is not typically attributed to triglycerides. Instead, this function is more directly associated with dietary fiber and certain types of fats, like those found in plant oils, which can help to lubricate the intestines. Thus, while triglycerides contribute to overall nutrition, they are not specifically known for the ability to soften stool, making it the correct response in identifying the statement that does not represent a function of triglycerides in the diet.

4. Which macronutrient is primarily absorbed in the mouth, stomach, and small intestine?

- A. Protein
- B. Fat
- C. Carbohydrates
- D. Water

Carbohydrates are primarily absorbed in the mouth, stomach, and small intestine due to the role of specific enzymes and the digestive process. In the mouth, salivary amylase begins the breakdown of starches into simpler sugars. This enzymatic activity is crucial for initiating carbohydrate digestion right from the start. As the food travels to the stomach, while the acidic environment does not favor carbohydrate absorption, some action may continue; however, the significant absorption occurs in the small intestine. Here, pancreatic amylase further digests carbohydrates into monosaccharides, which can then be absorbed through the intestinal wall into the bloodstream. The other macronutrients follow a different absorption process. Protein digestion mostly begins in the stomach with pepsin and continues in the small intestine. Fat absorption involves emulsification by bile and digestive actions from lipases, primarily occurring in the small intestine. Water, while essential, is absorbed primarily in the intestines, but it is not classified as a macronutrient. This context highlights why carbohydrates are recognized as the macronutrient that is primarily absorbed in these specific areas of the digestive system.

5. What does PEM stand for in nutritional terms?

- A. Protein Energy Metabolism
- B. Protein Energy Malnutrition
- C. Protein Enhanced Micronutrients
- D. Protein Enzyme Maintenance

The term PEM refers to Protein Energy Malnutrition, which is a significant condition affecting individuals who do not consume adequate amounts of protein and energy (calories) necessary for their bodily functions. This malnutrition can lead to various health issues, particularly in vulnerable populations such as children, the elderly, and those with chronic diseases. In cases of Protein Energy Malnutrition, deficiencies in both protein and energy can cause a range of symptoms including muscle wasting, weakened immune response, stunted growth in children, and in severe cases, can lead to life-threatening conditions. Understanding PEM is crucial for healthcare providers and nutritionists when assessing dietary needs and developing appropriate interventions to help those at risk. The other choices, while they sound plausible, do not accurately describe the established term in nutritional sciences. For instance, Protein Energy Metabolism refers to the biochemical processes involving proteins and energy utilization in the body but does not capture the essence of malnutrition. Similarly, Protein Enhanced Micronutrients and Protein Enzyme Maintenance do not represent recognized nutritional terms related to malnutrition or dietary deficiency. Thus, Protein Energy Malnutrition is the most accurate and relevant choice in this context.

6. Which vitamin is known for its role in calcium absorption?

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

Vitamin D is essential for calcium absorption in the body. It facilitates the absorption of calcium from the gut into the bloodstream, playing a critical role in maintaining bone health and overall calcium homeostasis. Without adequate vitamin D, the body struggles to absorb sufficient calcium, which can lead to bone disorders such as rickets in children and osteomalacia in adults. Vitamin A, while important for vision and immune function, does not have a direct role in calcium absorption. Similarly, vitamin B12 is crucial for red blood cell formation and neurological function but has no involvement in calcium absorption. Vitamin E is known for its antioxidant properties, which contribute to cellular protection rather than affecting calcium metabolism. Hence, the prominence of vitamin D in calcium absorption makes it the correct answer to this question.

7. What substance is produced by the pancreas to aid in protein digestion?

- A. Bile
- B. Amylase
- C. Proteases
- D. Pepsin

The pancreas plays a crucial role in digestion by producing various enzymes that help break down nutrients in the small intestine. Among these enzymes, proteases specifically target protein molecules, breaking them down into smaller peptides and amino acids. The primary proteases produced by the pancreas include trypsin, chymotrypsin, and carboxypeptidase. These enzymes are released into the small intestine in their inactive forms and are activated there to prevent the pancreas from digesting itself. Bile is produced by the liver and is important for fat digestion, whereas amylase is an enzyme that breaks down carbohydrates and is primarily produced in the saliva and the pancreas. Pepsin is an enzyme that also aids in protein digestion but is produced in the stomach and is activated in the acidic environment there. Therefore, the correct answer emphasizes the specific role of proteases from the pancreas in protein digestion, differentiating them from enzymes and substances involved in other types of nutrient breakdown.

8. How does starch differ from glycogen?

- A. Starch is stored in animals, while glycogen is in plants.
- B. Starch serves as a food source for the body, whereas glycogen does not.
- C. Glycogen has a branched structure, while starch is linear.
- D. Starch is primarily stored in the liver.

Starch and glycogen are both polysaccharides made up of glucose units, but they serve different functions and have structural differences. Starch is primarily found in plants and serves as an energy reserve, whereas glycogen is the storage form of glucose in animals, particularly found in the liver and muscles. The correct response highlights the role of starch as a significant source of energy for the body. When consumed, starch is broken down into glucose, which can then be utilized by the body for energy. This is in contrast to glycogen, which is not directly consumed as a food source; instead, it is stored in the body and broken down to release glucose when energy is needed. Understanding the distinct roles of these two polysaccharides is essential for grasping how the body utilizes carbohydrates. The nature of their storage locations and structures (such as how starch can be both linear and branched, with amylose and amylopectin being its forms, while glycogen is highly branched) further emphasizes their differences.

9. Which of the following is NOT a class of nutrients?

- A. Fiber
- B. Minerals
- C. Vitamins
- D. Sugars

The reasoning behind identifying sugars as not being a class of nutrients lies in the distinction between the various classifications of nutrients. Nutrients are generally categorized into specific classes that include macronutrients—proteins, carbohydrates, and fats—and micronutrients, which encompass vitamins and minerals. While sugars are indeed a form of carbohydrate and can provide energy, they do not represent a separate class of nutrients on their own. Instead, they fall under the broader category of carbohydrates. The classification system is designed this way to help understand the functions and sources of various nutrients more clearly. On the other hand, fiber, minerals, and vitamins are recognized as distinct classes of nutrients. Fiber, while technically a carbohydrate, is classified separately due to its unique physiological effects and roles in health, particularly regarding digestive health. Minerals and vitamins are crucial for numerous bodily functions, including metabolic processes and maintaining overall health, thus constituting their own respective classes within the nutritional framework. This systematic categorization helps inform dietary guidelines and nutritional recommendations, ensuring that individuals receive a balanced intake of all necessary nutrients.

10. For individuals with IBS, what does a low-FODMAP diet aim to alleviate?

- A. Weight gain
- B. High blood pressure
- C. Digestive symptoms
- D. High cholesterol levels

A low-FODMAP diet is specifically designed to alleviate digestive symptoms associated with irritable bowel syndrome (IBS). FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols, which are short-chain carbohydrates that can cause digestive distress in sensitive individuals. By reducing the intake of these specific carbohydrates, the diet aims to decrease symptoms such as bloating, gas, abdominal pain, and changes in bowel habits that are commonly experienced by those with IBS. This dietary approach focuses on identifying and eliminating high FODMAP foods in favor of low FODMAP options, thereby helping to restore gut function and improve overall digestive health for those affected by IBS. While the other options may relate to general health concerns, they are not directly targeted or treated by a low-FODMAP 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://nutritiondiettherapy.examzify.com>

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

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