

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. 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 distinguishes cis fats from trans fats?**
 - A. Cis fats have hydrogens on opposite sides**
 - B. Trans fats have hydrogens on the same side**
 - C. Cis fats have hydrogens on the same side**
 - D. Trans fats have no hydrogen atoms**
- 2. What is the primary message of MyPlate regarding food consumption?**
 - A. Eat more often but in larger portions**
 - B. Enjoy food, but eat less by avoiding oversized portions**
 - C. Avoid all types of fats and sugars**
 - D. Only consume food that is organic**
- 3. What is primarily achieved by segmentation in digestion?**
 - A. Movement of food through the GI tract**
 - B. Breaking down food into smaller pieces**
 - C. Mixing of digestive contents**
 - D. Storage of bile**
- 4. What is the purpose of emulsifiers in the digestion of fats?**
 - A. To absorb nutrients**
 - B. To break down fats into smaller droplet sizes**
 - C. To transport fats to cells**
 - D. To eliminate waste**
- 5. What does BMI stand for and what does it measure?**
 - A. Body Mass Index; it measures body height**
 - B. Body Mass Indicator; it measures body composition**
 - C. Body Mass Index; it measures body fat based on height and weight**
 - D. Basal Metabolic Index; it measures metabolic rate**

6. What role does the large intestine play in nutrient processing?

- A. Absorbs water and minerals**
- B. Produces digestive enzymes**
- C. Breaks down fats**
- D. Retrieves recyclable materials**

7. What do certain bacteria in the gastrointestinal tract help digest?

- A. Proteins**
- B. Vitamins**
- C. Fiber**
- D. Minerals**

8. What are common signs of protein deficiency?

- A. Hair loss, muscle wasting, and weakened immune response**
- B. Fatigue, dizziness, and high blood pressure**
- C. Dry skin, brittle nails, and anxiety**
- D. Weight gain, low energy, and excessive sweating**

9. Which digestive action involves wavelike muscular contractions in the GI tract?

- A. Segmentation**
- B. Peristalsis**
- C. Sphincter contractions**
- D. Stomach action**

10. In which part of the body is glycogen primarily stored?

- A. In plants**
- B. In the liver and muscles**
- C. In the bloodstream**
- D. In adipose tissues**

Answers

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

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Explanations

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1. What distinguishes cis fats from trans fats?

- A. Cis fats have hydrogens on opposite sides
- B. Trans fats have hydrogens on the same side
- C. Cis fats have hydrogens on the same side**
- D. Trans fats have no hydrogen atoms

Cis fats are characterized by having hydrogen atoms on the same side of the double bond in their fatty acid chains. This configuration causes the chain to bend or kink, resulting in a more fluid structure at room temperature. Such structural differences have significant implications for the physical properties of fats, including their melting points and how they behave in the body. Trans fats, on the other hand, occur when hydrogen atoms are positioned on opposite sides of the double bond, which allows for a straighter fatty acid chain that can pack more tightly together. This change influences the fat's physical properties, often making trans fats solid or semi-solid at room temperature, which is typically less desirable for health compared to cis fats. Understanding these differences is crucial for recognizing how different types of fats interact with health and nutrition, particularly concerning heart health and the risk of chronic diseases.

2. What is the primary message of MyPlate regarding food consumption?

- A. Eat more often but in larger portions
- B. Enjoy food, but eat less by avoiding oversized portions**
- C. Avoid all types of fats and sugars
- D. Only consume food that is organic

The primary message of MyPlate is centered around promoting balanced and mindful eating habits, which emphasizes enjoying food while being conscious of portion sizes to prevent overeating. This approach encourages individuals to appreciate the foods they eat while establishing a clearer understanding of appropriate serving sizes, which is vital for maintaining a healthy weight and ensuring a well-rounded diet. By advocating for the enjoyment of food in moderation, MyPlate highlights the importance of not only what we eat but how much we consume. This encourages a healthier relationship with food, steering individuals away from both excessive restriction or indulgence. Focusing on portion control is critical in navigating the modern availability of oversized servings commonly found in many settings. The other options do not capture the essence of MyPlate's message. Eating more often but in larger portions contradicts the principle of mindful consumption. Avoiding all types of fats and sugars promotes an unrealistic and overly strict dietary approach. Lastly, exclusively consuming organic food isn't the primary focus of MyPlate; rather, it encourages a diverse range of foods from all food groups, regardless of their organic status. Overall, the guidance emphasizes balance, variety, and moderation in food intake.

3. What is primarily achieved by segmentation in digestion?

- A. Movement of food through the GI tract
- B. Breaking down food into smaller pieces
- C. Mixing of digestive contents**
- D. Storage of bile

Segmentation is a crucial process in digestion, primarily focused on the mixing and movement of food in the gastrointestinal tract. Unlike peristalsis, which is responsible for moving food steadily through the digestive system, segmentation involves rhythmic contractions of the circular muscles in the intestines. This rhythmic action helps to break down food further and evenly mix it with digestive juices, ensuring that nutrients are effectively absorbed. By enhancing the inner workings of the intestine, segmentation facilitates maximum contact of the food with the intestinal walls, promoting thorough digestion and absorption of nutrients. This process is particularly important in the small intestine, where most nutrient absorption occurs. The mixing action of segmentation also aids in the proper distribution of enzymes and other digestive secretions throughout the ingested food, contributing to a more efficient digestive process.

4. What is the purpose of emulsifiers in the digestion of fats?

- A. To absorb nutrients
- B. To break down fats into smaller droplet sizes**
- C. To transport fats to cells
- D. To eliminate waste

Emulsifiers play a crucial role in the digestion of fats by breaking them down into smaller droplet sizes. Fats, or lipids, are generally not soluble in water, which represents a challenge for digestion in the aqueous environment of the gastrointestinal tract. Emulsifiers, such as bile salts produced by the liver, help to disperse fat globules into smaller droplets through a process called emulsification. This reduction in droplet size significantly increases the surface area of the fat, allowing digestive enzymes, such as pancreatic lipase, to more effectively act on the fats and catalyze their breakdown into fatty acids and glycerol. By enabling this process, emulsifiers enhance the efficiency of fat digestion and absorption in the intestines. The other options focus on various aspects of nutrition and digestion but do not accurately describe the specific role of emulsifiers in fat digestion. While the absorption of nutrients and the transport of fats to cells are part of the overall digestive and metabolic processes, they occur after emulsification and digestion have taken place. Eliminating waste is unrelated to the specific function of emulsifiers in the digestion of fats. Understanding the importance of emulsification is essential for grasping how fats are processed in the body.

5. What does BMI stand for and what does it measure?

- A. Body Mass Index; it measures body height**
- B. Body Mass Indicator; it measures body composition**
- C. Body Mass Index; it measures body fat based on height and weight**
- D. Basal Metabolic Index; it measures metabolic rate**

Body Mass Index, or BMI, is a widely used tool that measures body fat based on an individual's height and weight. It is calculated by taking a person's weight in kilograms and dividing it by their height in meters squared. This measurement provides a numerical value that helps categorize individuals into different weight status categories, such as underweight, normal weight, overweight, and obesity. BMI is valuable because it offers a simple methodology for estimating body fatness across large populations without the need for complex and expensive body composition techniques. It serves as a screening tool, but it's important to note that it doesn't directly measure body fat. Instead, it provides an estimate based on the correlation between height and weight. This is why option C accurately describes both what BMI stands for and what it measures.

6. What role does the large intestine play in nutrient processing?

- A. Absorbs water and minerals**
- B. Produces digestive enzymes**
- C. Breaks down fats**
- D. Retrieves recyclable materials**

The large intestine, also known as the colon, plays a crucial role in the final stages of digestion, particularly in the absorption of water and minerals, which are essential for maintaining hydration and electrolyte balance in the body. It also serves to form and store feces for excretion. Among its functions, the large intestine is involved in the retrieval of recyclable materials. This is significant because it allows for the reabsorption of certain nutrients and minerals that the body can use again, contributing to overall nutrient efficiency. In contrast, the other options highlight functions that are not primarily associated with the large intestine. For instance, producing digestive enzymes is a function attributed mainly to the pancreas and small intestine, as they are responsible for the initial breakdown of macronutrients. The breakdown of fats occurs primarily in the small intestine, where bile from the liver emulsifies fats to aid in their digestion. Thus, while the large intestine handles the end products of digestion, its involvement in breaking down fats is minimal. In summary, the large intestine retrieves recyclable materials that can be beneficial to the body while also playing a pivotal role in absorbing water and minerals, essential for maintaining overall health.

7. What do certain bacteria in the gastrointestinal tract help digest?

- A. Proteins**
- B. Vitamins**
- C. Fiber**
- D. Minerals**

Certain bacteria in the gastrointestinal tract play a crucial role in the digestion of fiber, particularly soluble fiber. These bacteria, often referred to as gut microbiota, ferment fiber that the human body cannot digest on its own. This fermentation process breaks down fiber into short-chain fatty acids and other beneficial metabolites that can be absorbed and utilized by the body. The digestion of fiber by these bacteria contributes to various health benefits, including improved gut health, regulation of bowel movements, and enhancement of the immune system. Furthermore, the production of short-chain fatty acids from fiber fermentation also provides energy to colon cells and plays a role in maintaining gut barrier integrity. In contrast, proteins, vitamins, and minerals are primarily absorbed through the small intestine and do not rely on microbial fermentation for digestion. While some bacteria can assist in the metabolism of certain vitamins (such as vitamin K and some B vitamins), the main digestion and absorption processes for proteins and minerals occur without direct involvement from gut bacteria. Therefore, the unique capability of certain bacteria to digest fiber emphasizes the importance of a fiber-rich diet for maintaining overall gastrointestinal health.

8. What are common signs of protein deficiency?

- A. Hair loss, muscle wasting, and weakened immune response**
- B. Fatigue, dizziness, and high blood pressure**
- C. Dry skin, brittle nails, and anxiety**
- D. Weight gain, low energy, and excessive sweating**

Common signs of protein deficiency include hair loss, muscle wasting, and a weakened immune response because protein plays a crucial role in maintaining the structure and function of various bodily tissues and systems. Hair is made primarily of a protein called keratin, so a lack of adequate protein can lead to thinning hair or hair loss. Similarly, muscle tissue relies heavily on protein for its growth and repair, and insufficient protein intake can lead to muscle wasting and loss of strength. Moreover, proteins are essential for the production of antibodies, which are crucial components of the immune system. When protein levels are low, the body's ability to form a strong immune response is compromised, leading to an increased susceptibility to infections and illnesses. Recognizing these signs is important for the early detection and treatment of protein deficiency, which can have significant health implications.

9. Which digestive action involves wavelike muscular contractions in the GI tract?

- A. Segmentation**
- B. Peristalsis**
- C. Sphincter contractions**
- D. Stomach action**

Peristalsis is the digestive action that involves wavelike muscular contractions in the gastrointestinal (GI) tract. This coordinated series of muscle contractions helps to move food along the digestive tract. It involves the contraction and relaxation of smooth muscles lining the esophagus, stomach, and intestines. As the muscles contract behind the food bolus, they push it forward, while the muscles in front of the bolus relax, creating a wave-like motion that propels contents through the digestive system. This mode of action is essential for the proper movement of food from the esophagus into the stomach and through the intestines, where further digestion and absorption occur. While segmentation does involve muscular contractions, it primarily serves to mix and break down food rather than move it along the tract. Sphincter contractions are localized muscle contractions that function to keep different sections of the GI tract separate and control the passage of contents, and while stomach action refers to the mechanical and chemical processes that occur in the stomach, it does not specifically describe the wavelike movement characteristic of peristalsis.

10. In which part of the body is glycogen primarily stored?

- A. In plants**
- B. In the liver and muscles**
- C. In the bloodstream**
- D. In adipose tissues**

Glycogen is primarily stored in the liver and muscles, making this the correct answer. In the body, glycogen serves as a readily available source of energy. The liver stores glycogen to help maintain blood glucose levels during fasting or between meals, ensuring that the brain and other vital organs receive adequate energy. Muscles store glycogen primarily for use during physical activity, providing energy for muscle contractions. The other options do not accurately represent the primary storage sites of glycogen. In plants, carbohydrates are stored as starch, not glycogen. Glycogen is not stored in the bloodstream; instead, glucose circulates in the blood, and glycogen stores are mobilized from the liver and muscles when needed. Adipose tissue, while important for storing fats, does not store glycogen; it stores triglycerides. Thus, the liver and muscle tissue are the specific locations where glycogen is concentrated in the human body.

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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