

NUTRITION DIET THERAPY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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. Why is it important to include carbohydrates in the diet?**
 - A. They offer minimal energy
 - B. They provide energy and other nutrients
 - C. They prevent weight gain
 - D. They are the only source of protein
- 2. Which type of diet is characterized by low carbohydrate intake?**
 - A. The Mediterranean diet
 - B. The ketogenic diet
 - C. The vegetarian diet
 - D. The paleo diet
- 3. How are ingredients in a food product listed?**
 - A. Random order
 - B. Ascending order by weight
 - C. Descending order by weight
 - D. Alphabetical order
- 4. Which of the following is a monosaccharide?**
 - A. Sucrose
 - B. Lactose
 - C. Glucose
 - D. Maltose
- 5. What are glycogen and starch primarily composed of?**
 - A. Simple sugars
 - B. Branched glucose chains
 - C. Amino acids
 - D. Fatty acids
- 6. What three elements make up carbohydrates?**
 - A. Carbon, hydrogen, and nitrogen
 - B. Carbon, hydrogen, and oxygen
 - C. Nitrogen, phosphorus, and sulfur
 - D. Oxygen, hydrogen, and calcium

- 7. Excess protein in the diet can lead to storage as what in the body?**
- A. Muscle
 - B. Glycogen
 - C. Fat
 - D. Water
- 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. What is the process called that converts glucose into energy in the body?**
- A. Glycogenolysis
 - B. Glycolysis
 - C. Gluconeogenesis
 - D. Krebs cycle
- 10. What substance is produced by the pancreas to aid in protein digestion?**
- A. Bile
 - B. Amylase
 - C. Proteases
 - D. Pepsin

Answers

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

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Explanations

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1. Why is it important to include carbohydrates in the diet?

- A. They offer minimal energy
- B. They provide energy and other nutrients**
- C. They prevent weight gain
- D. They are the only source of protein

Including carbohydrates in the diet is essential primarily because they provide a significant source of energy. Carbohydrates are the body's preferred source of fuel for various functions, particularly for the brain and during physical activity. When consumed, carbohydrates are broken down into glucose, which is then utilized by the body's cells to produce energy. Moreover, carbohydrates come in various forms, including sugars, starches, and fibers, each contributing additional health benefits. For instance, whole grains and fiber-rich foods not only supply energy but also help in maintaining digestive health, regulating blood sugar levels, and reducing the risk of chronic diseases. Certain carbohydrate-rich foods also provide essential vitamins and minerals, enhancing overall nutrition. The other options do not accurately reflect the role of carbohydrates. For example, saying they offer minimal energy underestimates their crucial role as a primary energy source. Stating they exclusively prevent weight gain ignores the broader context of a balanced diet and lifestyle. Finally, carbohydrates are not a protein source; while some carbohydrate foods may contain small amounts of protein, they do not serve as the sole or primary source of protein in the diet.

2. Which type of diet is characterized by low carbohydrate intake?

- A. The Mediterranean diet
- B. The ketogenic diet**
- C. The vegetarian diet
- D. The paleo diet

The ketogenic diet is characterized by low carbohydrate intake as it aims to transition the body's metabolism from relying on glucose derived from carbohydrates to utilizing ketones, which are produced from fat breakdown. This metabolic state is known as ketosis. The diet typically comprises high-fat content, moderate protein, and drastically reduced carbohydrates, which allows individuals to effectively reduce body fat and stabilize blood sugar levels. In contrast, the Mediterranean diet emphasizes a balanced intake of healthy fats, whole grains, fruits, vegetables, and lean proteins, with a moderate amount of carbohydrates rather than a low carbohydrate approach. The vegetarian diet focuses on plant-based foods and can vary in carbohydrate content significantly depending on food choices. The paleo diet encourages the consumption of whole foods resembling those eaten in the Paleolithic era, which can include higher carbohydrate sources like fruits and vegetables, though it sometimes limits grains and legumes. Thus, the ketogenic diet's hallmark is its strict reduction of carbohydrates, making it the distinguishing choice.

3. How are ingredients in a food product listed?

- A. Random order
- B. Ascending order by weight
- C. Descending order by weight**
- D. Alphabetical order

Ingredients in a food product are listed in descending order by weight. This means that the ingredient that constitutes the largest portion of the product appears first on the list, followed by ingredients in decreasing amounts. This labeling practice helps consumers understand the main components of a food product and allows them to make informed choices based on what is most prevalent in the item they are considering. For instance, if a product lists "whole wheat flour" first, it indicates that whole wheat flour is the primary ingredient, making up the largest portion of the product. Subsequent ingredients decrease in quantity, contributing less to the formulation. This method is essential for understanding nutritional content and monitoring dietary needs, especially for individuals with food allergies or specific nutritional goals. The use of random order, ascending order by weight, or alphabetical order would not provide consumers with a clear understanding of the product's formulation and may lead to confusion about the composition and nutritional values. Therefore, the descending order by weight is the standard practice in food labeling.

4. Which of the following is a monosaccharide?

- A. Sucrose
- B. Lactose
- C. Glucose**
- D. Maltose

The correct response is glucose, which is classified as a monosaccharide due to its simple structure and basic unit of carbohydrate. Monosaccharides are the most basic form of carbohydrates, consisting of single sugar molecules that cannot be hydrolyzed further into smaller units. Glucose has a chemical formula of $C_6H_{12}O_6$ and serves as a primary energy source for cells in the body. In contrast, sucrose is a disaccharide made up of one glucose molecule and one fructose molecule. Lactose, commonly known as milk sugar, is also a disaccharide, consisting of glucose and galactose. Maltose, often referred to as malt sugar, is another disaccharide composed of two glucose units. These compounds require enzymatic breakdown into monosaccharides for the body to utilize them for energy, which underscores the unique role that glucose plays as a fundamental building block in carbohydrate metabolism.

5. What are glycogen and starch primarily composed of?

- A. Simple sugars
- B. Branched glucose chains**
- C. Amino acids
- D. Fatty acids

Glycogen and starch are primarily composed of branched glucose chains, which is why this response is the correct choice. Both glycogen and starch are polysaccharides that serve as energy storage in living organisms. Glycogen, found in animals, is highly branched, allowing for rapid mobilization of glucose units when energy is needed quickly. This branching structure enables enzymes to break down glycogen efficiently, making glucose readily available to meet energy demands. Starch, found in plants, also consists of glucose units but can be made up of both unbranched and branched chains. Its structure allows for a slower release of glucose compared to glycogen, providing a more sustained source of energy. Overall, the branched structure of glucose chains in both glycogen and starch is critical for their functional roles in energy storage and mobilization in organisms.

6. What three elements make up carbohydrates?

- A. Carbon, hydrogen, and nitrogen
- B. Carbon, hydrogen, and oxygen**
- C. Nitrogen, phosphorus, and sulfur
- D. Oxygen, hydrogen, and calcium

Carbohydrates are organic compounds that are primarily composed of three elements: carbon, hydrogen, and oxygen. The molecular structure of carbohydrates typically follows the general formula $(C_n(H_{2O})_n)$, indicating that they are formed from carbon atoms bonded to water molecules in a specific ratio. The presence of carbon is essential because it forms the backbone of carbohydrate molecules, allowing for the formation of chains and rings. Hydrogen and oxygen are also crucial; they are included in the structure in the ratio common to water. This composition contributes to the function of carbohydrates as a source of energy and as structural components in cells. The other options provided do not correctly represent the elements that constitute carbohydrates. Nitrogen, phosphorus, and sulfur, for instance, are associated with proteins and nucleic acids, not carbohydrates. Similarly, the combination of oxygen, hydrogen, and calcium does not pertain to carbohydrates at all, making the correct answer that emphasizes carbon, hydrogen, and oxygen vital for understanding the biochemical framework of this macronutrient.

7. Excess protein in the diet can lead to storage as what in the body?

- A. Muscle
- B. Glycogen
- C. Fat**
- D. Water

Excess protein in the diet is primarily converted into fat for storage in the body. When protein is consumed in amounts exceeding the body's needs for maintenance, repair, and energy, the surplus cannot be directly stored as protein. Instead, the body undergoes a process called deamination, where the amino groups are removed from amino acids. The remaining carbon skeletons can then be converted into glucose or fat. If the overall energy intake, including excess protein, exceeds energy expenditure, these carbon skeletons can ultimately be synthesized into fatty acids and stored in adipose tissue as triglycerides. This process highlights how the body manages and stores excess macronutrients, diverting them into fat storage when in surplus. Other options, such as muscle, glycogen, or water, do not account for this metabolic pathway. Muscle tissue requires specific stimuli, like resistance training, for growth and cannot simply store excess protein as muscle. Glycogen storage is primarily related to carbohydrates, where glucose is stored for energy, and while the body can transform excess protein into glucose, it does not lead to direct glycogen storage when protein is abundant. Water is not a storage medium for protein but rather an essential component for metabolic processes and hydrating tissues.

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. What is the process called that converts glucose into energy in the body?

- A. Glycogenolysis
- B. Glycolysis**
- C. Gluconeogenesis
- D. Krebs cycle

The process that converts glucose into energy in the body is known as glycolysis. This biochemical pathway breaks down glucose, a simple sugar, into pyruvate, producing a small amount of energy in the form of ATP (adenosine triphosphate) in the process. Glycolysis occurs in the cytoplasm of cells and does not require oxygen, making it an anaerobic process. By initially converting glucose into two molecules of pyruvate, glycolysis serves as a critical step in cellular respiration. The energy produced at this stage is significant for cellular functions, especially when the body requires quick energy. Other processes like glycogenolysis, gluconeogenesis, and the Krebs cycle serve different functions in energy metabolism. Glycogenolysis refers to the breakdown of glycogen into glucose when the body needs glucose for energy. Gluconeogenesis is the synthesis of glucose from non-carbohydrate sources, essentially the reverse of glycolysis. The Krebs cycle, also known as the citric acid cycle, takes place later in the energy production pathway after glycolysis and is important for further processing of pyruvate to produce additional ATP and other energy carriers. However, the direct conversion of glucose to energy primarily occurs during glycolysis.

10. 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.

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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://nutritiondiettherapy.examzify.com>

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

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