

# Nutrition Evolve Case Studies Practice Test (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 is Marcus's recommended protein intake for a 2400-calorie pattern in ounce-equivalents?**
  - A. 7 oz-eq**
  - B. 6 ½ oz-eq**
  - C. 6 oz-eq**
  - D. 8 oz-eq**
  
- 2. Which nutrient deficiency is a concern for vegan diets?**
  - A. Vitamin C**
  - B. Vitamin D**
  - C. Vitamin B12**
  - D. Vitamin A**
  
- 3. Which snack increases caries risk?**
  - A. Dried fruit between meals**
  - B. Yogurt**
  - C. Dark chocolate**
  - D. Water**
  
- 4. Sore tongue is associated with which deficiency?**
  - A. Iron**
  - B. Vitamin C**
  - C. Calcium**
  - D. Vitamin B12**
  
- 5. In the dietary planning for Mr. Beetis, what is the target daily increase for fruit intake?**
  - A. 1 cu-eq daily**
  - B. 3 cu-eq daily**
  - C. 4 cu-eq daily**
  - D. 2 cu-eq daily**

- 6. Dietary Guidelines recommend seafood meals at which interval?**
- A. 1 time per week**
  - B. 3 times/week**
  - C. 2 times/week**
  - D. Daily**
- 7. Which of the following is a valid differential diagnosis for Rhonda's sore tongue?**
- A. Glossitis**
  - B. Herpes simplex**
  - C. Lichen planus**
  - D. Oral cancer**
- 8. What is the calcium RDA for this gentleman?**
- A. 800 mg/day**
  - B. 1000 mg/day**
  - C. 1200 mg/day**
  - D. 1500 mg/day**
- 9. Nu Mom's low intake from the milk group during pregnancy places her at risk for:**
- A. Knee bone growth**
  - B. Bone loss**
  - C. Night blindness**
  - D. Hair loss**
- 10. What is the primary dietary framework recommended for overall health and bone health in adults?**
- A. Keto diet**
  - B. MyPlate guidelines**
  - C. High protein only**
  - D. Carnivore diet**

## **Answers**

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

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## **Explanations**

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**1. What is Marcus's recommended protein intake for a 2400-calorie pattern in ounce-equivalents?**

- A. 7 oz-eq
- B. 6 ½ oz-eq**
- C. 6 oz-eq
- D. 8 oz-eq

The question tests understanding of ounce-equivalents for protein foods and the daily target at a given calorie level. An ounce-equivalent is a standard unit used to count protein-rich foods so different sources (meat, beans, eggs, etc.) can be summed together on a common scale. For Marcus's 2400-calorie pattern, the recommended total intake from protein foods is 6 ½ oz-equivalents per day. This means, across all meals, the protein foods you choose should add up to about 6.5 oz-eq to fit the 2400-calorie pattern. The other numbers would place you above or below that target for this calorie level, so 6 ½ oz-eq is the correct daily target. You can reach it by combining different protein sources throughout the day, spreading the total to fit your meals and preferences.

**2. Which nutrient deficiency is a concern for vegan diets?**

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

Vitamin B12 is the nutrient most at risk in vegan diets because it isn't reliably available in plant foods. It's essential for making red blood cells and keeping nerve tissue healthy, and a deficiency can develop slowly, leading to fatigue, anemia, or neurological problems. Since B12 is produced by microorganisms and accumulates mainly in animal-derived foods, vegans typically need to rely on B12-fortified foods or a supplement to meet daily needs. In contrast, nutrients like vitamin C and carotenoids (which the body can convert to vitamin A) are plentiful in a wide range of plants, and vitamin D can come from sun exposure and fortified foods, so these are less consistently deficient.

**3. Which snack increases caries risk?**

- A. Dried fruit between meals**
- B. Yogurt
- C. Dark chocolate
- D. Water

The main idea is that frequent exposure to fermentable sugars, especially when they linger on the teeth, increases caries risk. Dried fruit is high in sugar and very sticky, so it tends to cling to teeth and stay there longer after you eat. This prolonged contact gives oral bacteria more time to produce acid that can demineralize enamel, and snacking on it between meals means saliva has less opportunity to wash away the sugar and neutralize the acids. Yogurt seen in this context is less problematic because plain, unsweetened yogurt provides minerals like calcium that can help strengthen enamel and it doesn't stick to teeth in the same way. Water doesn't add sugar and helps rinse away food residue, further reducing risk. Dark chocolate can contain sugar, but it isn't typically as sticky or as prolonged a contact risk as dried fruit, so it poses a lower risk in the same snacking-between-meals scenario.

#### 4. Sore tongue is associated with which deficiency?

- A. Iron
- B. Vitamin C
- C. Calcium
- D. Vitamin B12**

Sore tongue signals glossitis, which is most strongly linked to vitamin B12 deficiency. When B12 is lacking, the cells lining the tongue don't renew properly, leading to thinning of the tongue's surface, loss of taste papillae, and a smooth, red, tender (burning) tongue. This deficiency often accompanies fatigue, pallor, or neuropathy and can arise from poor intake, absorption issues, or pernicious anemia. The other options don't fit as well: vitamin C deficiency causes gingival inflammation and bleeding, calcium deficiency affects bones and nerves rather than the tongue, and iron deficiency typically presents with fatigue and pale mucosa; while it can cause oral changes, a sore, smooth tongue is most characteristic of B12 deficiency.

#### 5. In the dietary planning for Mr. Beetis, what is the target daily increase for fruit intake?

- A. 1 cu-eq daily
- B. 3 cu-eq daily
- C. 4 cu-eq daily
- D. 2 cu-eq daily**

Aiming for two cup-equivalents of fruit daily aligns with common dietary guidelines that set about 2 cups of fruit per day for adults. Increasing fruit intake by two cup-equivalents provides a practical step to reach that recommended daily amount, supporting fiber, vitamins, and minerals without overdoing calories. One cup-equivalent is typically a cup of fresh, frozen, or canned fruit (or half a cup of dried fruit), and while juice can count, whole fruit is preferred for fiber and satiety. Increasing by more than two cup-equivalents would likely exceed typical daily targets for many people and could crowd out other nutritious foods, while increasing by only one cup-equivalent would be insufficient to meet the daily goal.

#### 6. Dietary Guidelines recommend seafood meals at which interval?

- A. 1 time per week
- B. 3 times/week
- C. 2 times/week**
- D. Daily

Seafood provides omega-3 fats that support heart health, so the guidelines set a regular rhythm for intake. Eating seafood meals at least twice per week gives you consistent omega-3s without requiring daily consumption. This cadence helps you reach the weekly target portions (about eight ounces, depending on serving size) while keeping the pattern practical. So, twice weekly is the recommended interval; once weekly would undercut omega-3 intake, while daily isn't required to meet the guideline.

7. Which of the following is a valid differential diagnosis for Rhonda's sore tongue?

- A. Glossitis**
- B. Herpes simplex**
- C. Lichen planus**
- D. Oral cancer**

When a patient presents with a sore tongue, the most direct explanation is inflammation of the tongue tissue itself. Glossitis fits this symptom perfectly because it literally means inflammation of the tongue, which commonly causes soreness, and may produce a red, smooth, or swollen tongue. Glossitis can arise from various triggers such as nutritional deficiencies (iron, B12, folate), infections, irritants like tobacco or alcohol, allergens, or autoimmune factors. Recognizing glossitis as the fitting differential helps guide evaluation toward these causes and away from conditions that usually present with additional hallmark signs. For example, herpes simplex often shows vesicular or ulcerative lesions and may involve other oral sites; lichen planus typically has characteristic white, lacy patterns or erosive lesions; oral cancer usually presents as a non-healing ulcer or a palpable mass, often with risk-factor clues. While those conditions can cause oral discomfort, the symptom of a sore tongue aligns most directly with glossitis, making it the best differential to consider in this scenario.

8. What is the calcium RDA for this gentleman?

- A. 800 mg/day**
- B. 1000 mg/day**
- C. 1200 mg/day**
- D. 1500 mg/day**

As people get older, bone health becomes more fragile and calcium needs rise to help maintain bone density. For older men, the recommended daily intake is about 1200 mg of calcium. This higher amount accounts for age-related changes in calcium balance and bone turnover, aiming to reduce fracture risk and preserve skeletal health. You can reach this level mainly through foods rich in calcium—dairy products, fortified foods, and leafy greens—and add supplements only if dietary intake falls short, while being mindful not to exceed safe limits.

9. Nu Mom's low intake from the milk group during pregnancy places her at risk for:

- A. Knee bone growth**
- B. Bone loss**
- C. Night blindness**
- D. Hair loss**

When dairy intake is low during pregnancy, the body supplies the fetus with calcium by pulling it from the mother's bones. This increased bone resorption can lower the mother's bone mineral density, leading to bone loss over time. Milk is a primary source of calcium (and often vitamin D to help absorption), so inadequate intake here directly impacts maternal bone health. Night blindness is tied to vitamin A deficiency, and hair loss can have various causes, while knee bone growth isn't a typical pregnancy-related risk. So bone loss is the most plausible risk.

**10. What is the primary dietary framework recommended for overall health and bone health in adults?**

**A. Keto diet**

**B. MyPlate guidelines**

**C. High protein only**

**D. Carnivore diet**

A balanced, practical eating pattern that provides a wide range of nutrients is the foundation for both overall health and bone health. MyPlate serves as the primary framework for adults, guiding how to fill a plate: half with fruits and vegetables, a quarter with lean protein, a quarter with grains (preferably whole grains), and a side of dairy or fortified calcium sources. This approach helps ensure adequate intakes of calcium, vitamin D, protein, and other minerals and vitamins that support bone remodeling and strength, while also promoting cardiovascular health, digestion, and weight management. Plans that restrict or omit entire food groups, or emphasize protein at the expense of fruits, vegetables, and dairy, often miss essential nutrients needed for bones and overall health, so they aren't considered the main dietary framework for adults.

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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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nutritionevolvecasestudies.examzify.com>**

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

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