

NUTRITION EVOLVE CASE STUDIES PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Nutrients that most often need to be supplemented during pregnancy include:**
 - A. Vitamin D and Calcium
 - B. Folate and Iron
 - C. Iodine and Zinc
 - D. Vitamin A and Vitamin C
- 2. Which micronutrients are commonly of concern in vegetarian or vegan diets, and how can they be addressed?**
 - A. Iron, B12, calcium, zinc, iodine, vitamin D, omega-3; fortified foods, supplements as needed, and diverse plant protein sources
 - B. Vitamin A, potassium, magnesium, phosphorus
 - C. Vitamin C, riboflavin, niacin, biotin
 - D. Selenium, copper, manganese, chromium
- 3. How does alcohol contribute to daily energy intake, and what considerations should be made in nutrition planning?**
 - A. 4 kcal/g
 - B. 7 kcal/g
 - C. 9 kcal/g
 - D. 0 kcal/g
- 4. How would you manage hypokalemia in a patient taking diuretics who has low dietary potassium intake?**
 - A. Increase potassium-rich foods or supplements; assess volume status and renal function; coordinate with prescribing clinician; monitor levels
 - B. Stop diuretics immediately
 - C. Rely solely on IV potassium
 - D. Ignore potassium intake
- 5. According to Monte's diet history, how many cup-equivalents of dairy did he consume?**
 - A. One and a half cup-equivalents
 - B. Three cup-equivalents
 - C. Two cup-equivalents
 - D. Four cup-equivalents

- 6. Which nutrient's requirement is increased by smoking in this case?**
- A. Iron
 - B. Vitamin D
 - C. Calcium
 - D. Vitamin C
- 7. Which is the best course of action for the dental hygienist to take after reviewing the medical history and diet history?**
- A. Encourage Mr. Beetis to discuss his concerns about his diabetes and medications with his physician.
 - B. Advise him to eliminate all carbohydrates.
 - C. Suggest starting a high-fiber supplement.
 - D. Schedule a second appointment in 6 weeks.
- 8. What is a key indication for parenteral nutrition, and what are common risks?**
- A. Indicated when the gut is nonfunctional or not accessible; risks include infection, metabolic complications, liver dysfunction, and electrolyte disturbances
 - B. Indicated when the GI tract is fully functional; risks include dehydration
 - C. PN is never associated with infection
 - D. PN is always preferred over EN regardless of GI tract status
- 9. Which statement best describes the role of capacity assessment in honoring a refusal of nutrition?**
- A. Capacity is static and never changes
 - B. Capacity is not necessary to honor refusal
 - C. Capacity only matters for certain decisions
 - D. Capacity must be evaluated to determine if refusal can be honored
- 10. During lactation, how do energy and protein needs change?**
- A. Lower energy needs than pre-pregnancy
 - B. Higher energy needs than pre-pregnancy and higher than late pregnancy
 - C. The same as pre-pregnancy
 - D. Higher energy needs than pre-pregnancy but typically lower than late pregnancy; increased protein and micronutrient needs to support milk production

Answers

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

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Explanations

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1. Nutrients that most often need to be supplemented during pregnancy include:

- A. Vitamin D and Calcium
- B. Folate and Iron**
- C. Iodine and Zinc
- D. Vitamin A and Vitamin C

During pregnancy, certain nutrients have increased needs and are routinely supplemented to prevent deficiencies and support fetal development. The two nutrients most commonly recommended together are folate and iron. Folate (folic acid) is crucial in early pregnancy for the proper development of the neural tube, which forms the baby's brain and spinal cord. Taking folate before conception and through the first weeks of pregnancy dramatically reduces the risk of neural tube defects. Iron becomes essential as maternal blood volume expands and the fetus grows, helping prevent iron-deficiency anemia in the mother and supporting fetal iron stores. Other nutrients like iodine, zinc, vitamin A, and vitamin C are important, but they are not universally required as routine supplements in all pregnancies. Vitamin A in high amounts can cause birth defects, so it isn't routinely added beyond what's present in a standard prenatal vitamin. Iodine is important but often addressed through prenatal vitamins depending on regional iodine status; vitamin C is usually adequate from a normal diet.

2. Which micronutrients are commonly of concern in vegetarian or vegan diets, and how can they be addressed?

- A. Iron, B12, calcium, zinc, iodine, vitamin D, omega-3; fortified foods, supplements as needed, and diverse plant protein sources
- B. Vitamin A, potassium, magnesium, phosphorus**
- C. Vitamin C, riboflavin, niacin, biotin
- D. Selenium, copper, manganese, chromium

In vegetarian and vegan eating patterns, the nutrients most commonly of concern are iron, vitamin B12, calcium, zinc, iodine, vitamin D, and omega-3 fatty acids. These gaps arise because plant foods often provide nonheme iron (less well absorbed), lack B12 entirely unless fortified, and offer iodine, calcium, and fatty acids in forms that may be less available or adequate without planning. To address these needs, rely on fortified foods and supplements as needed, and choose a variety of plant protein sources to improve overall mineral intake and balance. Practical strategies include pairing iron-rich plant foods (like beans, lentils, and fortified cereals) with vitamin C-rich foods to boost absorption, using calcium-rich options such as fortified plant milks and tofu, ensuring iodine through iodized salt or seaweed in moderation, getting vitamin D from sunlight and fortified foods or supplements, and using algae-based EPA/DHA or other omega-3 sources to meet essential fatty acid needs. This approach helps maintain nutrient adequacy while following a plant-based diet.

3. How does alcohol contribute to daily energy intake, and what considerations should be made in nutrition planning?

- A. 4 kcal/g
- B. 7 kcal/g**
- C. 9 kcal/g
- D. 0 kcal/g

Alcohol contributes about 7 kcal per gram to daily energy intake, sitting between fat and carbohydrate in energy density. In nutrition planning, those calories count toward total energy balance even though alcohol provides little to no essential nutrients. The body oxidizes alcohol first, which can spare fat oxidation and, if overall calories exceed needs, contribute to fat storage. Alcohol can also displace nutrient-rich foods and interfere with the absorption and metabolism of certain nutrients, such as B vitamins. So, when planning diets, include alcohol calories in the daily energy budget and consider moderation and timing in relation to meals and activity.

4. How would you manage hypokalemia in a patient taking diuretics who has low dietary potassium intake?

- A. Increase potassium-rich foods or supplements; assess volume status and renal function; coordinate with prescribing clinician; monitor levels**
- B. Stop diuretics immediately
- C. Rely solely on IV potassium
- D. Ignore potassium intake

When diuretics cause potassium loss, correcting the deficit by boosting potassium intake is the most effective approach, especially if dietary intake is low. Increasing potassium-rich foods provides a steady source of potassium and helps restore normal levels alongside the diuretic therapy. Because diuretics raise potassium loss and because kidney function and fluid status influence potassium handling, it's important to monitor potassium levels and renal function and to coordinate with the clinician who prescribed the diuretic. If dietary intake alone isn't enough, potassium supplements can be added under supervision, with attention to the patient's kidney function and any other medications that affect potassium. IV potassium is reserved for severe cases or when oral intake isn't possible, and stopping diuretics isn't the right move because they're needed to manage fluid status and heart or kidney function, though the diuretic regimen may be adjusted. Ignoring potassium intake would miss the primary fix and increases risk of ongoing deficiency and complications.

5. According to Monte's diet history, how many cup-equivalents of dairy did he consume?

- A. One and a half cup-equivalents**
- B. Three cup-equivalents
- C. Two cup-equivalents
- D. Four cup-equivalents

Cup-equivalents convert all dairy foods into a common unit so you can total intake across different products. In this system, 1 cup of dairy like milk, yogurt, or fortified soy beverage equals 1 cup-equivalent. Cheese counts differently: 1.5 ounces of natural cheese equals 1 cup-equivalent, and 2 ounces of processed cheese also equals 1 cup-equivalent. So Monte's diet history sums to 1.5 cup-equivalents of dairy, which could come from a combination such as 1 cup of milk plus 0.5 cup of yogurt. This total reflects the standard units used to quantify dairy intake.

6. Which nutrient's requirement is increased by smoking in this case?

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

Smoking raises the risk of bone loss and osteoporosis because it disrupts bone remodeling and calcium balance. Vitamin D is essential for calcium absorption in the gut and for maintaining proper blood calcium levels needed for bone mineralization. If smoking worsens bone turnover or calcium availability, the body responds by needing more vitamin D to optimize calcium absorption and support bone health. That's why, in this context, the nutrient whose requirement is increased is vitamin D. (For completeness, smoking does increase oxidative stress that elevates vitamin C needs, but this question emphasizes the impact on bone health and vitamin D's role in calcium metabolism.)

7. Which is the best course of action for the dental hygienist to take after reviewing the medical history and diet history?

- A. Encourage Mr. Beetis to discuss his concerns about his diabetes and medications with his physician.**
- B. Advise him to eliminate all carbohydrates.
- C. Suggest starting a high-fiber supplement.
- D. Schedule a second appointment in 6 weeks.

Coordinating medical care is essential when a patient has a condition like diabetes. After reviewing the medical and diet history, the best action is to encourage the patient to discuss concerns about diabetes and medications with his physician. This step helps ensure safe and effective dental care by confirming current glycemic control, reviewing medications for potential interactions, and adjusting the treatment plan as needed to support healing and reduce infection risk. Eliminating all carbohydrates isn't appropriate or necessary for dental care. A high-fiber supplement doesn't address medical management or medication safety in the dental setting. Scheduling a second appointment may be reasonable for follow-up, but it doesn't tackle the immediate need for medical clearance and coordination.

8. What is a key indication for parenteral nutrition, and what are common risks?

- A. Indicated when the gut is nonfunctional or not accessible; risks include infection, metabolic complications, liver dysfunction, and electrolyte disturbances**
- B. Indicated when the GI tract is fully functional; risks include dehydration
- C. PN is never associated with infection
- D. PN is always preferred over EN regardless of GI tract status

Parenteral nutrition is used when the GI tract cannot be used to meet nutritional needs. When the gut is nonfunctional or not accessible—such as due to obstruction, severe ileus, or after certain surgeries—nutrients are delivered directly into the bloodstream through a central line. This bypasses the gut and ensures the body still gets calories, protein, fats, vitamins, and minerals. The common risks include catheter-related infection, metabolic complications like hyperglycemia and electrolyte disturbances, and long-term liver dysfunction with prolonged use. These factors explain why parenteral nutrition isn't chosen if the GI tract is functional and can be fed enterally, and why dehydration isn't the primary concern associated with PN.

9. Which statement best describes the role of capacity assessment in honoring a refusal of nutrition?

- A. Capacity is static and never changes
- B. Capacity is not necessary to honor refusal
- C. Capacity only matters for certain decisions
- D. Capacity must be evaluated to determine if refusal can be honored**

When someone may refuse nutrition, the essential idea is that you can't honor that refusal without first confirming they have the ability to make that decision. This hinges on assessing capacity for this specific choice, not on a general judgment about the person. Capacity means more than just being awake or able to speak. It involves four practical abilities: understanding the information about nutrition and its alternatives, appreciating how that information applies to your own situation, reasoning about the options and their consequences, and communicating a clear choice. Because these abilities can vary from one decision to another and can fluctuate with illness, medications, or mood, you evaluate capacity right at the moment the refusal is made. If the person demonstrates true capacity, their autonomous decision to refuse nutrition can be respected, even if it's ethically challenging for caregivers. If capacity is lacking, the team must involve a surrogate decision-maker or follow advance directives, focusing on protecting the person's safety while still honoring their preferences as much as possible. So the reason this statement is best is that it recognizes capacity as a prerequisite for honoring refusal: you must evaluate capacity to determine whether the refusal can be respected.

10. During lactation, how do energy and protein needs change?

- A. Lower energy needs than pre-pregnancy
- B. Higher energy needs than pre-pregnancy and higher than late pregnancy
- C. The same as pre-pregnancy
- D. Higher energy needs than pre-pregnancy but typically lower than late pregnancy; increased protein and micronutrient needs to support milk production**

Lactation increases the body's demand for fuel and building blocks to support milk production. The extra calories fuel the energy required to produce milk, so needs rise above pre-pregnancy levels. Yet the spike seen in late pregnancy is primarily driven by rapid fetal growth and placental activity, which are no longer occurring after birth, so energy needs during lactation are typically a bit lower than late pregnancy. At the same time, protein needs go up to supply the amino acids needed for milk proteins and to protect maternal tissues, and micronutrient needs rise to ensure milk contains the nutrients the baby needs. So the pattern is: more energy than before pregnancy, but usually less than in late pregnancy; and increased protein and micronutrients to support milk production.

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://nutritionevolvecasestudies.examzify.com>

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

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