

NUTRITION EVOLVE CASE STUDIES PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://nutritionevolvecasestudies.examzify.com>



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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. Which action is the most important focus in a brief counseling session to reduce caries risk for this patient?**
 - A. Reduce frequency of sugary snacks.
 - B. Increase physical activity to lose weight.
 - C. Start multivitamin.
 - D. Avoid vegetables.
- 2. Prolonged excessive intake of folic acid may mask which nutrient deficiency?**
 - A. Vitamin B12
 - B. Iron
 - C. Vitamin C
 - D. Vitamin D
- 3. Good food sources of calcium and vitamin D include which of the following?**
 - A. Milk
 - B. Oranges
 - C. Rice
 - D. Butter
- 4. Which statement accurately describes Monica's diet?**
 - A. It includes foods from animals
 - B. It excludes all plant foods
 - C. It includes only plant-based foods
 - D. It relies on dairy for protein
- 5. How do energy and nutrient needs change during lactation compared with pregnancy?**
 - A. Higher energy needs than during pregnancy
 - B. Higher energy during lactation than pre-pregnancy but lower than late pregnancy; increased protein and micronutrient needs to support milk production
 - C. Same energy and nutrient needs as during pregnancy
 - D. No additional protein or micronutrient needs

- 6. 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
- 7. Which suggestion is least likely to help Janel consume a nutrient-dense diet, given her sore mouth?**
- A. Add spices to food to make it more palatable.
 - B. Eat only sweet desserts to increase calories.
 - C. Skip meals to reduce mouth pain.
 - D. Drink only water to stay hydrated.
- 8. How should dietary calcium be planned for someone with lactose intolerance?**
- A. Rely on lactose-containing milk and cheese
 - B. Use lactose-free dairy or fortified non-dairy alternatives; consider calcium citrate when gastric acidity is reduced; ensure adequate total calcium intake
 - C. Avoid all dairy and calcium-rich foods
 - D. Only take calcium supplements without dietary sources
- 9. If a patient who refused nutrition regains capacity, what should you do?**
- A. Reassess and revisit consent/refusal
 - B. Proceed with nutrition
 - C. Defer to family
 - D. Continue refusal regardless
- 10. In diabetes management, why is tracking waist circumference alongside weight important?**
- A. Waist circumference is a measure of abdominal fat distribution and cardiometabolic risk
 - B. It is not important
 - C. It replaces HbA1c
 - D. It only measures hydration

Answers

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

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Explanations

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1. Which action is the most important focus in a brief counseling session to reduce caries risk for this patient?

A. Reduce frequency of sugary snacks.

B. Increase physical activity to lose weight.

C. Start multivitamin.

D. Avoid vegetables.

Reducing how often sugary snacks are eaten is the most impactful focus in a brief counseling session aimed at lowering caries risk. Cariogenic bacteria in the mouth feed on fermentable sugars and produce acids that demineralize tooth enamel; each time sugary foods are consumed, another acid attack occurs. In a short visit, stopping or greatly reducing the frequency of sugar intake cuts the number of acid challenges, giving saliva more time to neutralize acid and minerals a chance to remineralize enamel. The other options don't directly influence caries risk in the same immediate way. Increasing physical activity to lose weight targets body weight, not the oral environment where caries develop. A multivitamin doesn't address the specific dietary sugars or acid attacks that drive caries. Avoiding vegetables is not protective and would likely reduce overall nutrient intake. Focusing on lowering sugary snack frequency directly disrupts the cycle of demineralization and supports better oral health in a brief counseling session.

2. Prolonged excessive intake of folic acid may mask which nutrient deficiency?

A. Vitamin B12

B. Iron

C. Vitamin C

D. Vitamin D

Prolonged high intake of folic acid can hide a vitamin B12 deficiency because both nutrients are involved in making red blood cells, but B12 also has a critical role in nerve health. When you give a lot of folic acid, the megaloblastic anemia caused by B12 deficiency can improve, so the blood picture looks normal or less concerning. Yet the underlying B12 deficiency remains, and the neurological damage from it can continue or worsen, potentially becoming irreversible if not addressed. This is why excess folic acid is said to "mask" the deficiency: it corrects the blood-related symptoms while not treating the nerve damage. The other options don't fit because iron deficiency shows up as anemia that isn't corrected by folate; vitamin C deficiency causes scurvy symptoms, and vitamin D deficiency relates to bone health, not masking a B12-related neuropathy.

3. Good food sources of calcium and vitamin D include which of the following?

A. Milk

B. Oranges

C. Rice

D. Butter

Milk provides calcium and vitamin D together, which supports bone health because calcium builds bone and vitamin D helps the body absorb calcium from the gut. Many milks are fortified with vitamin D, so you get both nutrients in one food. The other options don't supply meaningful amounts of both nutrients: oranges are not a significant calcium or vitamin D source; rice is mainly a carbohydrate with little calcium or vitamin D; butter isn't a reliable source of either nutrient.

4. Which statement accurately describes Monica's diet?

- A. It includes foods from animals
- B. It excludes all plant foods
- C. It includes only plant-based foods**
- D. It relies on dairy for protein

Plant-based eating means the diet is built from plant foods and excludes animal products. If Monica eats only plant-based foods, her meals come from vegetables, fruits, grains, legumes, nuts, seeds, and other plant-derived items, with no meat, dairy, eggs, or other animal ingredients. That's why this statement is the best description. The other ideas don't fit because including foods from animals would mean she isn't following a plant-only plan; excluding all plant foods would deny the plant basis; and relying on dairy for protein would contradict a plant-only approach since dairy is an animal product.

5. How do energy and nutrient needs change during lactation compared with pregnancy?

- A. Higher energy needs than during pregnancy
- B. Higher energy during lactation than pre-pregnancy but lower than late pregnancy; increased protein and micronutrient needs to support milk production**
- C. Same energy and nutrient needs as during pregnancy
- D. No additional protein or micronutrient needs

During lactation, the body must supply energy and nutrients for milk production, so energy needs rise compared with the pre-pregnant state. But these needs are typically not as high as in late pregnancy, when fetal growth and organ development demand peak. At the same time, milk production drives higher requirements for protein and several micronutrients to ensure both adequate milk quality and maternal reserves. That combination—more energy than pre-pregnancy, but less than late pregnancy, along with increased protein and micronutrient needs to support milk—best matches the physiological shift after birth.

6. 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.

7. Which suggestion is least likely to help Janel consume a nutrient-dense diet, given her sore mouth?

- A. Add spices to food to make it more palatable.
- B. Eat only sweet desserts to increase calories.
- C. Skip meals to reduce mouth pain.
- D. Drink only water to stay hydrated.

When a sore mouth is present, the goal is to keep intake of nutrients high while avoiding discomfort that could limit eating. Spices can irritate the mouth tissues and worsen pain, which can lower appetite and make it harder to consume enough nutrient-dense foods. So, even though spices might boost flavor for some, in this situation they're least likely to help you meet a nutrient-dense diet because they can increase discomfort and reduce overall intake. The other options either fail to supply nutrients (drinking only water), provide calories without nutrients (desserts), or reduce overall intake (skipping meals), which would all make it harder to achieve a nutrient-dense pattern.

8. How should dietary calcium be planned for someone with lactose intolerance?

- A. Rely on lactose-containing milk and cheese
- B. Use lactose-free dairy or fortified non-dairy alternatives; consider calcium citrate when gastric acidity is reduced; ensure adequate total calcium intake
- C. Avoid all dairy and calcium-rich foods
- D. Only take calcium supplements without dietary sources

The essential idea is to get enough calcium from foods and products you can actually tolerate and that are well absorbed. With lactose intolerance, you can still meet your calcium needs by choosing lactose-free dairy options or fortified non-dairy alternatives, such as fortified plant milks, calcium-set tofu, and other fortified foods. These sources give you the same calcium while avoiding lactose. If gastric acidity is reduced (for example, in older adults or when taking certain medications), calcium citrate is preferable because it is absorbed more reliably without relying on stomach acid, whereas calcium carbonate relies more on acid. Focus on achieving adequate total calcium intake each day, generally around 1000 mg for many adults and higher for some groups, and distribute intake across meals to support absorption. Pair calcium with vitamin D to aid absorption, and consider food-based sources first rather than relying solely on supplements. This approach lets you maintain a balanced diet while meeting calcium needs despite lactose intolerance.

9. If a patient who refused nutrition regains capacity, what should you do?

- A. Reassess and revisit consent/refusal
- B. Proceed with nutrition
- C. Defer to family
- D. Continue refusal regardless

When a patient regains decision-making capacity, you must re-engage with them to determine their current wishes about nutrition. Capacity can come and go, and a prior refusal doesn't automatically bind them once they're able to decide again. Have a clear discussion, confirm understanding of the options and consequences, and obtain renewed consent or document a renewed refusal. Only then proceed accordingly—if they now consent, provide nutrition; if they still refuse, respect that decision. Skipping this step or deferring to others would ignore the patient's updated preferences.

10. In diabetes management, why is tracking waist circumference alongside weight important?

- A. Waist circumference is a measure of abdominal fat distribution and cardiometabolic risk
- B. It is not important
- C. It replaces HbA1c**
- D. It only measures hydration

Centering on abdominal fat distribution is crucial because waist circumference directly reflects central adiposity, which is strongly linked to insulin resistance and higher cardiometabolic risk. While overall weight can change with lifestyle, where fat is stored matters: more fat around the abdomen often means greater metabolic risk even if the total weight isn't drastically different. That's why tracking waist circumference alongside weight gives a clearer picture of a person's risk profile and helps guide interventions aimed at reducing visceral fat, improving glucose metabolism, and lowering cardiovascular risk. HbA1c remains essential for assessing glycemic control over time, showing how well blood sugar has been managed in the past months. Waist circumference does not measure blood glucose levels, so it does not replace HbA1c. Instead, it complements it by providing information about body fat distribution and metabolic risk. It's not a hydration measure, either. To measure, place a tape around the abdomen at the level of the iliac crest and the midline, typically midway between the lowest rib and the iliac crest, with the patient relaxed and breathing out gently. Regularly tracking this alongside weight helps you see changes in central adiposity that can accompany improvements in diabetes risk and overall health.

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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://nutritionevolvecasestudies.examzify.com>

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

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