

RD - Commission on Dietetic Registration (CDR) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. Which food must be avoided by a child diagnosed with phenylketonuria?**
 - A. Egg**
 - B. Banana**
 - C. Rice**
 - D. French fries**
- 2. According to the Academy of Nutrition and Dietetics, what is expected of registered dietitian nutritionists in promoting public access to quality services?**
 - A. Participating in public service efforts**
 - B. Monitoring food and nutrition programs for special needs**
 - C. Participating in interdisciplinary team referrals**
 - D. Monitoring effectiveness of referral systems**
- 3. What is a true statement regarding the labeling of organic foods?**
 - A. All ingredients must be certified organic.**
 - B. A product labeled as "MADE WITH" organic ingredients may use the USDA seal with up to three non-certified ingredients.**
 - C. Raw products in the "100% organic" category can contain 5% non-organic ingredients.**
 - D. Operations selling organic foods worth \$10,000 or less are exempt from certification.**
- 4. Which phase of nutrition care is applied after a patient is discharged?**
 - A. Nutrition assessment**
 - B. Nutrition intervention**
 - C. Nutrition monitoring and evaluation**
 - D. Nutrition diagnosis**
- 5. Which dietary component requires careful management in cases of congestive heart failure?**
 - A. Protein**
 - B. Carbohydrates**
 - C. Sodium**
 - D. Fat**

6. Which compound is used as a clinical indicator of endogenous insulin production?

- A. Glucose**
- B. C-peptide**
- C. Glutamic acid**
- D. Cortisol**

7. Which of the following is a key aspect of developing discrepancy in motivational interviewing?

- A. Reinforcing the status quo**
- B. Highlighting differences in values and behaviors**
- C. Providing solutions quickly**
- D. Encouraging immediate change**

8. During motivational interviewing, what is resistive behavior understood as?

- A. A rejection of change**
- B. A natural element of ambivalence**
- C. An indicator of noncompliance**
- D. A lack of desire to engage**

9. Which financial ratio examines an establishment's ability to meet long-term obligations?

- A. Debt to assets**
- B. Assets to liabilities**
- C. Debt to liabilities**
- D. Profit to losses**

10. Which agency is responsible for the oversight of alcoholic beverages with more than 7% alcohol content?

- A. Food and Drug Administration (FDA)**
- B. US Department of Treasury**
- C. Council on Alcoholism and Drug Dependence**
- D. Alcohol and Tobacco Tax and Trade Bureau**

Answers

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

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Explanations

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1. Which food must be avoided by a child diagnosed with phenylketonuria?

- A. Egg**
- B. Banana**
- C. Rice**
- D. French fries**

Children diagnosed with phenylketonuria (PKU) must avoid food sources that contain phenylalanine, an amino acid that their bodies cannot metabolize due to a deficiency in the enzyme phenylalanine hydroxylase. Eggs, along with other animal proteins, are particularly high in phenylalanine. Therefore, consuming eggs can lead to the accumulation of this amino acid in the body, which can cause serious neurological complications. In contrast, bananas, rice, and French fries contain lower levels of phenylalanine. While it's still important for children with PKU to manage their overall protein intake and choose their foods carefully, bananas and rice are generally considered acceptable options when included in a PKU diet, given their relatively low phenylalanine levels. French fries, depending on their preparation and accompanying ingredients, can also be suitable in moderation. Thus, avoiding eggs is crucial for managing phenylketonuria and preventing harmful effects associated with elevated phenylalanine levels.

2. According to the Academy of Nutrition and Dietetics, what is expected of registered dietitian nutritionists in promoting public access to quality services?

- A. Participating in public service efforts**
- B. Monitoring food and nutrition programs for special needs**
- C. Participating in interdisciplinary team referrals**
- D. Monitoring effectiveness of referral systems**

The expectation for registered dietitian nutritionists in promoting public access to quality services encompasses several roles, but monitoring the effectiveness of referral systems is particularly critical. This involves evaluating how well referral systems are working to connect individuals with the appropriate nutrition services, ensuring that clients have access to the care they need. Monitoring referral systems helps identify gaps in services and areas where clients may be facing barriers to access. By assessing these systems, dietitian nutritionists can advocate for improvements and adjustments to enhance client access. Furthermore, effective referral systems contribute to a coordinated approach in healthcare, which is essential in delivering quality services to the public. While participating in public service efforts, monitoring food and nutrition programs for special needs, and participating in interdisciplinary team referrals are all important aspects of a nutritionist's role, the specific function of monitoring the effectiveness of referral systems directly addresses the core issue of ensuring access to nutrition services. This focus on evaluation helps foster an environment where quality services can be consistently provided and improved upon for the public.

3. What is a true statement regarding the labeling of organic foods?

- A. All ingredients must be certified organic.**
- B. A product labeled as "MADE WITH" organic ingredients may use the USDA seal with up to three non-certified ingredients.**
- C. Raw products in the "100% organic" category can contain 5% non-organic ingredients.**
- D. Operations selling organic foods worth \$10,000 or less are exempt from certification.**

The statement that all ingredients must be certified organic is accurate when it comes to products that carry the "100% organic" label. This designation ensures that every ingredient and the processing methods used to create the product comply with the USDA's stringent organic standards. Organic certification is essential to maintain the integrity and trust in organic labeling, reflecting a commitment to organic farming practices, which prioritize environmental sustainability and avoid synthetic inputs. While the remaining options touch on aspects of organic labeling, they do not accurately represent the regulatory framework as precisely as the given statement. For instance, products labeled as "MADE WITH" organic ingredients do allow some non-organic components, but they are not able to utilize the USDA seal for that classification, nor can they have up to three non-certified ingredients. Additionally, raw products labeled "100% organic" cannot contain any non-organic ingredients at all; the limit is 0%, not 5%. Lastly, while operations selling organic foods under a certain revenue threshold may be exempt from certification, this does not apply universally, and the specifics can depend on various factors, including state regulations and the type of products being sold.

4. Which phase of nutrition care is applied after a patient is discharged?

- A. Nutrition assessment**
- B. Nutrition intervention**
- C. Nutrition monitoring and evaluation**
- D. Nutrition diagnosis**

The phase of nutrition care that is applied after a patient is discharged is nutrition monitoring and evaluation. This phase involves systematically monitoring the patient's progress and evaluating the outcomes of the nutrition care plan after they have transitioned from a healthcare setting. Once a patient is discharged, it is essential to ensure that the dietary recommendations made during their care are being followed, and that they are achieving the desired health outcomes. This involves collecting data over time to assess effectiveness, making any necessary adjustments to the nutrition plan, and providing ongoing support for maintaining nutritional health. The importance of this phase lies in its ability to identify whether the changes in dietary practices are leading to improvements in the patient's health status, as well as how well they are able to implement those changes independently. This ensures continuity of care and supports long-term health and wellness after leaving the clinical environment.

5. Which dietary component requires careful management in cases of congestive heart failure?

- A. Protein**
- B. Carbohydrates**
- C. Sodium**
- D. Fat**

Careful management of sodium is crucial in cases of congestive heart failure (CHF) because sodium plays a significant role in fluid balance and blood pressure regulation. Individuals with CHF often experience fluid retention, leading to increased workload on the heart, which can exacerbate symptoms and result in further cardiac complications. By reducing sodium intake, patients can help decrease fluid retention, thereby alleviating swelling and the burden on the heart. Lower sodium consumption is generally recommended as part of a heart-healthy diet, particularly for this population. Health professionals often advise limiting sodium to less than 2,000 mg per day for individuals with CHF to help manage their condition effectively. Understanding this relationship between sodium intake and heart failure management is essential for dietetic professionals, as it directly affects the patient's health and quality of life.

6. Which compound is used as a clinical indicator of endogenous insulin production?

- A. Glucose**
- B. C-peptide**
- C. Glutamic acid**
- D. Cortisol**

C-peptide is the correct compound used as a clinical indicator of endogenous insulin production. When proinsulin is cleaved into insulin, C-peptide is released as a byproduct. Measuring the levels of C-peptide in the blood provides insight into how much insulin the pancreas is producing. This is particularly important for differentiating between type 1 and type 2 diabetes, as well as assessing insulinoma (a tumor of the pancreas that produces insulin). The other compounds listed do not serve as reliable indicators of endogenous insulin production. Glucose levels can be influenced by various factors, including dietary intake and genetic predispositions, making it less specific for assessing insulin production. Glutamic acid, while important in various metabolic processes, is not directly related to endogenous insulin secretion. Cortisol, a stress hormone, can affect blood sugar levels but is not a direct indicator of insulin production. Thus, C-peptide stands out as the most accurate and clinically relevant marker for measuring endogenous insulin levels.

7. Which of the following is a key aspect of developing discrepancy in motivational interviewing?

- A. Reinforcing the status quo**
- B. Highlighting differences in values and behaviors**
- C. Providing solutions quickly**
- D. Encouraging immediate change**

Developing discrepancy in motivational interviewing involves highlighting the differences between a person's current behaviors and their broader values or long-term goals. By emphasizing this discrepancy, practitioners can help individuals recognize how their current habits may be misaligned with what they truly want or believe. This recognition can motivate individuals to consider making changes, as it creates a sense of cognitive dissonance that encourages reflection and discussion about the benefits of changing behaviors. In contrast, reinforcing the status quo does not aid in developing discrepancy, as it leads individuals to stay comfortable in their existing habits rather than questioning them. Providing solutions quickly may bypass the essential conversation needed to facilitate a deeper understanding of one's motivations and goals. Encouraging immediate change focuses on action without helping individuals explore the personal values and motivations that can sustain long-term behavior change, which is crucial for effective motivational interviewing.

8. During motivational interviewing, what is resistive behavior understood as?

- A. A rejection of change**
- B. A natural element of ambivalence**
- C. An indicator of noncompliance**
- D. A lack of desire to engage**

In the context of motivational interviewing, resistive behavior is understood as a natural element of ambivalence. This perspective recognizes that individuals often experience conflicting feelings about change. They may simultaneously desire to change while feeling apprehensive about the implications of such change. This ambivalence can manifest as resistance, but it is crucial to view this behavior through the lens of understanding and empathy rather than judgment. Addressing resistive behavior as a natural aspect of ambivalence helps practitioners to foster a supportive environment where clients feel safe to explore their feelings and uncertainties. This approach is fundamental to motivational interviewing, which emphasizes collaboration and autonomy rather than confrontation. By acknowledging that resistance is often rooted in ambivalence, the practitioner can better facilitate dialogue that leads to self-reflection and ultimately, more effective engagement in the change process.

9. Which financial ratio examines an establishment's ability to meet long-term obligations?

- A. Debt to assets**
- B. Assets to liabilities**
- C. Debt to liabilities**
- D. Profit to losses**

The debt to assets ratio is a key financial metric that assesses an establishment's ability to meet its long-term obligations. This ratio measures the proportion of an organization's total assets that are financed through debt. A higher ratio indicates that a significant portion of the company's assets is funded by debt, which may raise concerns about its ability to meet long-term financial commitments. Conversely, a lower ratio suggests that the organization is more financially stable and can more effectively manage and meet its long-term obligations. Understanding this ratio is crucial for stakeholders, including investors, creditors, and management, as it provides insights into financial leverage and risk. A business with a well-balanced debt to assets ratio demonstrates prudent management of its finances, enhancing its capacity to fulfill long-term debts, which is essential for sustained growth and operational stability.

10. Which agency is responsible for the oversight of alcoholic beverages with more than 7% alcohol content?

- A. Food and Drug Administration (FDA)**
- B. US Department of Treasury**
- C. Council on Alcoholism and Drug Dependence**
- D. Alcohol and Tobacco Tax and Trade Bureau**

The Alcohol and Tobacco Tax and Trade Bureau (TTB) is the agency responsible for the oversight of alcoholic beverages with more than 7% alcohol content. This bureau operates under the US Department of the Treasury and is tasked with enforcing laws related to the production, distribution, and labeling of alcoholic beverages. The TTB regulates the industry to ensure compliance with federal laws, which includes the taxation of these products, and also oversees the issuance of permits for manufacturers and distributors. This specific oversight is crucial because it helps maintain public health and safety by ensuring that products meet regulatory standards, which includes proper labeling and responsible marketing practices. By focusing on beverages that exceed the 7% alcohol threshold, the TTB addresses the potential health risks and responsibilities associated with higher alcohol content, given their impact on consumption patterns and public health.

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://cdr.examzify.com>

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

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