

RD - COMMISSION ON DIETETIC REGISTRATION (CDR) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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 statement is true regarding patient-centered medical homes (PCMH)?**
 - A. The cost for chronic care remains constant
 - B. Traditional medical records are essential
 - C. Patients are responsible for access to care
 - D. The team of providers changes with health care needs
- 2. Which lunch menu demonstrates proper menu planning principles?**
 - A. Steamed haddock, rice, roasted cauliflower, vanilla frozen yogurt with fresh pineapple
 - B. Baked pork chop, sautéed broccoli, rice pilaf, vanilla frozen yogurt with strawberries
 - C. Grilled chicken breast, mashed potatoes, steamed parsnips, lemon sorbet
 - D. Meatballs, tiny whole potatoes, Brussels sprouts, fresh bing cherries
- 3. According to FDA regulations, an item can be considered "calorie free" if it contains less than how many kcal per labeled serving?**
 - A. 45
 - B. 35
 - C. 15
 - D. 5
- 4. 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
- 5. Which group is NOT included in the statin benefit group according to ACC/AHA guidelines?**
 - A. Individuals with LDL-C > 190 mg/dL
 - B. Individuals 40 to 75 years with diabetes and LDL-C between 70 and 189 mg/dL
 - C. Individuals with clinical ASCVD
 - D. Individuals without ASCVD, diabetes between 40 and 75 with 10-year risk of 5.5%

- 6. What is the first step in the Nutrition Care Process?**
- A. Nutrition screening
 - B. Nutrition intervention
 - C. Nutrition assessment
 - D. Nutrition diagnosis
- 7. What does the Food and Drug Administration (FDA) state about functional foods?**
- A. There is a strict legal definition for functional foods
 - B. They must contain specific nutrients to be considered functional
 - C. Currently, no legal definition exists for functional foods
 - D. Functional foods are not regulated by the FDA
- 8. Which of the following actions is believed to increase the effectiveness of an interviewer?**
- A. Clearly defining the purpose of the interview to the interviewee
 - B. Clearly establishing the interviewer's position of authority
 - C. Taking copious notes to aid in the recall of information later
 - D. Developing an emotional attachment
- 9. What is the term used for a directive indicating that employees must wash hands before returning to production?**
- A. Single-use plan
 - B. Procedure
 - C. Policy
 - D. Foodservice law
- 10. Which type of statement represents the future aspirations of a company?**
- A. Vision
 - B. Mission statement
 - C. Strategy
 - D. Value

Answers

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

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Explanations

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1. Which statement is true regarding patient-centered medical homes (PCMH)?

- A. The cost for chronic care remains constant
- B. Traditional medical records are essential
- C. Patients are responsible for access to care
- D. The team of providers changes with health care needs**

The statement about patient-centered medical homes (PCMH) that indicates the team of providers changes with health care needs is accurate because PCMH emphasizes a flexible and coordinated approach to care tailored to individual patient needs. In this model, a multidisciplinary team collaborates to manage and support the patient's health, which allows for adjustments in the team composition as the patient's health status or requirements evolve. As patients experience changes in their conditions or develop new health issues, the PCMH adapts by involving different providers who possess the expertise necessary to meet those specific needs. This flexibility ensures that care is holistic and comprehensive, fostering better health outcomes. In contrast, other statements do not align with the principles of PCMH. For instance, the cost of chronic care is generally expected to decrease due to improved management and preventative care, traditional medical records may not be as crucial in a PCMH setting where coordinated care is emphasized through shared electronic health records, and patients are supported in accessing care rather than solely responsible for it.

2. Which lunch menu demonstrates proper menu planning principles?

- A. Steamed haddock, rice, roasted cauliflower, vanilla frozen yogurt with fresh pineapple
- B. Baked pork chop, sautéed broccoli, rice pilaf, vanilla frozen yogurt with strawberries**
- C. Grilled chicken breast, mashed potatoes, steamed parsnips, lemon sorbet
- D. Meatballs, tiny whole potatoes, Brussels sprouts, fresh bing cherries

Option B demonstrates proper menu planning principles because it provides a balanced meal that includes a variety of food groups, which is essential for ensuring nutritional adequacy. The baked pork chop offers a source of protein, while the sautéed broccoli contributes vitamins, minerals, and fiber from the vegetable category. Rice pilaf serves as a carbohydrate source, providing energy, and the vanilla frozen yogurt with strawberries adds a dairy component along with additional vitamins and antioxidants from the fruit. In addition, this option creates a visually appealing plate with a good balance of colors and textures, which can enhance the eating experience. The inclusion of healthy fats, such as those found in the pork chop, along with the combination of different food groups helps to create a well-rounded meal that meets the principles of menu planning, including variety, balance, and moderation. Other options may not achieve the same level of balance or variety. For instance, while they include proteins and vegetables, they might not provide sufficient diversity in food groups or nutrients, thereby not representing the best practices in menu planning as effectively as option B does.

3. According to FDA regulations, an item can be considered "calorie free" if it contains less than how many kcal per labeled serving?

- A. 45
- B. 35
- C. 15
- D. 5**

An item can be classified as "calorie free" according to FDA regulations if it contains less than 5 kcal per labeled serving. This definition is important for both food labeling and consumer understanding, as it sets a clear standard for what can be marketed to those who are calorie-conscious or managing their dietary intake. This classification allows consumers to make informed choices about the products they consume. When a product states it is "calorie free," it assures the consumer that the contribution of calories from that item is minimal, aligning with dietary goals, especially in weight management or low-calorie diets. Therefore, the threshold of fewer than 5 kcal effectively guides both manufacturers in labeling and consumers in their choices.

4. 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.

5. Which group is NOT included in the statin benefit group according to ACC/AHA guidelines?

- A. Individuals with LDL-C > 190 mg/dL
- B. Individuals 40 to 75 years with diabetes and LDL-C between 70 and 189 mg/dL
- C. Individuals with clinical ASCVD
- D. Individuals without ASCVD, diabetes between 40 and 75 with 10-year risk of 5.5%**

The correct response identifies a group that does not meet the criteria outlined by the American College of Cardiology (ACC) and the American Heart Association (AHA) regarding statin therapy. According to the guidelines, additional considerations for statin therapy are based on specific risk factors and clinical presentations. Individuals without a history of atherosclerotic cardiovascular disease (ASCVD) or diabetes, particularly those aged 40 to 75, who exhibit a 10-year risk of cardiovascular events lower than the threshold for initiating statin therapy, typically will not be included in the statin benefit groups. The threshold risk percentage varies in guidelines, but a 5.5% 10-year risk indicates a relatively low likelihood of cardiovascular events, which does not warrant the initiation of statin treatment. In contrast, individuals with LDL cholesterol levels exceeding 190 mg/dL, those aged 40 to 75 with diabetes who have an LDL cholesterol level between 70 and 189 mg/dL, and people with clinical ASCVD are all included in the statin benefit groups. These populations have been identified as having a higher risk of cardiovascular events and would benefit from statin medications to lower their cholesterol levels and reduce these risks. Understanding these criteria is essential for applying clinical

6. What is the first step in the Nutrition Care Process?

- A. Nutrition screening
- B. Nutrition intervention
- C. Nutrition assessment**
- D. Nutrition diagnosis

The first step in the Nutrition Care Process is nutrition assessment. This step involves the systematic collection and analysis of a patient's dietary, medical, and lifestyle information to evaluate their nutritional status. During the assessment, registered dietitian nutritionists evaluate various aspects of an individual's intake, anthropometric measurements, biochemical data, and clinical observations. This critical process helps to identify strengths and weaknesses in a person's nutritional habits and overall health, forming the foundation for subsequent steps in the Nutrition Care Process. By establishing a comprehensive understanding of the individual's needs, the registered dietitian can better tailor interventions and diagnoses to ensure effective and personalized nutrition-related strategies. In contrast, nutrition screening is typically an initial, brief evaluation aimed at identifying those who may require a more detailed assessment. Nutrition intervention involves the implementation of specific strategies based on the findings from the assessment, while nutrition diagnosis is the identification of nutritional problems based on the assessment data. Each of these subsequent steps relies heavily on the thoroughness and accuracy of the initial assessment phase.

7. What does the Food and Drug Administration (FDA) state about functional foods?

- A. There is a strict legal definition for functional foods
- B. They must contain specific nutrients to be considered functional
- C. Currently, no legal definition exists for functional foods
- D. Functional foods are not regulated by the FDA

The Food and Drug Administration (FDA) does not provide a strict legal definition for functional foods, which is why the assertion that currently no legal definition exists is accurate. Functional foods are generally understood to be foods that provide health benefits beyond basic nutrition, and they may include fortified foods, whole foods, and modified foods. However, because the term "functional food" is used broadly and can vary by context, it has not been solidified into a specific legal framework by the FDA. This lack of a clear definition means that there are no set criteria that foods must meet to be labeled as functional; rather, the categorization often relies on marketing and public perception rather than regulatory standards. Because of this ambiguity, the marketplace can include a wide variety of products that may be advertised as functional without precise guidelines dictating their composition or health claims. In contrast, the other choices imply either regulatory frameworks or requirements that are not supported by FDA guidelines. This further emphasizes the importance of understanding the evolving landscape of food classification and the regulatory environment surrounding food labeling and health claims.

8. Which of the following actions is believed to increase the effectiveness of an interviewer?

- A. Clearly defining the purpose of the interview to the interviewee
- B. Clearly establishing the interviewer's position of authority
- C. Taking copious notes to aid in the recall of information later
- D. Developing an emotional attachment

Clearly defining the purpose of the interview to the interviewee is essential for increasing the effectiveness of an interviewer. When the purpose is communicated clearly, it helps set expectations and provides direction for the conversation. This clarity allows the interviewee to understand the objectives of the interview and engage with the process in a more meaningful way. They can prepare themselves mentally, focus on relevant topics, and offer more pertinent responses, leading to a more productive discourse overall. In addition, a clearly defined purpose fosters an environment of trust and transparency. The interviewee is likely to feel more comfortable and is therefore more willing to share information openly. This openness can result in richer dialogue and more accurate information exchange, both critical for effective interviewing. While establishing authority, taking notes, and developing emotional attachments can enhance the interview process to some degree, they do not fundamentally address the clarity of purpose that drives the conversation. Authority may impose stress or inhibit open dialogue, extensive note-taking can distract from active listening, and emotional attachments may cloud objectivity. Therefore, setting a clear purpose stands out as a crucial factor in making the interview process effective.

9. What is the term used for a directive indicating that employees must wash hands before returning to production?

- A. Single-use plan
- B. Procedure
- C. Policy**
- D. Foodservice law

The term that best describes a directive indicating that employees must wash hands before returning to production is referred to as a policy. A policy is a formal statement that sets forth a standard or guideline for behavior within an organization. It serves to establish expectations and ensures consistency in operations, particularly in areas related to health and safety protocols. In the context of food production, a handwashing policy is essential to prevent foodborne illnesses and to maintain proper hygiene standards. It outlines the requirement for employees to wash their hands under specified conditions, reinforcing the importance of hygiene in food safety. The other terms, while related, do not fully capture the essence of the directive in question. A procedure might detail the specific steps involved in handwashing but does not encompass the directive's expectation of compliance and behavior. A single-use plan typically refers to protocols for one-time use items, while foodservice law involves regulations governing food safety practices; neither focuses on internal policies specific to staff conduct in a food production environment.

10. Which type of statement represents the future aspirations of a company?

- A. Vision**
- B. Mission statement
- C. Strategy
- D. Value

A vision statement captures the long-term aspirations and goals of a company, outlining what the organization wants to achieve in the future. It serves as a guiding star for decision-making and strategic planning, motivating employees and stakeholders by articulating a clear image of the desired future state of the company. In contrast, a mission statement defines the organization's purpose and its primary objectives—essentially what the company does in the present. A strategy outlines the specific plans and actions the company will take to achieve its goals, while values represent the beliefs and principles that guide a company's culture and decision-making processes. Thus, the vision statement distinctly focuses on the future aspirations, making it the correct choice for this question.

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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