

RRC DA Nutrition Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. What type of unsaturated fatty acid is commonly found in fish and vegetable oils that helps lower cholesterol?**
 - A. Monounsaturated**
 - B. Saturated**
 - C. Polyunsaturated**
 - D. Trans**
- 2. Which eating disorder is known for bingeing and purging behaviors?**
 - A. Anorexia Nervosa**
 - B. Bulimia**
 - C. Binge Eating Disorder**
 - D. Female Athlete Triad**
- 3. What type of fatty acid is known to increase cholesterol levels in the blood?**
 - A. Unsaturated**
 - B. Monounsaturated**
 - C. Polyunsaturated**
 - D. Saturated**
- 4. Which type of carbohydrates is primarily obtained from soft drinks and lacks nutritional value?**
 - A. Complex carbohydrates**
 - B. Simple sugars**
 - C. Dietary fibres**
 - D. Sugar alcohols**
- 5. Which type of fatty acid is considered beneficial for cholesterol levels and is found in peanut oil?**
 - A. Monounsaturated**
 - B. Saturated**
 - C. Polyunsaturated**
 - D. Trans fat**

- 6. Which nutrient is most essential during lactation for both mother and infant?**
- A. Fats**
 - B. Vitamins**
 - C. Protein**
 - D. Carbohydrates**
- 7. Which food category is known to contain naturally occurring antioxidants?**
- A. Dairy products**
 - B. Fruits**
 - C. Cereals**
 - D. Meat**
- 8. The formula for reduced acidity in the mouth involves which two elements?**
- A. Calcium + Sulfur**
 - B. Sodium + Iron**
 - C. Calcium + Phosphorus**
 - D. Potassium + Magnesium**
- 9. What healthy habit is emphasized for controlling excess fat intake?**
- A. Improving digestion**
 - B. Enhancing muscle tone**
 - C. Maintaining body weight**
 - D. Boosting metabolic rate**
- 10. What substance should a lactating mother avoid?**
- A. Protein**
 - B. Vegetables**
 - C. Caffeine**
 - D. Water**

Answers

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

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Explanations

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1. What type of unsaturated fatty acid is commonly found in fish and vegetable oils that helps lower cholesterol?

- A. Monounsaturated**
- B. Saturated**
- C. Polyunsaturated**
- D. Trans**

The common type of unsaturated fatty acid found in fish and vegetable oils that helps lower cholesterol is polyunsaturated fatty acids. These fatty acids, particularly omega-3 and omega-6 fatty acids, play an essential role in heart health. Omega-3 fatty acids, which are abundant in fatty fish like salmon and mackerel, have been shown to reduce triglyceride levels, lower blood pressure, and ultimately decrease the risk of cardiovascular disease. Polyunsaturated fatty acids help improve the lipid profile by increasing high-density lipoprotein (HDL) cholesterol, which is known as the "good" cholesterol, while also reducing low-density lipoprotein (LDL) cholesterol, often referred to as "bad" cholesterol. This makes them a beneficial addition to a heart-healthy diet. In contrast, the other types mentioned do not have the same beneficial effects on cholesterol levels. Monounsaturated fatty acids also contribute to cardiovascular health but are not as directly linked to lowering cholesterol as polyunsaturated fats. Saturated fats are generally associated with raising LDL cholesterol levels, while trans fats are known to negatively impact heart health and are discouraged in modern dietary guidelines.

2. Which eating disorder is known for bingeing and purging behaviors?

- A. Anorexia Nervosa**
- B. Bulimia**
- C. Binge Eating Disorder**
- D. Female Athlete Triad**

Bulimia is characterized by episodes of binge eating followed by purging behaviors, which may include self-induced vomiting, excessive exercise, or the misuse of laxatives. Individuals with bulimia often experience a lack of control during binge episodes and engage in compensatory actions to prevent weight gain. This disorder is marked by cycles of overeating and then taking drastic measures to rid the body of calories, leading to a complex relationship with food and self-image. Understanding bulimia highlights the emotional and psychological aspects that accompany the disorder, including feelings of guilt and shame after binges, which can perpetuate the cycle of bingeing and purging. This is a distinct pattern that is not typically found in anorexia nervosa, which primarily involves extreme restriction of food intake, nor in binge eating disorder, where purging behaviors are not present. The female athlete triad refers to a combination of disordered eating, amenorrhea, and osteoporosis but does not specifically denote bulimic behaviors. Recognizing these differences is crucial for effective treatment and support.

3. What type of fatty acid is known to increase cholesterol levels in the blood?

- A. Unsaturated**
- B. Monounsaturated**
- C. Polyunsaturated**
- D. Saturated**

Saturated fatty acids are known to increase cholesterol levels in the blood primarily because they tend to raise the levels of low-density lipoprotein (LDL) cholesterol, often referred to as "bad" cholesterol. When consumed in excess, saturated fats can lead to an increase in the total cholesterol levels in the bloodstream, which in turn can contribute to the development of cardiovascular diseases. Saturated fats are typically found in animal products such as fatty cuts of meat, full-fat dairy products, and certain oils like coconut and palm oil. The structure of saturated fatty acids, which have no double bonds between carbon atoms, contributes to their effects on cholesterol metabolism and their tendency to remain solid at room temperature. This solid state is a key characteristic in how they can influence cholesterol levels and overall heart health. In contrast, unsaturated fatty acids, whether monounsaturated or polyunsaturated, are generally considered to be heart-healthy fats as they can help to lower LDL levels and increase high-density lipoprotein (HDL) cholesterol, which is known as "good" cholesterol.

4. Which type of carbohydrates is primarily obtained from soft drinks and lacks nutritional value?

- A. Complex carbohydrates**
- B. Simple sugars**
- C. Dietary fibres**
- D. Sugar alcohols**

The correct answer is simple sugars, which are primarily found in soft drinks and often referred to as added sugars or free sugars. These sugars are quickly absorbed into the bloodstream, providing a rapid source of energy, but they lack essential nutrients like vitamins, minerals, and fiber. This absence of nutritional value is why they are considered "empty calories." Soft drinks typically contain high amounts of simple sugars, such as sucrose or high fructose corn syrup, which contribute to their sweetness. The consumption of these sugars is linked to various health issues, including obesity, insulin resistance, and dental problems, chiefly due to their rapid metabolism and the lack of accompanying nutrients that would promote healthy metabolic processes. On the other hand, complex carbohydrates, dietary fibers, and sugar alcohols offer different properties and benefits. Complex carbohydrates are found in whole grains and vegetables and contain more nutrients and fiber, while dietary fibers are crucial for digestive health and often lack caloric value. Sugar alcohols, found in some low-calorie sweeteners, provide fewer calories than simple sugars and are metabolized differently by the body. Their health impacts and caloric contributions differentiate them from simple sugars significantly.

5. Which type of fatty acid is considered beneficial for cholesterol levels and is found in peanut oil?

A. Monounsaturated

B. Saturated

C. Polyunsaturated

D. Trans fat

Monounsaturated fatty acids are recognized for their health benefits, particularly in relation to cholesterol levels. They can help lower bad LDL cholesterol while increasing good HDL cholesterol, which contributes to a healthier cardiovascular profile. Peanut oil is primarily composed of monounsaturated fats, making it a heart-healthy option in cooking and food preparation. In contrast, saturated fats, while not all harmful, are generally recommended to be consumed in moderation as they can raise LDL cholesterol levels. Polyunsaturated fats, while beneficial in some contexts, are found in different types of oils and foods and are not the primary fatty acid in peanut oil. Trans fats are considered detrimental to heart health and have been largely removed from many food products due to their negative effects on cholesterol and overall health. This reinforces the health benefits associated with monounsaturated fats, particularly those found in peanut oil.

6. Which nutrient is most essential during lactation for both mother and infant?

A. Fats

B. Vitamins

C. Protein

D. Carbohydrates

During lactation, protein is the most essential nutrient for both the mother and the infant. For the breastfeeding mother, adequate protein intake is crucial because it supports the body's increased demands during this period, helping to maintain muscle mass, energy levels, and overall health. For the infant, protein is vital for growth and development. Breast milk is composed of various proteins that provide essential amino acids necessary for the baby's rapid growth, tissue development, and immune function. These proteins also play a role in the formation of antibodies and enzymes that are crucial for both metabolic processes and the immune system. While fats, vitamins, and carbohydrates also play important roles in providing energy, supporting brain development, and ensuring various metabolic functions, protein stands out during lactation for its direct contribution to growth and development for the infant as well as supporting maternal health. This makes it an essential nutrient in this stage of life for both the mother and her child.

7. Which food category is known to contain naturally occurring antioxidants?

A. Dairy products

B. Fruits

C. Cereals

D. Meat

Fruits are recognized as being rich in naturally occurring antioxidants, which are compounds that help protect the body from oxidative stress caused by free radicals. These antioxidants, such as vitamin C, vitamin E, and various phytochemicals, play a crucial role in promoting health and reducing the risk of chronic diseases, including heart disease and cancer. Fruits such as berries, citrus, and grapes are particularly high in these beneficial compounds, making them an essential part of a balanced diet. In contrast, while dairy products, cereals, and meat may contain some level of antioxidants or contribute to overall nutrition, they do not match the rich concentration and variety found in fruits. Thus, fruits are the most prominent food category associated with a natural abundance of antioxidants.

8. The formula for reduced acidity in the mouth involves which two elements?

A. Calcium + Sulfur

B. Sodium + Iron

C. Calcium + Phosphorus

D. Potassium + Magnesium

The correct answer involves calcium and phosphorus, which play a crucial role in maintaining oral health and reducing acidity in the mouth. Calcium is essential for the mineralization of teeth and helps in the overall structural integrity of enamel. It can also act as a buffering agent, mitigating the effects of acids that lead to tooth decay. Phosphorus works alongside calcium in the formation of hydroxyapatite, a critical component of tooth enamel. This mineral helps to strengthen teeth and can also assist in neutralizing acids that result from bacterial metabolism in the mouth. By providing a favorable environment for enamel remineralization, calcium and phosphorus together can significantly reduce acidity levels, protecting teeth from demineralization and decay. The other choices do not directly correlate with reduced acidity in the mouth. Sodium and iron, or potassium and magnesium, do not have the same established roles in dental health and acidity regulation as calcium and phosphorus do. This is why they do not form the basis for addressing acidity in oral health effectively.

9. What healthy habit is emphasized for controlling excess fat intake?

- A. Improving digestion**
- B. Enhancing muscle tone**
- C. Maintaining body weight**
- D. Boosting metabolic rate**

Maintaining body weight is emphasized as a crucial healthy habit for controlling excess fat intake because it directly correlates with managing overall caloric intake and expenditure. When individuals focus on maintaining their weight, they are more likely to be mindful of the types and amounts of food they consume, which includes monitoring fat intake. This habit encourages a balanced diet that aligns with individual energy needs, helping to prevent the consumption of excess fats that may contribute to weight gain. By prioritizing weight maintenance, individuals can foster healthier eating patterns and make informed dietary choices, ultimately leading to a more sustainable lifestyle that supports long-term health goals. This focus can help in identifying foods that are lower in unhealthy fats, promoting a diet rich in essential nutrients while keeping overall fat intake within recommended levels.

10. What substance should a lactating mother avoid?

- A. Protein**
- B. Vegetables**
- C. Caffeine**
- D. Water**

A lactating mother should be mindful of her caffeine consumption, as caffeine can pass through breast milk and potentially affect the sleeping patterns and behavior of the nursing infant. While moderate caffeine intake is generally considered safe, excessive consumption may lead to irritability and restlessness in the baby. Health authorities often recommend limiting caffeine intake to around 300 mg per day, which is roughly equivalent to two to three cups of coffee. In contrast, protein and vegetables are important components of a lactating mother's diet, as they provide essential nutrients required for both her health and milk production. Water is crucial for hydration, especially for nursing mothers, to maintain milk supply. Thus, it's important for lactating women to be cautious about caffeine while ensuring adequate intake of other foods and fluids that support their nutritional needs.