

# RRC DA NUTRITION PRACTICE TEST (SAMPLE)

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR  
THE FULL VERSION STUDY GUIDE**

<https://rrcdanutrition.examzify.com>



**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

# Table of Contents

|                             |    |
|-----------------------------|----|
| Copyright .....             | 1  |
| Table of Contents .....     | 2  |
| Introduction .....          | 3  |
| How to Use This Guide ..... | 4  |
| Questions .....             | 5  |
| Answers .....               | 8  |
| Explanations .....          | 10 |
| Next Steps .....            | 15 |

SAMPLE

# 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

SAMPLE

- 1. What is the recommended total weight gain for mothers throughout pregnancy?**
  - A. 10-15 pounds
  - B. 15-20 pounds
  - C. 20-25 pounds
  - D. 25-30 pounds
- 2. Which two roles does saliva play in dental health?**
  - A. Provides antioxidants and cleanses the mouth
  - B. Cleans mouth and provides fluoride
  - C. Helps in digestion and protects against cavities
  - D. Prevents bad breath and enhances taste
- 3. Excess carbohydrates can be converted into which substance for storage?**
  - A. Protein
  - B. Sugar
  - C. Fat
  - D. Fiber
- 4. Which four facts must a food label contain?**
  - A. Serving size, Carbohydrates, Fiber, Sodium
  - B. Serving size, Calories, Fat, Percentage of daily value
  - C. Serving size, Fiber, Sugar, Protein
  - D. Serving size, Ingredients, Trans fat, Vitamin C
- 5. What is the primary source of dietary fiber?**
  - A. Animal products
  - B. Dairy products
  - C. Plant sources
  - D. Sugary foods
- 6. What is one characteristic of polyunsaturated fatty acids?**
  - A. Solid at room temperature
  - B. Increase cholesterol levels
  - C. Liquid at room temperature
  - D. Found primarily in meat

- 7. Which type of water is not typically classified as one of the four main types of water?**
- A. Well Water
  - B. Mineral Water
  - C. Bottled Water
  - D. Distilled Water
- 8. How do sugar liquids compare to sticky foods in terms of cariogenicity?**
- A. More cariogenic
  - B. Not as cariogenic
  - C. Equally cariogenic
  - D. More harmful
- 9. Which of the following are three preventive health considerations for adults?**
- A. Exercise, Sugar intake, Fiber level
  - B. Salt intake, weight control, cholesterol level
  - C. Cholesterol level, Calcium intake, Alcohol consumption
  - D. Weight control, Fiber intake, Caffeine level
- 10. Which of the following is NOT an antioxidant vitamin that helps prevent cholesterol oxidation?**
- A. Vitamin A
  - B. Vitamin E
  - C. Vitamin C
  - D. Beta-carotene

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

### 1. What is the recommended total weight gain for mothers throughout pregnancy?

- A. 10-15 pounds
- B. 15-20 pounds
- C. 20-25 pounds
- D. 25-30 pounds**

The recommended total weight gain for mothers throughout pregnancy typically depends on their pre-pregnancy body mass index (BMI). For women who are of normal weight before pregnancy, the general guideline suggests a weight gain of about 25 to 35 pounds. This range considers the increased nutritional and energetic needs during pregnancy and supports the healthy growth and development of the fetus. While the specific answer provided is an entry point into the general recommendations, a weight gain of 25-30 pounds is indeed a healthy target for many women, especially those with a normal BMI. This amount allows for the healthy development of the baby, including the growth of the placenta, amniotic fluid, and extra breast tissue, as well as increased blood volume and fat necessary for breastfeeding. If a woman enters pregnancy underweight, she may require a higher overall weight gain, while those who are overweight before conception might aim for the lower end of the weight gain spectrum. Hence, the correct answer reflects a commonly suggested target that offers a balance between adequate nutrition for both the mother and developing baby, promoting a healthy pregnancy outcome.

### 2. Which two roles does saliva play in dental health?

- A. Provides antioxidants and cleanses the mouth
- B. Cleans mouth and provides fluoride**
- C. Helps in digestion and protects against cavities
- D. Prevents bad breath and enhances taste

The choice of saliva playing roles in cleaning the mouth and providing fluoride is accurate because saliva serves as a natural cleanser for the oral cavity. It helps wash away food particles and reduces the buildup of plaque, contributing to overall dental hygiene. In terms of fluoride, saliva contains trace amounts that can help in the remineralization process of teeth, further protecting against tooth decay. The role of saliva in washing away debris is crucial as it maintains the pH balance in the mouth, reducing the risk of acid erosion and bacterial growth that can contribute to cavity formation. Additionally, fluoride is known for its protective qualities, reinforcing enamel and making it more resistant to demineralization. While other options highlight important functions of saliva—such as preventing bad breath or enhancing taste—cleaning the mouth and providing fluoride are two fundamental roles that align directly with maintaining oral health and preventing dental diseases.

### 3. Excess carbohydrates can be converted into which substance for storage?

- A. Protein
- B. Sugar
- C. Fat**
- D. Fiber

Excess carbohydrates are predominantly converted into fat for storage in the body. When the intake of carbohydrates exceeds the immediate energy needs of the body, and glycogen stores in the liver and muscles are at capacity, the surplus carbohydrates undergo a process called lipogenesis. This process transforms excess glucose into fatty acids, which can then be stored in adipose tissue as triglycerides. This conversion allows the body to store energy efficiently for future use. While proteins, sugars, and fibers are essential components of nutrition, they do not serve as a storage form for excess carbohydrates in the same way that fats do. Protein is primarily used for building and repairing tissues, sugars (or glucose) are used for immediate energy, and fiber aids in digestive health but does not serve as a storage form of excess carbohydrates.

#### 4. Which four facts must a food label contain?

- A. Serving size, Carbohydrates, Fiber, Sodium
- B. Serving size, Calories, Fat, Percentage of daily value**
- C. Serving size, Fiber, Sugar, Protein
- D. Serving size, Ingredients, Trans fat, Vitamin C

A food label must provide critical information that helps consumers understand the nutritional content of the food product and how it fits into their daily dietary needs. The correct answer includes four essential facts: serving size, calories, fat, and percentage of daily value. Serving size is important as it indicates how much of the product is considered a single serving; this helps consumers gauge their portion intake. Calories provide information on the energy content of the food, which is crucial for managing energy balance. The fat content is vital for understanding how much fat is in the product, influencing dietary choices related to health concerns like heart disease. Lastly, the percentage of daily value tells consumers how much of a nutrient in a serving contributes to a daily diet, helping individuals make informed choices about their nutrient intake relative to their daily needs. These four components are foundational as they offer a summary of crucial nutritional facts, whereas the other options, while they may include some valuable information, do not encompass this essential combination mandated for comprehensive food labeling.

#### 5. What is the primary source of dietary fiber?

- A. Animal products
- B. Dairy products
- C. Plant sources**
- D. Sugary foods

The primary source of dietary fiber is plant sources. Fiber is found predominantly in fruits, vegetables, whole grains, legumes, nuts, and seeds, all of which are derived from plants. This is important because dietary fiber plays a crucial role in digestive health; it helps to regulate bowel movements, can aid in maintaining a healthy weight, and is beneficial for cardiovascular health by lowering cholesterol levels. Plant-based foods provide not only soluble and insoluble fiber but also a wealth of other important nutrients, making them key to a balanced diet. In contrast, animal products and dairy products do not contain significant amounts of dietary fiber because fiber is a carbohydrate found exclusively in plant foods. Sugary foods often lack the beneficial characteristics of dietary fiber, and while they may be derived from plants, the processing typically removes the fiber content. Thus, highlighting the importance of plant sources accurately represents the primary avenue for obtaining dietary fiber in a balanced diet.

#### 6. What is one characteristic of polyunsaturated fatty acids?

- A. Solid at room temperature
- B. Increase cholesterol levels
- C. Liquid at room temperature**
- D. Found primarily in meat

Polyunsaturated fatty acids are characterized by having multiple double bonds in their chemical structure. One significant aspect of these fatty acids is their physical state at room temperature. They are generally liquid at room temperature, which is a defining trait that distinguishes them from saturated fatty acids, which tend to be solid at room temperature. This liquid state is due to the presence of double bonds, which create kinks in the fatty acid chains, preventing them from packing tightly together. This structure contributes to the fluidity of polyunsaturated fats and is important for various physiological functions in the body, including cell membrane integrity and the production of essential fatty acids, like omega-3 and omega-6 fatty acids.

**7. Which type of water is not typically classified as one of the four main types of water?**

- A. Well Water
- B. Mineral Water**
- C. Bottled Water
- D. Distilled Water

*Mineral water is a type of water that is characterized by the presence of various minerals and trace elements, which are naturally occurring in the water. It is often sourced from underground springs and is bottled for consumer use. While mineral water is popular and widely consumed, it is generally classified alongside other types of water based on its mineral content and origin. Well water, bottled water, and distilled water represent distinct categories based on their source, treatment, and properties. Well water comes from underground aquifers and is typically used directly from the ground. Bottled water encompasses a broad range of water types that are packaged for sale, including spring and purified water. Distilled water is created through a purification process that involves boiling water and condensing the steam back into a liquid, thereby removing impurities and minerals. In the context of water classification, mineral water does not usually fall into the same basic categories recognized for the four main types of water, which include well water, bottled water, and distilled water. This distinction sets mineral water apart as a specialty category rather than a primary type of water in the overall classification system.*

**8. How do sugar liquids compare to sticky foods in terms of cariogenicity?**

- A. More cariogenic
- B. Not as cariogenic**
- C. Equally cariogenic
- D. More harmful

*Sugar liquids, such as soft drinks and fruit juices, have a different cariogenic potential compared to sticky foods like candies. The reasoning behind the correct answer is rooted in how these substances interact with the teeth and oral environment. Sugar liquids can be rapidly washed away from the teeth due to their fluid nature. This means that they are less likely to adhere to the tooth surface for prolonged periods, which decreases the contact time that sugars have with the dental plaque. Subsequently, this results in a lower likelihood of acid production by bacteria that thrive on sugar, leading to tooth decay. In contrast, sticky foods tend to cling to the teeth and remain in contact with the oral surfaces for longer durations. This extended exposure allows for more biofilm formation and increased acid production from the bacteria, heightening the risk of cavities. The sticky nature of these foods can create an environment conducive to dental caries, as they often trap sugars against the tooth enamel. This comparison shows that while both sugar liquids and sticky foods can contribute to tooth decay, sticky foods are generally more cariogenic due to their adhesive properties and longer time spent in contact with the teeth.*

**9. Which of the following are three preventive health considerations for adults?**

- A. Exercise, Sugar intake, Fiber level
- B. Salt intake, weight control, cholesterol level**
- C. Cholesterol level, Calcium intake, Alcohol consumption
- D. Weight control, Fiber intake, Caffeine level

*Weight control, salt intake, and cholesterol level are key preventive health considerations for adults because they significantly impact overall health and the risk of developing chronic diseases. Maintaining a healthy weight is crucial as being overweight or obese is associated with various health risks, including heart disease, diabetes, and certain cancers. Weight control helps ensure that the body functions optimally, supporting metabolic processes and reducing strain on organs. Salt intake is another important consideration because excessive sodium consumption can lead to hypertension (high blood pressure), which is a major risk factor for cardiovascular diseases. Monitoring and managing salt intake can help prevent these conditions and promote heart health. Cholesterol levels are critical as well since high levels of LDL (low-density lipoprotein, often referred to as "bad" cholesterol) can contribute to the buildup of plaque in arteries, increasing the risk of heart attacks and strokes. Keeping cholesterol levels within recommended ranges through diet and lifestyle changes is vital to maintaining cardiovascular health. The other options contain important health considerations, but the selected answer encompasses three specific factors (weight control, salt intake, and cholesterol level) that are particularly interlinked with reducing the risk of serious health issues in adults.*

**10. Which of the following is NOT an antioxidant vitamin that helps prevent cholesterol oxidation?**

- A. Vitamin A**
- B. Vitamin E
- C. Vitamin C
- D. Beta-carotene

*Vitamin E, Vitamin C, and beta-carotene are recognized for their roles as antioxidants, specifically in their ability to help prevent the oxidation of cholesterol, which is a crucial process that can lead to cardiovascular diseases. Vitamin E is particularly well-known for protecting cell membranes from oxidative damage, thereby playing a vital role in maintaining healthy cholesterol levels. Vitamin C also contributes to this effect, as it can regenerate other antioxidants and directly scavenge free radicals. Beta-carotene, a precursor to vitamin A, acts as an antioxidant, helping to combat oxidative stress. While vitamin A has some antioxidant properties, its primary functions in the body relate more to vision, immune function, and skin health rather than the direct prevention of cholesterol oxidation. Therefore, it is considered less effective in this specific role compared to the other vitamins listed. The focus on vitamins specifically tied to preventing cholesterol oxidation makes vitamin A the option that stands apart from the others.*

## 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](mailto:hello@examzify.com).

Or visit your dedicated course page for more study tools and resources:

<https://rrcdanutrition.examzify.com>

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

SAMPLE