

Rutgers Nutrition 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

- 1. What is the primary distinction between health claims and structure-function claims?**
 - A. Health claims refer to general nutrition benefits**
 - B. Health claims require FDA approval; structure-function claims do not**
 - C. Structure-function claims require FDA approval; health claims do not**
 - D. Health claims do not reference nutrients**
- 2. What major health issue can arise from zinc deficiency?**
 - A. Impaired immune function**
 - B. Muscle weakness**
 - C. Bone fractures**
 - D. Cardiovascular disease**
- 3. What is the standard kind of experiment used in the scientific method?**
 - A. Single-blind experiment**
 - B. Double-blind experiment**
 - C. Open-label experiment**
 - D. Controlled experiment**
- 4. Bulimia nervosa is characterized by which of the following behaviors?**
 - A. Binge eating followed by purging**
 - B. Restricting food intake**
 - C. Overeating without consequences**
 - D. Chronic dieting**
- 5. What is the typical target BMI for aggressive weight loss treatment options?**
 - A. BMI of 20+**
 - B. BMI of 25+**
 - C. BMI of 35+ with health issues**
 - D. BMI of 40+**

- 6. What is the recommended dietary allowance (RDA) for vitamin C in adult men?**
- A. 90 mg**
 - B. 60 mg**
 - C. 100 mg**
 - D. 75 mg**
- 7. What role do B vitamins play in the body?**
- A. They serve as antioxidants**
 - B. They act as coenzymes in metabolism**
 - C. They are primary sources of energy**
 - D. They synthesize proteins**
- 8. What structures in the small intestine assist with nutrient absorption?**
- A. Microvilli and cilia**
 - B. Mucosa and submucosa**
 - C. Villi and microvilli**
 - D. Gastric pits and glands**
- 9. Which type of vitamins are absorbed into the lymph before entering the bloodstream?**
- A. Water-soluble vitamins**
 - B. Fat-soluble vitamins (A, D, E, K)**
 - C. Minerals**
 - D. Folates**
- 10. What is the energy yield from fats?**
- A. 4 kcal/g**
 - B. 7 kcal/g**
 - C. 9 kcal/g**
 - D. 6 kcal/g**

Answers

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

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Explanations

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1. What is the primary distinction between health claims and structure-function claims?

- A. Health claims refer to general nutrition benefits**
- B. Health claims require FDA approval; structure-function claims do not**
- C. Structure-function claims require FDA approval; health claims do not**
- D. Health claims do not reference nutrients**

The primary distinction between health claims and structure-function claims lies in the approval process required by regulatory bodies, specifically the FDA. Health claims must receive FDA approval before they can be used on food labels or in marketing because they suggest a relationship between a food or dietary ingredient and a disease or health-related condition. This ensures that the claims made are substantiated by scientific evidence in line with public health standards. On the other hand, structure-function claims do not require FDA approval prior to use. These claims describe the role of a nutrient or dietary ingredient intended to affect the structure or function of the body (for example, "calcium builds strong bones"). They can be made without prior governmental review, but they cannot imply that the product can prevent or treat a disease, as health claims do. This evaluation highlights why understanding the regulatory framework for these claims is essential for consumers and professionals in the nutrition field. It also provides insight into the nature of the information being conveyed on food labels.

2. What major health issue can arise from zinc deficiency?

- A. Impaired immune function**
- B. Muscle weakness**
- C. Bone fractures**
- D. Cardiovascular disease**

Zinc plays a crucial role in the immune system, serving as an essential trace element that supports various immune cell functions. A deficiency in zinc can lead to impaired immune responses, increasing susceptibility to infections and illnesses. The immune system relies on zinc for the development and activation of T-lymphocytes, the cells responsible for orchestrating much of the immune response. Furthermore, zinc is involved in the regulation of cytokines, proteins that are important for cell signaling during immune responses. Without adequate zinc, the body may struggle to respond effectively to pathogens, leading to a higher risk of infections and a slower recovery. This highlights why impaired immune function is a significant health issue resulting from zinc deficiency.

3. What is the standard kind of experiment used in the scientific method?

- A. Single-blind experiment**
- B. Double-blind experiment**
- C. Open-label experiment**
- D. Controlled experiment**

The standard kind of experiment used in the scientific method is a controlled experiment. In a controlled experiment, researchers manipulate one variable while keeping all other variables constant to determine the effect of that specific change. This design allows for a direct comparison between a treatment group and a control group, providing clearer evidence for cause-and-effect relationships. For example, if a researcher is testing a new medication, they would administer the medication to one group while giving a placebo to another group. Both groups would be treated the same way otherwise, ensuring that any differences observed can be attributed to the medication itself. This methodology is fundamental in scientific research, as it helps eliminate confounding variables and enhances the reliability of results. Other types of experiments, such as single-blind and double-blind experiments, focus more on minimizing bias, while an open-label experiment lacks control over participant knowledge, which can influence behavior and outcomes. Although these designs are valuable in certain contexts, the controlled experiment is the foundational approach in the scientific method due to its systematic nature in testing hypotheses.

4. Bulimia nervosa is characterized by which of the following behaviors?

- A. Binge eating followed by purging**
- B. Restricting food intake**
- C. Overeating without consequences**
- D. Chronic dieting**

Bulimia nervosa is primarily defined by a cycle of binge eating followed by compensatory behaviors aimed at preventing weight gain. This typically involves purging, which can include self-induced vomiting, excessive exercise, or the misuse of laxatives. The binge-eating episodes are often characterized by consuming large amounts of food in a short period, during which the individual feels a lack of control over their eating behavior. This cycle can lead to significant physical and psychological distress. Individuals with bulimia nervosa may experience preoccupation with body shape and weight, contributing to feelings of shame and guilt following binge episodes. Therefore, the correct answer highlights the hallmark behavior of bulimia nervosa that differentiates it from other eating disorders, such as anorexia nervosa or binge-eating disorder, which do not include the purging aspect following binge eating.

5. What is the typical target BMI for aggressive weight loss treatment options?

- A. BMI of 20+**
- B. BMI of 25+**
- C. BMI of 35+ with health issues**
- D. BMI of 40+**

The typical target BMI for aggressive weight loss treatment options, such as pharmacotherapy or bariatric surgery, is generally classified at a BMI of 35 or higher in conjunction with obesity-related health conditions. Individuals with a BMI of 35 or above often face significant health risks, including diabetes, hypertension, and cardiovascular diseases. These health issues necessitate more intensive weight management strategies to reduce associated morbidity and mortality risks. Therefore, aggressive interventions are more justified and beneficial for individuals in this category. In contrast, options reflecting a BMI of 20 or 25 indicate normal to overweight ranges where aggressive treatments are typically not warranted, as those individuals usually can achieve weight loss through lifestyle modifications. A BMI of 40 or higher signifies extreme obesity, which can also qualify for aggressive interventions, but the clear threshold established for initial treatment assessment typically focuses on the BMI of 35 paired with health complications. Thus, while a BMI of 40 qualifies for aggressive treatment, the more common and medically supported choice involves a BMI of 35 along with specific health issues.

6. What is the recommended dietary allowance (RDA) for vitamin C in adult men?

- A. 90 mg**
- B. 60 mg**
- C. 100 mg**
- D. 75 mg**

The recommended dietary allowance (RDA) for vitamin C in adult men is 90 mg per day. This value was established to meet the needs of most adult men to prevent deficiency and support overall health. Vitamin C plays a vital role in various physiological functions, including collagen synthesis, antioxidant protection, immune function, and the absorption of iron from plant-based foods. Adequate intake is essential for maintaining healthy skin, blood vessels, and overall tissue integrity. Selecting this value as the RDA ensures that men receive sufficient levels of vitamin C, which is particularly important because the body does not store large amounts of this vitamin, and it is vital to consume it regularly through diet. Common sources of vitamin C include fruits and vegetables, such as oranges, strawberries, bell peppers, and broccoli, making it accessible for those who follow a varied diet.

7. What role do B vitamins play in the body?

- A. They serve as antioxidants
- B. They act as coenzymes in metabolism**
- C. They are primary sources of energy
- D. They synthesize proteins

B vitamins play a crucial role in the body as coenzymes in various metabolic processes. They are integral to converting food into energy, enabling the body to utilize carbohydrates, fats, and proteins efficiently. Each B vitamin has a specific function, such as aiding in the metabolism of macronutrients or playing a role in the synthesis of neurotransmitters, which are essential for proper nervous system function. Coenzymes are molecules that assist enzymes in catalyzing biochemical reactions. B vitamins often serve as the non-protein part of the enzyme complex, which is necessary for the enzyme's activity. This means that without adequate B vitamins, metabolic processes can slow down, leading to decreased energy production and impaired cellular function. The other choices highlight aspects that are not the primary functions of B vitamins. While some antioxidants are found in the body, B vitamins are not primarily known for serving that role. They are not major sources of energy themselves, as they do not provide calories but instead facilitate the energy production from macronutrients. Additionally, while some B vitamins are involved in amino acid metabolism and protein synthesis, synthesizing proteins is not their primary role; they are more influential as coenzymes in supporting those processes.

8. What structures in the small intestine assist with nutrient absorption?

- A. Microvilli and cilia
- B. Mucosa and submucosa
- C. Villi and microvilli**
- D. Gastric pits and glands

The correct choice highlights the role of villi and microvilli in nutrient absorption in the small intestine. Villi are small, finger-like projections that line the intestinal wall, increasing the surface area available for absorption. This increased surface area is crucial because it allows for more efficient uptake of nutrients, such as sugars, amino acids, and fatty acids, from the digested food. On top of the villi are even smaller projections known as microvilli, which form what is referred to as the "brush border." This structure further amplifies the absorptive surface, making the small intestine highly effective at absorbing nutrients and minerals from the chyme (partially digested food mixed with digestive juices) that passes through it. The combined action of villi and microvilli ensures that the small intestine can maximize nutrient absorption, which is essential for overall health and well-being.

9. Which type of vitamins are absorbed into the lymph before entering the bloodstream?

A. Water-soluble vitamins

B. Fat-soluble vitamins (A, D, E, K)

C. Minerals

D. Folates

Fat-soluble vitamins, which include vitamins A, D, E, and K, are absorbed through the intestinal lining into the lymphatic system before they enter the bloodstream. This absorption process involves the incorporation of these vitamins into micelles, which facilitate their transport across the intestinal wall. Once in the intestinal cells, fat-soluble vitamins are packaged into chylomicrons and then released into the lymphatic system. From there, they ultimately enter the bloodstream through the thoracic duct. This pathway is distinct from that of water-soluble vitamins and minerals, which are typically absorbed directly into the bloodstream and do not require lymphatic transport. Understanding the absorption mechanisms of these different nutrient categories underscores their distinct physiological roles and dietary requirements.

10. What is the energy yield from fats?

A. 4 kcal/g

B. 7 kcal/g

C. 9 kcal/g

D. 6 kcal/g

The energy yield from fats is 9 kcal/g. This value represents the caloric density of fat as a macronutrient in the human diet. Fats are the most energy-dense of the three main macronutrients, which also include carbohydrates and proteins. This high energy yield is due to the high concentration of carbon and hydrogen atoms in fatty acids, which provide more energy when metabolized compared to carbohydrates and proteins. Carbohydrates yield about 4 kcal/g, while proteins also yield approximately 4 kcal/g. This significant difference in energy yield is why fats are utilized as an important energy source in both the diet and during extended physical activity or fasting states. Additionally, fats serve various essential functions in the body, including the absorption of fat-soluble vitamins and the provision of essential fatty acids.

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://rutgersnutrition.examzify.com>

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