

# SACE Stage 1 Nutrition Practice Exam (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 of the following is a dietary guideline for portion control?**
  - A. Drink more water before meals**
  - B. Limit the number of meals per day**
  - C. Use smaller plates and bowls**
  - D. Always finish everything on your plate**
  
- 2. What does the glycaemic index (GI) measure?**
  - A. The nutritional value of proteins**
  - B. The rate of carbohydrate digestion and impact on blood glucose**
  - C. The amount of fat in foods**
  - D. The fiber content of carbohydrates**
  
- 3. What is the recommended intake for dietary fiber?**
  - A. 15% or less**
  - B. 25% or more**
  - C. 10% or more**
  - D. 5% or less**
  
- 4. What is the primary function of soluble fiber in the diet?**
  - A. Lowers cholesterol levels**
  - B. Increases blood sugar**
  - C. Provides energy**
  - D. Promotes muscle growth**
  
- 5. Which monosaccharides are combined to make Lactose?**
  - A. Glucose and Galactose**
  - B. Fructose and Galactose**
  - C. Glucose and Fructose**
  - D. Glucose and Glucose**

**6. What is the role of liver cells when blood glucose levels fall?**

- A. They absorb glucose from the bloodstream**
- B. They break down glycogen to glucose**
- C. They convert protein to glucose**
- D. They stop all glucose production**

**7. What is the role of cholesterol in the body?**

- A. It's a source of energy**
- B. It is essential for cell membrane structure and hormone production**
- C. It aids in muscle recovery**
- D. It helps regulate blood sugar**

**8. Identify the purpose of nutrient timing in sports nutrition.**

- A. To prevent muscle loss during workouts**
- B. To optimize performance and recovery by timing nutrient intake around exercise**
- C. To eliminate the need for carbohydrates in a diet**
- D. To ensure a steady intake of calories throughout the day**

**9. What happens to blood glucose levels after eating a meal?**

- A. They decrease immediately**
- B. They remain unchanged**
- C. They rise and then stabilize**
- D. They become unstable**

**10. What common deficiency is associated with insufficient calcium intake?**

- A. Anemia**
- B. Osteoporosis**
- C. Scurvy**
- D. Rickets**

## **Answers**

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

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## **Explanations**

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## 1. Which of the following is a dietary guideline for portion control?

- A. Drink more water before meals**
- B. Limit the number of meals per day**
- C. Use smaller plates and bowls**
- D. Always finish everything on your plate**

Using smaller plates and bowls is an effective dietary guideline for portion control as it can influence the amount of food consumed. When people use smaller dishware, it often leads to serving and eating smaller portions, which can help prevent overeating. The visual cue of a fuller plate on a smaller dish can create a perception of satisfaction, even if the actual amount of food is less. This method leverages the psychology of portion size, making it a practical strategy for managing caloric intake without the need for measuring food or restricting choices drastically. The other suggestions, while they may have their respective benefits for overall health, do not directly align with the principle of portion control. For example, drinking more water before meals can aid in hydration and possibly reduce appetite, but it does not specifically address the size of the portions eaten. Limiting the number of meals per day pertains more to meal frequency rather than controlling the portions consumed during each meal. Additionally, the idea of always finishing everything on your plate can encourage overeating, countering the goal of portion control. Therefore, using smaller plates and bowls stands out as the best strategy for managing portion sizes effectively.

## 2. What does the glycaemic index (GI) measure?

- A. The nutritional value of proteins**
- B. The rate of carbohydrate digestion and impact on blood glucose**
- C. The amount of fat in foods**
- D. The fiber content of carbohydrates**

The glycaemic index (GI) is a measure that specifically indicates how quickly carbohydrate-containing food raises blood glucose levels after consumption. It ranks foods on a scale from 0 to 100 based on their immediate effect on blood sugar relative to a reference food, usually glucose or white bread. Foods with a high GI are digested rapidly, leading to a quick spike in blood sugar levels, while those with a low GI are digested more slowly, providing a more gradual increase in blood sugar. This property is particularly important for individuals managing diabetes or those looking to control their energy levels throughout the day. In contrast, the other options focus on different aspects of nutrition. The nutritional value of proteins is not related to the glycaemic index, as proteins affect the body differently. The amount of fat in foods is unrelated to how carbohydrates are digested and their subsequent effect on blood glucose levels. Lastly, while fiber content can influence carbohydrate digestion, it does not directly correlate with the GI measure. Fiber often slows digestion but is not what the GI quantifies; it focuses specifically on the carbohydrate's impact on blood sugar levels.

### 3. What is the recommended intake for dietary fiber?

- A. 15% or less
- B. 25% or more**
- C. 10% or more
- D. 5% or less

The recommended intake for dietary fiber is indeed generally considered to be 25% or more of total daily caloric intake, as proposed by various health organizations and dietary guidelines. Dietary fiber is important for maintaining digestive health, regulating blood sugar levels, lowering cholesterol, and promoting a feeling of fullness, which can aid in weight management. For adults, a common guideline suggests a daily fiber intake of roughly 25 grams for women and 38 grams for men, which aligns with the idea that a significant portion of one's diet should consist of fiber-rich foods. Foods high in fiber include fruits, vegetables, whole grains, legumes, nuts, and seeds, all of which provide essential nutrients alongside their fiber content. In addressing the other options, lower percentages of fiber intake do not align with health recommendations aimed at preventing chronic diseases such as obesity, type 2 diabetes, and cardiovascular disease. Therefore, consuming 25% or more of total caloric intake from dietary fiber supports optimal health and preventive nutrition strategies.

### 4. What is the primary function of soluble fiber in the diet?

- A. Lowers cholesterol levels**
- B. Increases blood sugar
- C. Provides energy
- D. Promotes muscle growth

Soluble fiber primarily functions to lower cholesterol levels in the diet. This type of fiber dissolves in water to form a gel-like substance in the digestive tract, which can bind to cholesterol and bile acids. By doing so, it helps reduce the amount of cholesterol that is absorbed into the bloodstream. This is particularly beneficial for heart health, as lowered cholesterol levels can reduce the risk of heart disease. Additionally, soluble fiber can also help regulate blood sugar levels by slowing the absorption of sugar, which is important for individuals managing diabetes. However, its most well-known effect is its role in cholesterol reduction, making it a vital nutrient for maintaining cardiovascular health. The other options do not align with the primary function of soluble fiber. While soluble fiber does provide some benefits related to energy regulation and metabolic processes, it does not directly increase blood sugar, provide energy like macronutrients, or promote muscle growth.

## 5. Which monosaccharides are combined to make Lactose?

- A. Glucose and Galactose**
- B. Fructose and Galactose**
- C. Glucose and Fructose**
- D. Glucose and Glucose**

Lactose is a disaccharide, commonly known as milk sugar, which is formed by the combination of two monosaccharides: glucose and galactose. In the process of lactose formation, these two simple sugars undergo a condensation reaction, where they bond together with the elimination of a water molecule. This specific pairing is crucial because each monosaccharide contributes its own unique structural and functional properties to lactose, resulting in a sugar that is distinct from other disaccharides. Understanding the structure of lactose is important for nutrition, especially for individuals who are lactose intolerant, as they lack the enzyme lactase required to properly digest this sugar. Knowing that lactose is comprised of glucose and galactose highlights its relationship to various food sources, particularly dairy products, and its significance in human carbohydrate metabolism.

## 6. What is the role of liver cells when blood glucose levels fall?

- A. They absorb glucose from the bloodstream**
- B. They break down glycogen to glucose**
- C. They convert protein to glucose**
- D. They stop all glucose production**

The role of liver cells in maintaining blood glucose levels is crucial during periods of low blood sugar. When blood glucose levels fall, liver cells respond by breaking down glycogen, which is a stored form of glucose, into usable glucose molecules. This process is known as glycogenolysis. The glucose released from glycogen into the bloodstream helps to stabilize blood sugar levels and provides energy to various tissues in the body, particularly the brain, which relies heavily on glucose for its functioning. This mechanism is vital for homeostasis, ensuring that the body has sufficient glucose supply during fasting or between meals. The liver acts as a glucose reservoir, helping to maintain a consistent supply of this essential nutrient even when dietary intake is low. Other options describe processes or actions that don't directly contribute to the immediate increase in blood glucose levels when they are low. For instance, absorption of glucose from the bloodstream would occur when blood glucose is high rather than during low levels. While the conversion of protein to glucose, known as gluconeogenesis, can occur as well, it is typically a slower process and more prominent during prolonged periods without food. Lastly, stopping all glucose production would be counterproductive as it would lead to further decreases in blood sugar, which is not the body's goal in a

## 7. What is the role of cholesterol in the body?

- A. It's a source of energy
- B. It is essential for cell membrane structure and hormone production**
- C. It aids in muscle recovery
- D. It helps regulate blood sugar

Cholesterol plays a vital role in maintaining the structure and functionality of cell membranes. It is a crucial component of the lipid bilayer, contributing to membrane fluidity and stability. This structural role is essential for the proper functioning of cells, allowing them to maintain their shape and integrity. Additionally, cholesterol is a precursor for the synthesis of steroid hormones, such as estrogen, testosterone, and cortisol. These hormones are involved in numerous physiological processes, including metabolism, immune response, and reproductive functions. Therefore, the dual roles of cholesterol in supporting cell membrane integrity and facilitating hormone production underscore its importance in overall bodily function and health.

## 8. Identify the purpose of nutrient timing in sports nutrition.

- A. To prevent muscle loss during workouts
- B. To optimize performance and recovery by timing nutrient intake around exercise**
- C. To eliminate the need for carbohydrates in a diet
- D. To ensure a steady intake of calories throughout the day

The concept of nutrient timing in sports nutrition primarily focuses on optimizing performance and recovery by strategically timing nutrient intake around exercise. This approach recognizes that the body's nutritional needs differ before, during, and after physical activity. By consuming specific nutrients, particularly carbohydrates and proteins, at particular times, athletes can enhance their energy levels, support muscle recovery, and improve overall athletic performance. For example, consuming carbohydrates before a workout can provide the necessary energy, while post-exercise protein intake helps in muscle repair and growth. The careful timing of these nutrients can lead to better adaptations to training, improved endurance, and reduced muscle soreness. This makes the timing of nutrient consumption a crucial aspect of a sports nutrition strategy that aims to maximize the benefits of both training and recovery phases.

## 9. What happens to blood glucose levels after eating a meal?

- A. They decrease immediately
- B. They remain unchanged
- C. They rise and then stabilize**
- D. They become unstable

After eating a meal, blood glucose levels typically rise as carbohydrates from the food are broken down into glucose, which is then absorbed into the bloodstream. This increase in blood glucose is a normal physiological response, as the body is adjusting to the influx of nutrients. After the initial rise, insulin is released from the pancreas to help transport glucose into the cells for energy or storage, which ultimately stabilizes blood glucose levels. The process involves a peak in glucose levels shortly after eating, followed by a gradual stabilization as insulin allows for the proper utilization and storage of this glucose. This dynamic response is crucial for maintaining energy balance and overall metabolic health. Thus, the correct answer reflects this typical pattern of blood glucose response after meals, demonstrating the body's ability to adapt to changes in nutritional intake.

## 10. What common deficiency is associated with insufficient calcium intake?

- A. Anemia
- B. Osteoporosis**
- C. Scurvy
- D. Rickets

Osteoporosis is directly linked to insufficient calcium intake. Calcium is a vital mineral for maintaining bone density and strength. When dietary calcium is inadequate, the body starts to deplete its calcium stores from the bones to maintain necessary blood calcium levels. Over time, this depletion leads to weakened bones, which increases the risk of fractures and osteoporosis, a condition characterized by porous and brittle bones.

Osteoporosis typically develops slowly over many years and is often not diagnosed until a fracture occurs. Adequate calcium intake throughout one's life, especially during childhood, adolescence, and early adulthood, is crucial for developing peak bone mass and maintaining bone health later in life. Thus, calcium deficiency is a significant contributor to the development of osteoporosis.

# 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://sacestage1nutrition.examzify.com>**

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

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