

Texas A&M University (TAMU) NUTR222 Nutrition for Health and Health Care Exam 4 Practice (Sample)

Study Guide



Everything you need from our exam experts!

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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. What is the role of HDLs in the body?**
 - A. Carry triglycerides to tissues**
 - B. Transport cholesterol to tissues**
 - C. Retrieve cholesterol and transport it back to the liver**
 - D. Store excess fat for energy**

- 2. What initial symptoms are typically exhibited by those with cirrhosis?**
 - A. Excessive energy and appetite**
 - B. Weakness and anorexia**
 - C. Joint pain and swelling**
 - D. Nausea and vomiting**

- 3. What is one of the main goals for managing COPD?**
 - A. Increase oxygen intake**
 - B. Prevent muscle loss and exercise**
 - C. Reduce exposure to allergens**
 - D. Enhance lung elasticity**

- 4. What is a non-dietary strategy recommended for people with COPD?**
 - A. Increased alcohol consumption**
 - B. Regular exercise plan**
 - C. High-calorie binge eating**
 - D. Long periods of inactivity**

- 5. Which method is used to supplement nutritional needs in malnourished liver transplant patients?**
 - A. Only oral foods**
 - B. Intravenous feeding**
 - C. Enteral and parenteral feeding**
 - D. Dietary restriction**

6. Chronic alcohol abuse can lead to which of the following?

- A. Nutrient deficiencies**
- B. Improved gastrointestinal function**
- C. Enhanced vitamin absorption**
- D. Increased mineral levels**

7. What characterizes diabetes in terms of blood glucose levels?

- A. Low blood glucose levels**
- B. Normal blood glucose levels**
- C. Elevated blood glucose levels**
- D. Fluctuating blood glucose levels**

8. Why is labored breathing considered problematic?

- A. It promotes relaxation**
- B. It increases energy requirements**
- C. It reduces hunger levels**
- D. It makes breathing easier**

9. Which of the following is a symptom that may occur later in the progression of cirrhosis?

- A. Anemia**
- B. Increased stamina**
- C. Clear skin**
- D. Reduced awareness**

10. What is the recommended management strategy for Type I diabetes?

- A. Dietary changes only**
- B. Oral medications**
- C. Insulin therapy**
- D. Physical exercise alone**

Answers

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

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Explanations

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1. What is the role of HDLs in the body?

- A. Carry triglycerides to tissues**
- B. Transport cholesterol to tissues**
- C. Retrieve cholesterol and transport it back to the liver**
- D. Store excess fat for energy**

High-density lipoproteins (HDLs) play a crucial role in lipid metabolism, particularly in cholesterol transport within the body. Their primary function is to retrieve excess cholesterol from peripheral tissues and transport it back to the liver. This process is vital for maintaining cholesterol balance and preventing the buildup of cholesterol in arteries, which can lead to cardiovascular diseases. The liver can repurpose the cholesterol for bile acid production or excrete it from the body, making HDLs essential in the body's overall lipid homeostasis. This retrieval of cholesterol is often referred to as reverse cholesterol transport, distinguishing HDLs from other lipoproteins that primarily transport cholesterol and triglycerides to tissues. This characteristic underpins the protective cardiovascular effects associated with higher levels of HDL cholesterol in the blood.

2. What initial symptoms are typically exhibited by those with cirrhosis?

- A. Excessive energy and appetite**
- B. Weakness and anorexia**
- C. Joint pain and swelling**
- D. Nausea and vomiting**

The initial symptoms typically exhibited by individuals with cirrhosis predominantly include weakness and anorexia. Weakness can arise due to the liver's decreased ability to produce proteins essential for muscle function and overall energy metabolism. As the liver becomes increasingly impaired, it can lead to a state of energy deficiency, contributing to feelings of fatigue and overall weakness. Anorexia, or loss of appetite, is also common in cirrhosis due to various factors, including altered metabolism and hormonal changes caused by liver dysfunction. The accumulation of toxins in the bloodstream, which the liver normally processes, can also affect the gastrointestinal system and lead to a decreased desire to eat. This can further exacerbate weakness as individuals may not be consuming enough nutrients to support their energy needs and overall health. Together, these symptoms reflect the body's response to the compromised function of the liver. In contrast, the other symptoms listed, such as excessive energy, joint pain, and nausea, do not accurately characterize the typical initial presentation of cirrhosis.

3. What is one of the main goals for managing COPD?

- A. Increase oxygen intake
- B. Prevent muscle loss and exercise**
- C. Reduce exposure to allergens
- D. Enhance lung elasticity

One of the main goals for managing Chronic Obstructive Pulmonary Disease (COPD) is to prevent muscle loss and encourage exercise. COPD can lead to physical inactivity due to symptoms like breathlessness and fatigue. This inactivity can result in muscle wasting and weakness, further exacerbating respiratory difficulties. Therefore, a key aspect of COPD management focuses on maintaining or improving physical function through regular exercise, which not only helps preserve muscle mass but can also enhance overall endurance and quality of life. Exercise programs specifically designed for individuals with COPD can improve respiratory function, reduce symptoms, and help patients manage their condition more effectively. Additionally, incorporating strength training and aerobic exercises can contribute to better oxygen utilization and overall health, making this a critical goal in the management of COPD.

4. What is a non-dietary strategy recommended for people with COPD?

- A. Increased alcohol consumption
- B. Regular exercise plan**
- C. High-calorie binge eating
- D. Long periods of inactivity

A regular exercise plan is indeed a recommended non-dietary strategy for individuals with Chronic Obstructive Pulmonary Disease (COPD). Exercise can improve lung function, increase endurance, and enhance overall quality of life for those affected by this condition. Engaging in physical activity promotes better oxygen utilization, helps in maintaining muscle mass, and can alleviate some of the respiratory symptoms associated with COPD, such as shortness of breath. Implementing a structured exercise program can also help manage weight, as maintaining a healthy weight is crucial for individuals with COPD; excess weight can further complicate breathing issues. Activities may include walking, cycling, or other forms of aerobic exercise, ideally guided by a healthcare professional to ensure safety and effectiveness. Overall, a regular exercise plan is an important component of a comprehensive management strategy for COPD, complementary to dietary considerations and medical treatments.

5. Which method is used to supplement nutritional needs in malnourished liver transplant patients?

- A. Only oral foods**
- B. Intravenous feeding**
- C. Enteral and parenteral feeding**
- D. Dietary restriction**

In malnourished liver transplant patients, both enteral and parenteral feeding methods are important to adequately meet their nutritional needs. Enteral feeding involves providing nutrition through the gastrointestinal tract via a tube, which is beneficial when patients can tolerate some degree of oral intake but need additional support. This method helps maintain gut integrity, promotes better absorption of nutrients, and can be easier on the liver compared to total parenteral nutrition. Parenteral feeding, on the other hand, administers nutrients directly into the bloodstream, bypassing the digestive system entirely. This method is particularly useful for patients who may have severe gastrointestinal complications or cannot tolerate enteral feeding. Combining both enteral and parenteral feeding allows for flexibility in the nutritional approach, ensuring that the patient receives the necessary calorie and nutrient intake to support recovery and mitigate the impact of malnutrition, which is crucial for liver transplant patients who have specific metabolic and nutritional requirements post-surgery. Employing both methods helps tailor care to the individual's needs, maximizing recovery potential and overall health outcomes.

6. Chronic alcohol abuse can lead to which of the following?

- A. Nutrient deficiencies**
- B. Improved gastrointestinal function**
- C. Enhanced vitamin absorption**
- D. Increased mineral levels**

Chronic alcohol abuse can indeed lead to nutrient deficiencies due to several interrelated factors. Alcohol interferes with the proper digestion and absorption of nutrients in the gastrointestinal tract. It can damage the cells lining the intestines, leading to malabsorption. Additionally, alcohol can affect the metabolism of various nutrients; for example, it can inhibit the conversion of certain vitamins and minerals into their active forms, making them less available for the body's use. Moreover, alcohol consumption often replaces nutrient-dense foods in the diet, further contributing to deficiencies. Specific nutrients that are commonly affected include B vitamins (such as thiamine, riboflavin, and B12), vitamin A, and folic acid. Over time, these deficiencies can lead to serious health problems, such as neurological disorders, anemia, and other systemic issues. In contrast, options that suggest improved gastrointestinal function, enhanced vitamin absorption, or increased mineral levels do not occur as a result of chronic alcohol abuse and are actually contrary to the physiological effects of alcohol on the body.

7. What characterizes diabetes in terms of blood glucose levels?

- A. Low blood glucose levels**
- B. Normal blood glucose levels**
- C. Elevated blood glucose levels**
- D. Fluctuating blood glucose levels**

Diabetes is primarily characterized by elevated blood glucose levels, which can occur due to either insufficient insulin production or the body's inability to effectively use the insulin that is produced. In individuals with diabetes, the regulation of blood glucose is disrupted, leading to hyperglycemia (high blood sugar). This condition can result from various mechanisms, including insulin resistance in type 2 diabetes or the autoimmune destruction of insulin-producing beta cells in type 1 diabetes. Understanding this pathophysiology is crucial because prolonged elevated blood glucose levels can lead to serious complications, such as cardiovascular disease, neuropathy, nephropathy, and retinopathy. Thus, monitoring and managing blood glucose levels are essential components of diabetes care.

8. Why is labored breathing considered problematic?

- A. It promotes relaxation**
- B. It increases energy requirements**
- C. It reduces hunger levels**
- D. It makes breathing easier**

Labored breathing is considered problematic primarily because it increases energy requirements. When breathing becomes labored, the body has to expend significantly more energy to facilitate the process of drawing air in and out of the lungs. This increased demand for energy can lead to fatigue and a depletion of available energy stores, which is especially concerning in individuals who may already be compromised due to health conditions. In addition to that, labored breathing can often be a sign of underlying respiratory issues or other health problems that require attention. It can interfere with the body's ability to carry out normal functions, including the exchange of oxygen and carbon dioxide, which are crucial for cellular metabolism and overall health. Other options, such as promoting relaxation or making breathing easier, do not align with the experience of labored breathing. In fact, when an individual experiences labored breathing, it is often accompanied by increased stress and discomfort rather than relaxation.

9. Which of the following is a symptom that may occur later in the progression of cirrhosis?

- A. Anemia**
- B. Increased stamina**
- C. Clear skin**
- D. Reduced awareness**

The correct answer identifies reduced awareness as a symptom that may occur later in the progression of cirrhosis. As liver function deteriorates in cirrhosis, the liver becomes less efficient at detoxifying harmful substances in the blood. This can lead to a buildup of toxins, such as ammonia, which can affect brain function and result in hepatic encephalopathy. Symptoms of hepatic encephalopathy include confusion, altered level of consciousness, and reduced awareness. This symptom indicates a serious complication of liver disease and highlights how cirrhosis can significantly impair neurological function as it progresses. In contrast, anemia, while a potential issue for those with chronic illness, is not typically a direct symptom of advanced cirrhosis itself. Increased stamina would not be expected in individuals suffering from the effects of liver disease, as fatigue is often a common symptom due to metabolic disturbances. Clear skin is also not associated with advanced liver disease, as various skin changes, including jaundice and spider angiomas, may occur due to liver dysfunction. Understanding these aspects can clarify how cirrhosis can impact multiple body systems over time.

10. What is the recommended management strategy for Type I diabetes?

- A. Dietary changes only**
- B. Oral medications**
- C. Insulin therapy**
- D. Physical exercise alone**

Type I diabetes is characterized by the autoimmune destruction of insulin-producing beta cells in the pancreas, leading to little or no insulin production. This means that individuals with Type I diabetes require insulin therapy to manage their blood glucose levels effectively. Insulin therapy is essential for survival and involves administering insulin through injections or an insulin pump to mimic the body's natural production of insulin. While dietary management and physical exercise are important components of managing Type I diabetes, they cannot replace the need for insulin therapy. These strategies work in conjunction with insulin to help regulate blood sugar levels, but they do not address the underlying issue of insulin deficiency. Oral medications are typically used in Type II diabetes, where insulin production may still be present but is insufficient for proper blood glucose control. Therefore, insulin therapy is the cornerstone of management for individuals diagnosed with Type I diabetes, making it the recommended strategy for this condition.

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://tamu-nutr222exam4.examzify.com>

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

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