

TEXAS A&M UNIVERSITY (TAMU) NUTR222 NUTRITION FOR HEALTH AND HEALTH CARE EXAM 4 PRACTICE (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 third leading cause of death in the country?**
 - A. Heart disease
 - B. Cancer
 - C. Stroke
 - D. Chronic lower respiratory diseases
- 2. Which of the following is an important dietary consideration for patients with HIV/AIDS?**
 - A. High saturated fat intake
 - B. Low protein intake
 - C. Increased complex carbohydrates
 - D. Consistent high-sugar intake
- 3. Why is diabetes considered difficult to treat?**
 - A. It requires lifelong treatment
 - B. It affects only adults
 - C. It can be cured with medication
 - D. It has no long-term implications
- 4. Why is glycemic control important for pregnant women with diabetes?**
 - A. Reduces labor time
 - B. Increases fetal size
 - C. Prevents high blood glucose-related birth defects
 - D. Enhances maternal nutrition
- 5. What is the blood pressure level that indicates hypertension?**
 - A. 120/80
 - B. 130/85
 - C. 140/90
 - D. 150/95
- 6. What is the most common complication associated with insulin therapy?**
 - A. Hyperglycemia
 - B. Hypoglycemia
 - C. Insulin resistance
 - D. Weight gain

7. Is fatty liver disease reversible?

- A. No, it is always permanent
- B. Yes, if detected and treated early
- C. It depends on diet
- D. No, except with a liver transplant

8. What is considered mild hypertriglyceridemia?

- A. No risk of coronary heart disease
- B. Increased risk of coronary heart disease and fatty liver
- C. Low HDL levels only
- D. Normal triglyceride levels

9. Which of the following is a recommendation for reducing cancer risk?

- A. Maintain a healthy body weight
- B. Consume excessive alcohol
- C. Avoid consuming plant sources
- D. Engage in sedentary activities

10. What is the minimum daily protein requirement for stress recovery?

- A. 0.5 kg/day
- B. 0.8 kg/day
- C. 1.0 kg/day
- D. 1.5 kg/day

Answers

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

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Explanations

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1. What is the third leading cause of death in the country?

- A. Heart disease
- B. Cancer
- C. Stroke**
- D. Chronic lower respiratory diseases

The third leading cause of death in the United States is chronic lower respiratory diseases, which include conditions such as chronic obstructive pulmonary disease (COPD), emphysema, and chronic bronchitis. These diseases significantly impact lung function and the ability to breathe, leading to considerable morbidity and mortality. Heart disease ranks as the first leading cause of death, while cancer follows as the second. Stroke, while a significant health concern and a leading cause of disability, is typically classified as the fifth leading cause of death. Understanding these statistics is crucial for public health awareness and can inform prevention strategies and health care practices aimed at reducing the burden of these diseases.

2. Which of the following is an important dietary consideration for patients with HIV/AIDS?

- A. High saturated fat intake
- B. Low protein intake
- C. Increased complex carbohydrates**
- D. Consistent high-sugar intake

For patients with HIV/AIDS, an important dietary consideration is the inclusion of increased complex carbohydrates in their diet. Complex carbohydrates, such as whole grains, fruits, and vegetables, provide essential nutrients and energy needed to support the body, especially in the context of managing an illness like HIV/AIDS. These foods are not only energy-dense but also rich in fiber, vitamins, and minerals, which can help improve overall health and immune function. Patients with HIV/AIDS often experience increased energy needs due to the disease and treatments, so ensuring a steady source of complex carbohydrates can help meet these needs while also keeping blood sugar levels stable. This approach supports the overall health and well-being of individuals living with HIV/AIDS, aiding in the management of their condition and improving their quality of life. In comparison, high saturated fat intake may contribute to cardiovascular issues, which can be a concern for those with HIV/AIDS. Low protein intake is generally not recommended as protein is vital for maintaining immune function and muscle mass, especially since individuals with HIV/AIDS might face muscle wasting. Consistent high-sugar intake can lead to weight gain and other metabolic issues, which are particularly problematic for individuals battling a chronic disease. Therefore, the focus on increased complex carbohydrates aligns with the nutritional goals for patients with

3. Why is diabetes considered difficult to treat?

- A. It requires lifelong treatment
- B. It affects only adults
- C. It can be cured with medication
- D. It has no long-term implications

Diabetes is considered difficult to treat primarily because it requires lifelong management and treatment. The condition is chronic, meaning that individuals who are diagnosed with diabetes must consistently monitor their blood glucose levels, adhere to diet and exercise recommendations, and often take medication to help control their blood sugar levels for their entire lives. This long-term management can be challenging due to the complexity of the disease, variations in individual responses to treatment, and the potential for complications if the disease is not well managed. The other choices do not accurately reflect the nature of diabetes. It affects people of all ages, not just adults, and although there are treatments available, it is currently not curable with medication alone. Additionally, diabetes can lead to numerous long-term health complications, such as cardiovascular disease, kidney damage, and nerve damage, underscoring the need for vigilant and ongoing treatment.

4. Why is glycemic control important for pregnant women with diabetes?

- A. Reduces labor time
- B. Increases fetal size
- C. Prevents high blood glucose-related birth defects
- D. Enhances maternal nutrition

Glycemic control is crucial for pregnant women with diabetes primarily because it helps prevent high blood glucose-related birth defects. Maintaining stable blood sugar levels throughout pregnancy is essential to reduce the risk of complications for both the mother and the developing fetus. Elevated blood glucose levels during pregnancy can lead to several adverse outcomes, including congenital anomalies such as heart defects, neural tube defects, and abnormalities in the spinal cord. By managing blood sugar levels effectively, the risk of these birth defects can be significantly decreased, leading to better health outcomes for both the mother and her baby. Moreover, good glycemic control helps mitigate other complications associated with diabetes in pregnancy, such as macrosomia (larger-than-average baby) and preeclampsia, which can further contribute to a safer delivery process.

5. What is the blood pressure level that indicates hypertension?

- A. 120/80
- B. 130/85
- C. 140/90
- D. 150/95

Hypertension, or high blood pressure, is defined using specific numeric criteria. The threshold that indicates hypertension is generally considered to be when blood pressure readings reach 140 mmHg systolic or 90 mmHg diastolic, or higher. This classification is based on guidelines set forth by organizations such as the American Heart Association. The reason a reading of 140/90 qualifies as hypertension is based on the need for timely intervention to reduce the risk of cardiovascular complications, including heart disease and stroke. Elevated readings, such as 150/95, indicate a more advanced stage of hypertension, but the essential threshold is the 140/90 mark. This cut-off helps healthcare professionals identify individuals who require lifestyle changes or medication management to lower their blood pressure and improve health outcomes. The other choices, such as 120/80 and 130/85, are considered normal or elevated blood pressure levels, respectively, and do not meet the criteria for hypertension.

6. What is the most common complication associated with insulin therapy?

- A. Hyperglycemia
- B. Hypoglycemia**
- C. Insulin resistance
- D. Weight gain

Hypoglycemia is the most common complication associated with insulin therapy because insulin works to lower blood glucose levels. When patients with diabetes use insulin, there is a risk that the dosage may be too high for their current needs, particularly if they do not eat enough carbohydrates or if they engage in more physical activity than usual. This can lead to blood sugar levels dropping dangerously low, causing symptoms such as shakiness, confusion, sweating, and in severe cases, loss of consciousness or seizures. The management of diabetes often requires careful balancing of insulin dosage, diet, and activity levels to prevent hypoglycemic episodes. Awareness and education about recognizing the warning signs and managing blood sugar levels are crucial for those on insulin therapy. This makes hypoglycemia a particularly important concern in the ongoing treatment of individuals who require insulin for blood glucose control.

7. Is fatty liver disease reversible?

- A. No, it is always permanent
- B. Yes, if detected and treated early**
- C. It depends on diet
- D. No, except with a liver transplant

Fatty liver disease, specifically non-alcoholic fatty liver disease (NAFLD), can indeed be reversible if it is detected and treated early. When fatty liver disease is identified in its initial stages, lifestyle changes such as implementing a healthier diet, increasing physical activity, and achieving weight loss can significantly improve liver health. These interventions can reduce liver fat, inflammation, and fibrosis, ultimately leading to the resolution of the disease. The ability to reverse fatty liver disease hinges on early diagnosis and proactive management, making it possible for individuals to recover liver function and health without the need for invasive procedures or significant medical interventions. Therefore, successfully addressing the risk factors associated with fatty liver disease plays a crucial role in its reversibility.

8. What is considered mild hypertriglyceridemia?

- A. No risk of coronary heart disease
- B. Increased risk of coronary heart disease and fatty liver**
- C. Low HDL levels only
- D. Normal triglyceride levels

Mild hypertriglyceridemia is defined as having elevated triglyceride levels in the blood, typically between 150 mg/dL and 199 mg/dL. At this level, there is an increased risk of coronary heart disease as well as potential development of fatty liver disease, as elevated triglycerides can contribute to various metabolic disturbances. When triglyceride levels are elevated, they can lead to a build-up of fat within the liver and other tissues, which can affect overall metabolic health and increase the risk of cardiovascular issues. This makes the statement about an increased risk of coronary heart disease and fatty liver the correct choice. Understanding the thresholds for triglyceride levels is crucial in recognizing potential health risks and implementing early interventions. In contrast, levels classified as normal would not carry the same risk and thus would not align with the definition of mild hypertriglyceridemia.

9. Which of the following is a recommendation for reducing cancer risk?

- A. Maintain a healthy body weight**
- B. Consume excessive alcohol
- C. Avoid consuming plant sources
- D. Engage in sedentary activities

Maintaining a healthy body weight is widely recognized as a significant factor in reducing cancer risk. Obesity is associated with increased chances of developing various types of cancer, including breast, colon, and endometrial cancers. This relationship is thought to be due to factors such as increased inflammation, hormonal changes, and insulin resistance that often accompany excess body weight. When individuals maintain a healthy body weight through a balanced diet and regular physical activity, they not only improve their overall health but also potentially lower their cancer risk. Public health guidelines emphasize the importance of a nutritious diet rich in fruits, vegetables, and whole grains, alongside regular physical activity, as a comprehensive strategy to promote a healthy weight and reduce the risk of cancer.

10. What is the minimum daily protein requirement for stress recovery?

- A. 0.5 kg/day
- B. 0.8 kg/day**
- C. 1.0 kg/day
- D. 1.5 kg/day

The correct answer is based on the understanding of protein requirements during stress recovery. In general, the minimum daily protein requirement for an average adult is around 0.8 grams of protein per kilogram of body weight. This amount is necessary to maintain normal physiological functions and support daily activities. However, during periods of stress—whether physical or psychological—there's an increased demand for protein due to processes like tissue repair, immune response, and overall recovery. In many cases, while the base requirement is 0.8 grams, additional protein may be necessary for those undergoing significant stress. The value of 1.0 grams per kilogram is often cited in research and dietary guidelines for individuals needing additional support during recovery from illness, injury, or increased physical demands. This amount is considered a safe and effective minimum to adequately support the body's increased needs during times of stress. Therefore, the option indicating 0.8 kg/day accurately reflects the standard minimum requirement, while also aligning with recommendations that adjust for stress recovery.

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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