

THE ROLE OF NUTRITION IN OUR HEALTH PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

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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. Which statement about vitamin D is true?

- A. Deficiency is linked to higher infection risk.
- B. It has no role in immune function.
- C. It is only produced in the skin through sunlight and has no dietary sources.
- D. It is primarily a calcium supplement.

2. What is the role of nutrition in immune function and infection risk?

- A. Adequate micronutrients (zinc, selenium, vitamins A/C/D, iron) support immune function; malnutrition impairs immunity; evidence for supplementation is context-specific; not a general remedy.
- B. Supplements should be taken by everyone to prevent infection.
- C. Nutrition has no impact on immune function.
- D. Only macronutrients matter for immunity.

3. Which nutrients are commonly targeted for reduction according to nutrition labeling guidance?

- A. Added sugars and sodium
- B. Protein and potassium
- C. Fiber and water
- D. Vitamin A and calcium

4. What is a common nutrient gap in gluten-free diets and a mitigation strategy?

- A. Gluten-free diets universally lack fiber.
- B. Gluten-free diets lack protein.
- C. Fiber and enrichment are commonly lacking in gluten-free diets; mitigate with fortified foods, careful planning, and labs.
- D. Gluten-free diets require no planning.

5. What is a key renal nutrition consideration for CKD patients?

- A. Energy intake is not important.
- B. Protein intake should be unlimited.
- C. Stage-dependent potassium and phosphorus restriction.
- D. No dietary restrictions are needed.

- 6. Which statement best describes the effects of saturated fat and trans fat on cardiovascular risk?**
- A. Saturated fat lowers LDL and trans fat increases HDL.
 - B. Saturated fat modestly increases LDL; trans fat increases LDL and lowers HDL; both are linked to higher cardiovascular disease risk; replace with polyunsaturated or monounsaturated fats.
 - C. Saturated fat and trans fat have no impact on cardiovascular risk.
 - D. Only trans fat affects cardiovascular risk; saturated fat has no effect.
- 7. What is the recommended daily fiber intake for men?**
- A. 38 g/day.
 - B. 14 g per 1,000 kcal.
 - C. 25 g/day.
 - D. 60 g/day.
- 8. Which method is most efficient for collecting data on the frequency of consumption for a wide variety of foods over a long period in a large study?**
- A. Diet Records
 - B. 24-Hour Diet Recall
 - C. Food Frequency Questionnaire
 - D. Dietary History
- 9. Which dietary assessment method provides detailed information about recent intake but is subject to memory bias?**
- A. Biomarker assays
 - B. Dietary record
 - C. 24-hour recall
 - D. Food frequency questionnaire
- 10. What does fortified mean on a nutrition label?**
- A. Nutrients added beyond what the food contains naturally.
 - B. Nutrients removed during processing.
 - C. The serving size is the total daily requirement.
 - D. Nutrients are present only from fruits.

Answers

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

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Explanations

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1. Which statement about vitamin D is true?

- A. Deficiency is linked to higher infection risk.**
- B. It has no role in immune function.
- C. It is only produced in the skin through sunlight and has no dietary sources.
- D. It is primarily a calcium supplement.

Vitamin D status affects immune function. When levels are low, the body's defenses against infections can be weaker, because vitamin D helps modulate immune responses and support antimicrobial defenses. That makes the statement about deficiency being linked to higher infection risk true. Vitamin D comes from both sun exposure and dietary sources like fatty fish and fortified foods, and while it aids calcium absorption, its role goes beyond simply acting as a calcium supplement, extending to immune support as well.

2. What is the role of nutrition in immune function and infection risk?

- A. Adequate micronutrients (zinc, selenium, vitamins A/C/D, iron) support immune function; malnutrition impairs immunity; evidence for supplementation is context-specific; not a general remedy.
- B. Supplements should be taken by everyone to prevent infection.**
- C. Nutrition has no impact on immune function.
- D. Only macronutrients matter for immunity.

Nutrition provides the substrates and cofactors that immune cells need to develop and function well. Adequate intake of micronutrients such as zinc, selenium, vitamins A, C, D, and iron supports barrier integrity and both innate and adaptive immune responses. When someone is malnourished or deficient in these nutrients, immune defenses weaken and infection risk rises. However, supplements for everyone to prevent infections aren't supported by the evidence and can be unnecessary or even harmful in people who are already well-nourished. Supplementation is most beneficial when there is a deficiency, when someone is at high risk for deficiency, or in specific clinical situations. In the general population, the best strategy is a balanced, nutrient-rich diet that meets energy and micronutrient needs, along with other measures like vaccination, adequate sleep, stress management, and good hygiene to reduce infection risk.

3. Which nutrients are commonly targeted for reduction according to nutrition labeling guidance?

- A. Added sugars and sodium**
- B. Protein and potassium
- C. Fiber and water
- D. Vitamin A and calcium

Guidance on nutrition labeling emphasizes limiting nutrients that can harm health when consumed in excess. Added sugars and sodium are the typical targets because excess added sugars contribute extra calories with little nutritional benefit, linked to obesity and metabolic issues, while high sodium intake is tied to elevated blood pressure and cardiovascular risk. Labels often highlight these so consumers can compare products and choose lower amounts, helping to curb intake of calories from sugar and salt. In contrast, nutrients like protein, potassium, fiber, and calcium are generally nutrients to obtain more of or ensure adequate intake, not to reduce, and water isn't a nutrient value shown for reduction on standard labels.

4. What is a common nutrient gap in gluten-free diets and a mitigation strategy?

- A. Gluten-free diets universally lack fiber.
- B. Gluten-free diets lack protein.**
- C. Fiber and enrichment are commonly lacking in gluten-free diets; mitigate with fortified foods, careful planning, and labs.
- D. Gluten-free diets require no planning.

Fiber is the main nutrient gap people often encounter on gluten-free diets, with enrichment (the addition of vitamins and minerals to foods) also frequently missing. This happens because many gluten-free products are made from refined starches like white rice, corn, or potato starch, which naturally have little fiber and aren't always fortified to the same extent as enriched wheat products. To address this, focus on fiber-rich, naturally gluten-free foods such as vegetables, fruits, legumes, nuts, seeds, and gluten-free whole grains like quinoa, buckwheat, millet, amaranth, and brown rice. Pair that with fortified gluten-free products when available to boost iron, B vitamins, and other nutrients. Regular dietary planning and guidance from a healthcare professional, plus periodic labs to check nutrient status, help tailor any needed adjustments.

5. What is a key renal nutrition consideration for CKD patients?

- A. Energy intake is not important.
- B. Protein intake should be unlimited.
- C. Stage-dependent potassium and phosphorus restriction.**
- D. No dietary restrictions are needed.

In CKD, managing potassium and phosphorus is crucial because the kidneys' ability to excrete these minerals declines as kidney function worsens. As GFR drops, potassium can accumulate in the blood, raising the risk of dangerous heart rhythms, while phosphorus can build up and contribute to bone and vascular problems. To prevent these issues, dietary restrictions for potassium and phosphorus are adjusted based on the stage of CKD and the person's lab values; earlier stages may require milder limits, and more severe restrictions are used as kidney function declines or when lab abnormalities appear. This stage-dependent approach helps keep electrolyte levels in a safer range and supports overall health. Other nutrition aspects matter too: energy intake needs to be adequate to prevent malnutrition, and protein intake is generally moderated rather than unlimited to reduce waste build-up while preserving lean body mass. But no dietary restrictions at all would miss the key risk signals CKD presents.

6. Which statement best describes the effects of saturated fat and trans fat on cardiovascular risk?

- A. Saturated fat lowers LDL and trans fat increases HDL.
- B. Saturated fat modestly increases LDL; trans fat increases LDL and lowers HDL; both are linked to higher cardiovascular disease risk; replace with polyunsaturated or monounsaturated fats.**
- C. Saturated fat and trans fat have no impact on cardiovascular risk.
- D. Only trans fat affects cardiovascular risk; saturated fat has no effect.

The main idea is how different fats shift blood cholesterol in ways that affect heart disease risk. Saturated fat tends to raise LDL cholesterol modestly. Since LDL carries cholesterol into arteries, a higher LDL level can promote plaque formation over time. Trans fat has a more harmful pattern: it raises LDL and lowers HDL, the latter being the “good” cholesterol that helps remove cholesterol from arteries. This combination worsens the overall lipid profile and is strongly linked to higher cardiovascular risk. Because both fats worsen risk, replacing them with healthier fats lowers that risk. Substituting polyunsaturated or monounsaturated fats—such as those from vegetable oils, nuts, seeds, and fish—improves the lipid balance and is associated with a lower chance of heart disease. Other options misstate the relationships (saturated fat lowering LDL or trans fat not affecting risk, or only trans fat affecting risk), but the proven pattern is that saturated fat modestly raises LDL, trans fat both raises LDL and lowers HDL, and both contribute to higher cardiovascular risk.

7. What is the recommended daily fiber intake for men?

- A. 38 g/day.**
- B. 14 g per 1,000 kcal.
- C. 25 g/day.
- D. 60 g/day.

Fiber is a key nutrient for digestive health, heart health, and blood sugar control. For adult men, guidelines set a daily target of about 38 grams of dietary fiber. This fixed goal helps ensure you get enough fiber regardless of your total calories. While some approaches express fiber as a ratio per 1,000 calories, that method can vary with how much you eat and may fall short of the standard daily target for many people. The 25 grams figure is more commonly associated with women or generalized lower targets, and 60 grams is above typical recommendations. So, 38 grams per day is the best fit for men. To reach this, include a variety of high-fiber foods like fruits, vegetables, whole grains, beans, and nuts.

8. Which method is most efficient for collecting data on the frequency of consumption for a wide variety of foods over a long period in a large study?

- A. Diet Records
- B. 24-Hour Diet Recall
- C. Food Frequency Questionnaire**
- D. Dietary History

Measuring habitual, long-term dietary intake across many foods in a large population relies on a tool that asks how often each food is consumed over an extended period. A Food Frequency Questionnaire fits this need because it asks participants to report the frequency of dozens or hundreds of foods over months to a year. This design captures usual intake patterns across a wide variety of foods while keeping respondent burden and study costs relatively low, making it practical for large cohorts. The data can be used to rank individuals by intake and examine associations with health outcomes, which is exactly what large studies aim to do when the goal is long-term habitual consumption. Diet records require detailed daily entries, which are accurate but impose a heavy burden and high cost, making them less feasible for large studies over long periods. The 24-hour recall captures intake for a single day, and while multiple recalls can improve estimates, it still focuses on short-term intake rather than long-term patterns across many foods. A dietary history is thorough but time-consuming to administer and harder to standardize across large samples, reducing scalability.

9. Which dietary assessment method provides detailed information about recent intake but is subject to memory bias?

- A. Biomarker assays
- B. Dietary record
- C. 24-hour recall**
- D. Food frequency questionnaire

The main idea here is how dietary assessment methods balance getting detailed information about what someone recently ate with how accurately that information can be recalled. A 24-hour recall provides a rich, day-specific snapshot of foods and beverages consumed, including portions and preparation. But because it relies on remembering exactly what was eaten in the previous day, memory errors and misestimation of portion sizes can occur, creating memory bias even though the data are highly detailed for that specific day. Biomarker assays, while objective, measure nutrient status or exposure in the body rather than the exact foods eaten, so they don't provide the detailed recent intake you'd get from a recall. Dietary records are kept in real time, which reduces memory dependence and yields precise intake over several days, but they aren't limited to a single recent day and can influence eating behavior. Food frequency questionnaires estimate habitual intake over longer periods with less detail and also rely on longer-term recall, not on a precise recent day.

10. What does fortified mean on a nutrition label?

- A. Nutrients added beyond what the food contains naturally.**
- B. Nutrients removed during processing.
- C. The serving size is the total daily requirement.
- D. Nutrients are present only from fruits.

Fortified means nutrients have been added to a food in amounts beyond what the food naturally contains. This is done to boost nutrient intake and help prevent deficiencies. For example, vitamin D is added to milk, iodine is added to table salt, and folic acid is added to many cereals. The idea is to increase the nutrient content above the food's natural levels, not to remove nutrients or imply the serving size meets daily needs. The other statements don't fit because fortification is about adding nutrients, not removing them, not about serving size, and not about nutrients coming only from fruits.

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://roleofnutritioninourhealth.examzify.com>

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

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