

WESTERN GOVERNORS UNIVERSITY (WGU) NURS2001 D440 HEALTH AND WELLNESS THROUGH NUTRITIONAL SCIENCE PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 best describes the energy balance equation and weight implications?**
 - A. Energy intake is always greater than expenditure
 - B. Energy balance has no relationship to body weight
 - C. Energy intake equals energy expenditure; a positive balance leads to weight gain, and a negative balance leads to weight loss
 - D. Energy expenditure is determined only by basal metabolic rate
- 2. Which of the following is a good dietary source of iron?**
 - A. Dried beans
 - B. Oranges
 - C. Milk
 - D. Rice
- 3. Which seafood is a high-iron option?**
 - A. Oysters
 - B. Salmon
 - C. Tuna
 - D. Shrimp
- 4. Which of the following lists the risks/complications of TPN?**
 - A. Infection, hyper/hypoglycemia, fluid overload, electrolyte imbalance
 - B. Hypertension only
 - C. Dehydration only
 - D. Nausea only
- 5. Before feeding through an NG tube, what is the first action?**
 - A. Check placement
 - B. Flush with water
 - C. Measure residual
 - D. Auscultate bowel sounds

6. Which group is at risk for dehydration?

- A. Breastfeeding mothers
- B. Infants
- C. Adolescents
- D. Elderly

7. Which nutrients should be decreased in a heart failure diet?

- A. Sodium, fat, and cholesterol
- B. Protein and potassium
- C. Carbohydrates only
- D. Vitamin intake

8. What should be included on a nutrition label and scrutinized?

- A. Calories, total fat, sugar, and protein content only.
- B. Calories, fat, and sugar content only.
- C. Calories, macronutrients, vitamins/minerals; serving size, total fat, saturated fat, trans fat, cholesterol, sodium, total sugars, added sugars, and % Daily Value.
- D. Calories, macronutrients, vitamins/minerals; serving size, total fat, saturated fat, cholesterol, sodium, total sugars.

9. Which of the following are common signs and symptoms of iron deficiency anemia?

- A. Fatigue, pallor, shortness of breath, and reduced exercise tolerance
- B. Nausea and hair loss
- C. Hypertension and edema
- D. Weight gain and edema

10. How does nutrition act as a social determinant of health?

- A. Access to healthy foods, affordability, and food environments influence dietary patterns and chronic disease risk
- B. It has no impact on health
- C. Genetics determine all health outcomes
- D. Only physical activity matters

Answers

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

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Explanations

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1. Which statement best describes the energy balance equation and weight implications?

- A. Energy intake is always greater than expenditure
- B. Energy balance has no relationship to body weight
- C. Energy intake equals energy expenditure; a positive balance leads to weight gain, and a negative balance leads to weight loss**
- D. Energy expenditure is determined only by basal metabolic rate

The main concept here is that body weight changes when calories in differ from calories out. The energy balance equation describes how the change in stored energy corresponds to this difference: energy intake minus energy expenditure. When intake is greater than expenditure (positive balance), excess energy is stored, mostly as fat, leading to weight gain. When expenditure exceeds intake (negative balance), stored energy is used, leading to weight loss. When intake and expenditure are equal, weight remains stable. The option that best matches this idea—linking energy balance to weight change with positive balance causing gain and negative balance causing loss—captures the core relationship between calories consumed and calories burned and their effect on weight. The other choices either misstate the relationship or overlook the role of the different components of energy expenditure, such as physical activity and the thermic effect of food, not just basal metabolic rate.

2. Which of the following is a good dietary source of iron?

- A. Dried beans**
- B. Oranges
- C. Milk
- D. Rice

Iron in plant foods is non-heme iron, which is absorbed less efficiently than animal-based heme iron but can still meet substantial needs when eaten regularly. Dried beans pack a relatively high amount of non-heme iron per serving (roughly 3–6 mg per cooked cup, depending on the type), making them a solid dietary source. They're also versatile, affordable, and provide fiber and protein, which adds to their nutritional value. To boost absorption of this iron, pair beans with vitamin C-rich foods or acidic ingredients (like bell peppers, tomatoes, or citrus) in the same meal. The other options don't offer as much iron themselves—orange provides vitamin C but little iron, milk brings calcium that can hinder iron absorption, and rice supplies less iron overall—so dried beans stand out as a good iron source.

3. Which seafood is a high-iron option?

- A. Oysters**
- B. Salmon
- C. Tuna
- D. Shrimp

Iron from animal foods comes in a form that our bodies absorb more readily, known as heme iron. Among these seafoods, oysters stand out because they contain a relatively high amount of iron in a single serving. That makes them a more efficient source of usable iron than the other options listed, which tend to have lower iron content. Salmon, tuna, and shrimp do provide nutrients, but their iron content is generally not as high, so they aren't as strong for boosting iron intake. So oysters are the best high-iron option here.

4. Which of the following lists the risks/complications of TPN?

- A. Infection, hyper/hypoglycemia, fluid overload, electrolyte imbalance
- B. Hypertension only
- C. Dehydration only
- D. Nausea only

TPN carries infectious, metabolic, and fluid/electrolyte risks because nutrients are infused through a central venous catheter and are delivered in concentrated solutions. The catheter access creates a significant risk of infection, including line sepsis, since the system provides a direct entry to the bloodstream. The high glucose load and amino acids can disrupt metabolic stability, leading to hyperglycemia or hypoglycemia if the rate or caloric content isn't carefully matched to the patient's needs. Large fluid volumes and electrolyte-containing solutions raise the chance of fluid overload and electrolyte disturbances, which can affect heart function, blood pressure, and cellular processes. These issues are interconnected and require close monitoring of glucose, electrolytes, fluid status, and line integrity. Other options describe only a single issue and miss the broad, multifaceted risk profile of TPN.

5. Before feeding through an NG tube, what is the first action?

- A. Check placement
- B. Flush with water
- C. Measure residual
- D. Auscultate bowel sounds

Verifying the tube's placement is the first step before you start any feeding. Feeding into the lungs or another wrong location can cause dangerous complications like aspiration pneumonia, so you want to be certain the tube tip is in the stomach before delivering formula. The most reliable method is imaging that confirms the tube's path and final position, but if imaging isn't immediately available, clinicians may assess placement indirectly by aspirating gastric contents and checking the pH, keeping in mind this method isn't perfect. After placement is confirmed, you would flush the tube with water to maintain patency and then proceed with the feeding or residual checks as your protocol dictates. Auscultating bowel sounds does not indicate where the tube is and isn't used to verify placement.

6. Which group is at risk for dehydration?

- A. Breastfeeding mothers
- B. Infants
- C. Adolescents
- D. Elderly

Dehydration risk rises when fluid needs aren't met, and breastfeeding adds to those needs. Producing milk requires extra water, so daily fluid requirements increase for breastfeeding mothers. If fluid intake isn't increased accordingly, a person can become dehydrated, experiencing symptoms like thirst, dry mouth, dark urine, fatigue, and headaches. Proper hydration supports both milk production and overall health, which is why this group is identified as at risk when fluids aren't adequately replenished. Infants do need careful hydration as well, but the lactation-related increase in daily water needs makes breastfeeding mothers a particularly notable risk group in this context.

7. Which nutrients should be decreased in a heart failure diet?

- A. Sodium, fat, and cholesterol**
- B. Protein and potassium
- C. Carbohydrates only
- D. Vitamin intake

In heart failure, the goal is to reduce fluid overload and the heart's workload. Limiting sodium helps prevent edema and high blood pressure, which directly eases symptoms and reduces strain on the heart. Limiting fats and cholesterol supports heart health by improving lipid levels and lowering the risk of atherosclerosis, another factor that can worsen cardiac function. Protein and potassium aren't typically restricted across the board; protein is often emphasized to prevent malnutrition and maintain muscle mass, while potassium is monitored and adjusted based on diuretic use and kidney function. Carbohydrates aren't inherently restricted for heart failure unless other conditions are present, and vitamins should be adequate rather than reduced. Therefore, focusing on lowering sodium, fat, and cholesterol best fits the goal of a heart failure diet.

8. What should be included on a nutrition label and scrutinized?

- A. Calories, total fat, sugar, and protein content only.
- B. Calories, fat, and sugar content only.
- C. Calories, macronutrients, vitamins/minerals; serving size, total fat, saturated fat, trans fat, cholesterol, sodium, total sugars, added sugars, and % Daily Value.
- D. Calories, macronutrients, vitamins/minerals; serving size, total fat, saturated fat, cholesterol, sodium, total sugars.**

When reading a nutrition label, focus on the items that tell you about energy intake, nutrient balance, and essential micronutrient status, all in the context of a serving size. The best choice includes calories to assess energy; macronutrients to gauge how energy is distributed among carbs, protein, and fat; vitamins and minerals to judge micronutrient adequacy; the serving size to interpret the amounts accurately; and the key nutrients that influence cardiovascular health and overall intake—total fat, saturated fat, cholesterol, sodium, and total sugars. This combination gives a practical snapshot for daily decisions and common health concerns. The other options either leave out important components (such as carbohydrates, protein, or micronutrients) or omit aspects that are routinely reviewed for health impact, like serving size and the primary nutrients that influence heart health and sugar intake.

9. Which of the following are common signs and symptoms of iron deficiency anemia?

- A. Fatigue, pallor, shortness of breath, and reduced exercise tolerance**
- B. Nausea and hair loss
- C. Hypertension and edema
- D. Weight gain and edema

Iron is needed to make hemoglobin, the oxygen-carrying component of red blood cells. When iron stores are low, hemoglobin synthesis drops, reducing the blood's ability to deliver oxygen to tissues. That lack of oxygen is felt most as fatigue and pallor, and it also makes exertion feel harder, causing shortness of breath with activity and decreased exercise tolerance. These signs are classic because they reflect the body's attempt to compensate for lower oxygen delivery. Nausea and hair loss can occur in various conditions but are not the hallmark signs of iron deficiency anemia. Hypertension and edema, or weight gain with edema, point more toward fluid problems or cardiovascular/renal issues and are not typical primary features of iron deficiency.

10. How does nutrition act as a social determinant of health?

- A. Access to healthy foods, affordability, and food environments influence dietary patterns and chronic disease risk
- B. It has no impact on health
- C. Genetics determine all health outcomes
- D. Only physical activity matters

Nutrition as a social determinant of health means that what people eat is heavily shaped by where they live, how much money they have, and the foods that are available in their community. Access to healthy foods, affordability, and food environments influence dietary patterns and chronic disease risk. When healthy options are hard to find or too expensive, people may rely on cheaper, calorie-dense foods with fewer nutrients, increasing the risk of obesity, diabetes, heart disease, and nutrient deficiencies. Factors like food deserts, the density of grocery stores vs. fast-food outlets, marketing, and policies around subsidies and school meals all influence everyday choices and health outcomes. So, nutrition doesn't operate in isolation; it mirrors broader social and economic conditions that shape what people can realistically eat. While genetics and physical activity matter, they don't alone determine health because nutrition is embedded in the social context that governs access and options.

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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:

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

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