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# BCNS-CNS

*Board Certified Nutrition Specialist 2025*

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**Question: 1118**

What is the primary dietary recommendation for individuals with hepatic disorders to help manage symptoms related to portal hypertension?

- A. High sodium intake
- B. Low protein intake
- C. High carbohydrate diet
- D. Low sodium intake and adequate caloric intake

Answer: D

Explanation: Low sodium intake is crucial for managing portal hypertension as it helps reduce fluid retention and swelling. Adequate caloric intake ensures nutritional needs are met without exacerbating symptoms.

**Question: 1119**

A client experiencing severe gastrointestinal distress has been advised to follow a low FODMAP diet. Which approach should the dietitian take to ensure proper adherence while monitoring nutrient intake?

- A. Eliminate all carbohydrates
- B. Provide a list of safe and high-FODMAP foods
- C. Educate on gradual reintroduction of foods
- D. Focus only on symptom management

Answer: C

Explanation: Educating clients on the gradual reintroduction of foods allows for the identification of triggers while ensuring a balanced intake of nutrients during the elimination phase.

**Question: 1120**

Which of the following statements best describes the role of reactive oxygen species (ROS) in human health?

- A. ROS exclusively promote cellular aging.
- B. ROS have no physiological role in the body.
- C. ROS can act as signaling molecules in cellular processes.
- D. ROS are only harmful and do not support any cellular functions.

Answer: C

Explanation: Reactive oxygen species can serve as signaling molecules that regulate various cellular processes, including inflammation and apoptosis, in addition to their roles in oxidative damage.

### Question: 1121

When assessing the validity of a nutrition-related claim made by a popular diet book, which of the following steps should a nutrition specialist prioritize?

- A. Evaluating the book's sales rank and popularity
- B. Checking the author's background and credentials
- C. Ignoring the claims if they are not supported by mainstream media
- D. Assuming the claims are valid if they align with personal beliefs

Answer: B

Explanation: Evaluating the author's background and credentials is crucial for determining the validity of claims made in a diet book, as it helps identify potential biases and expertise.

### Question: 1122

During a routine health assessment, a 50-year-old woman is found to have a waist-to-hip ratio of 0.85 and a BMI of 30. Based on the assessment of her body composition, what classification do these measurements indicate regarding her risk for chronic diseases?

- A. Low risk for chronic diseases
- B. High risk for chronic diseases
- C. Moderate risk for chronic diseases
- D. Very high risk for chronic diseases

Answer: B

Explanation: A waist-to-hip ratio above 0.85 in women, combined with a BMI of 30, indicates a high

risk for chronic diseases such as type 2 diabetes and cardiovascular disease.

**Question: 1123**

Which of the following statements regarding the role of enzymes in the Krebs cycle is correct?

- A. Each enzyme in the Krebs cycle catalyzes a specific reaction that is dependent on the presence of co-factors and substrates.
- B. Enzymes in the Krebs cycle do not require co-factors to function.
- C. The Krebs cycle operates independently of any regulatory mechanisms.
- D. Enzyme activity in the Krebs cycle is not influenced by the availability of substrates.

Answer: A

Explanation: Each enzyme in the Krebs cycle catalyzes specific reactions that require both substrates and co-factors, and the cycle is subject to regulation based on metabolic needs.

**Question: 1124**

For a patient with severe lactose intolerance, which of the following dairy alternatives is most appropriate to recommend, providing similar nutritional benefits without gastrointestinal distress?

- A. Almond milk
- B. Rice milk
- C. Coconut milk
- D. Soy milk

Answer: D

Explanation: Soy milk is rich in protein, similar to cow's milk, and is often fortified with calcium and vitamin D, making it a suitable alternative for individuals with lactose intolerance.

**Question: 1125**

What is the impact of dietary habits established in childhood on the long-term health of individuals as they age?

- A. They are easily modified in adulthood
- B. They can predispose individuals to chronic diseases later in life
- C. They have no lasting effects on health
- D. They become irrelevant after adolescence

Answer: B

Explanation: Dietary habits established in childhood can predispose individuals to chronic diseases later in life, underscoring the importance of promoting healthy eating patterns early on.

**Question: 1126**

A patient with obesity is interested in metabolic health. Which specific enzyme involved in lipid metabolism requires specific cofactors to function optimally, and what is a key dietary source of one of these cofactors?

- A. Lipoprotein lipase; requires vitamin B12, found in animal products.
- B. Hormone-sensitive lipase; needs magnesium, sourced from nuts.
- C. Acetyl-CoA carboxylase; needs biotin, found in egg yolks.
- D. Pancreatic lipase; requires calcium, abundant in dairy.

Answer: C

Explanation: Acetyl-CoA carboxylase, involved in lipid metabolism, requires biotin as a cofactor. Biotin is found in egg yolks, making it an important dietary component for metabolic health.

**Question: 1127**

What is the most significant factor affecting the safety of food in home kitchens, particularly concerning the prevention of cross-contamination?

- A. Use of single-use kitchen items
- B. Awareness of proper food storage techniques
- C. Keeping raw and cooked foods separate
- D. Implementation of strict cleaning protocols

Answer: C

Explanation: Keeping raw and cooked foods separate is crucial to preventing cross-contamination, which is a major source of foodborne illness in home kitchens.

**Question: 1128**

A 45-year-old woman is experiencing significant stress due to work and family responsibilities, affecting

her eating habits. What should be the primary focus of her nutritional counseling to improve her overall well-being?

- A. Implementing strict dietary rules to control weight
- B. Advising her to skip meals to manage calorie intake
- C. Encouraging avoidance of all social meals to focus on personal habits
- D. Addressing stress management techniques alongside balanced nutrition

Answer: D

Explanation: Combining stress management techniques with balanced nutrition can help improve her overall well-being and eating habits.

### Question: 1129

A patient undergoing computerized analysis of food intake reports a daily consumption of 1500 calories, primarily from processed foods. What is the most critical nutrient deficiency you might expect in this scenario?

- A. Protein
- B. Fiber
- C. Omega-3 fatty acids
- D. Vitamins and minerals

Answer: D

Explanation: Processed foods are often low in essential vitamins and minerals, leading to multiple nutrient deficiencies despite adequate caloric intake.

### Question: 1130

A nutritionist is developing a meal plan for a 34-year-old woman with celiac disease. Which of the following food items should be avoided entirely in her diet?

- A. Wheat-based pasta
- B. Oats (uncontaminated)
- C. Quinoa
- D. Rice

Answer: A

Explanation: Wheat-based pasta contains gluten, which must be completely avoided by individuals with



celiac disease to prevent symptoms and intestinal damage.

**Question: 1131**

During a comprehensive medical nutrition health history, a client mentions a family history of cardiovascular disease and their recent adoption of a high-sodium diet due to convenience. Which dietary assessment tool would be most effective in identifying potential risk factors related to nutrient intake and health outcomes?

- A. 24-hour dietary recall
- B. Diet history interview
- C. Food frequency questionnaire
- D. Nutrient analysis software

Answer: B

Explanation: A diet history interview provides a detailed understanding of long-term dietary patterns, which is crucial for assessing risk factors related to cardiovascular disease.

**Question: 1132**

A 45-year-old patient presents with metabolic syndrome, characterized by insulin resistance and increased oxidative stress. Recent studies suggest that the activation of certain inflammatory pathways may contribute to these conditions. Which of the following pathways is most directly associated with the enhancement of insulin resistance through inflammatory mediators?

- A. JAK/STAT signaling pathway
- B. AMPK pathway
- C. NF- $\kappa$ B pathway
- D. mTOR pathway

Answer: C

Explanation: The NF- $\kappa$ B pathway is known to be activated by various inflammatory cytokines and plays a significant role in promoting insulin resistance through the transcription of genes that mediate inflammation.

**Question: 1133**

Which nutrient is critical for proper neurotransmitter synthesis in the brain, and what dietary source is

particularly rich in this nutrient?

- A. Tryptophan; found in turkey and chicken
- B. Vitamin D; found in fortified dairy products
- C. Omega-3 fatty acids; found abundantly in flaxseeds
- D. Folate; found in citrus fruits

Answer: A

Explanation: Tryptophan is an essential amino acid that serves as a precursor for serotonin, a key neurotransmitter involved in mood regulation. Foods like turkey and chicken are rich sources of tryptophan.

### Question: 1134

A patient with a family history of type 1 diabetes is concerned about their own risk. Which of the following statements about dietary interventions and diabetes prevention is most accurate?

- A. Increasing intake of high-fiber foods has no effect on diabetes risk.
- B. There is strong evidence that avoiding all carbohydrates prevents type 1 diabetes.
- C. Heavy consumption of dairy products is a proven risk factor for developing type 1 diabetes.
- D. A balanced diet with healthy fats and low glycemic carbohydrates can support metabolic health.

Answer: D

Explanation: A balanced diet can support metabolic health and potentially lower the risk of developing diabetes, though type 1 diabetes is not directly preventable through diet.

### Question: 1135

In assessing the dietary intake of a group of athletes, you find that many consume excessive protein supplements. What is a potential risk associated with chronic high protein intake?

- A. Increased muscle mass
- B. Improved hydration
- C. Enhanced energy levels
- D. Kidney damage

Answer: D

Explanation: Chronic high protein intake can strain the kidneys, particularly in individuals with pre-existing kidney conditions, leading to potential long-term damage.



**Question: 1136**

A patient is experiencing muscle cramps and weakness. Upon reviewing their dietary habits and laboratory data, you note low magnesium levels. Which of the following foods could you recommend to increase their magnesium intake?

- A. Lean meats
- B. Dairy products
- C. Whole grains and nuts
- D. Processed snacks

Answer: C

Explanation: Whole grains and nuts are excellent sources of magnesium, which can help alleviate symptoms associated with magnesium deficiency, such as muscle cramps.

**Question: 1137**

In the context of evidence-based research, which type of study design is considered the gold standard for determining causal relationships in nutrition science?

- A. Cross-sectional studies
- B. Cohort studies
- C. Case-control studies
- D. Randomized controlled trials

Answer: D

Explanation: Randomized controlled trials (RCTs) minimize bias and allow for the establishment of causal relationships between dietary interventions and health outcomes.

**Question: 1138**

In evaluating a patient's supplement regimen, which of the following scenarios could indicate a risk of nutrient toxicity due to excessive intake of fat-soluble vitamins?

- A. Regularly eating fatty fish while taking a multivitamin
- B. Consuming fortified orange juice with added calcium
- C. Taking high doses of vitamin A without medical supervision

D. Using a low-fat cooking spray

Answer: C

Explanation: Fat-soluble vitamins, particularly vitamin A, can accumulate to toxic levels if taken in excessive doses, especially without medical supervision.

**Question: 1139**

A 70-year-old male is experiencing cognitive decline and is looking for ways to improve his brain health through diet. Which dietary component should be emphasized to support cognitive function and overall health?

- A. High intake of processed sugars
- B. Focusing solely on protein intake
- C. Strict avoidance of all fats
- D. Incorporation of omega-3 fatty acids and antioxidants

Answer: D

Explanation: Omega-3 fatty acids and antioxidants are linked to improved cognitive function and overall health, making them important dietary components for older adults.

**Question: 1140**

Which of the following is a significant consideration for nutrition specialists when evaluating the impact of their dietary recommendations on clients' psychosocial well-being?

- A. The cost of recommended foods
- B. The popularity of the diet among other professionals
- C. The scientific validity of the diet's nutritional benefits
- D. The potential for dietary changes to affect clients' social interactions

Answer: D

Explanation: Dietary changes can significantly affect clients' social interactions and psychosocial well-being, making it essential for nutrition specialists to consider these factors in their recommendations.



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