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# NUTRITION

*RD*  
*Registered Dietitian Certification Exam*

## Questions & Answers PDF

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## Question: 1

Calculate the employee turnover rate given a staff of 52 employees when 18 leave the organization.

- A. 34.6 %
- B. 28.8%
- C. 25.2 %
- D. 18 %

**Answer: A**

Explanation:

The employee turnover rate is 34.6%. The calculation is as follows:

$$\frac{\text{Number of employees who left or were terminated}}{\text{total number of employees in department}} \times 100$$
$$\frac{18}{52} \times 100 = 34.6\%$$

## Question: 2

What mineral works in conjunction with calcium to help build strong bones?

- A. Vitamin D
- B. Magnesium
- C. Iron
- D. Sulfur

**Answer: B**

Explanation:

Magnesium works with calcium in bone metabolism; magnesium is necessary for parathyroid hormone secretion. Vitamin D is important for strong bones, but it is a vitamin not a mineral.

## Question: 3

In general, during the first trimester of pregnancy, how many more calories per day does a woman need?

- A. 185 kcals per day
- B. 340 kcals per day

- C. 452 kcals per day
- D. no additional calories are needed during the first trimester

**Answer: D**

Explanation:

Energy requirements do not increase during the first trimester of pregnancy. During the second trimester an estimated 340 kcals per day are needed, and during the third trimester a woman needs an additional 452 kcals per day.

### Question: 4

Which of the following represents the type of production system where food is prepared at one site and transported to another site for serving?

- A. Conventional
- B. Commissary
- C. Ready prepared
- D. Transferral

**Answer: B**

Explanation:

Commissary production is where there is a central location for preparation, and the prepared foods are moved to different sites for serving. This setup is often used to avoid the cost of having multiple sites for food prep, thus commissary production can result in cost containment.

### Question: 5

Which process is most affected in individuals with type I diabetes?

- A. Glycogenesis
- B. Glycolysis
- C. Krebs cycle
- D. Lactic acid cycle

**Answer: A**

Explanation:

Glycogenesis is impacted the most in type 1 diabetics because insulin, which stimulates glucokinase, is not readily available. Therefore, glucokinase levels are not sufficient; glucokinase is instrumental in the liver's metabolism of glucose.

### Question: 6

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Which of the follow does NOT occur when oils are hydrogenated?

- A. Melting point is increased
- B. Fat becomes more saturated
- C. Shelf life of the product is increased
- D. More molecular cis formations are created

**Answer: D**

Explanation:

The creation of more cis formations does not occur when oils are hydrogenated. When oils are hydrogenated, more molecular trans formations are created, not molecular cis formations. Additionally, the melting point is increased, fat becomes more saturated, and the shelf life of the product is increased.

### Question: 7

A registered dietitian has decided to purchase sliced vegetables rather than whole vegetables for their restaurant. Which of the following parameters will be most affected?

- A. Labor time
- B. Quality
- C. Cook time
- D. Nutrient value

**Answer: A**

Explanation:

Labor time will change the most if choosing to purchase sliced vegetables rather than whole vegetables. Vegetables that are already sliced save the labor time which would have been spent slicing whole vegetables.

### Question: 8

A dietitian discovers that their client is having trouble meeting the weight loss goals set during their last counseling session. What should the dietitian do?

- A. Reinforce the goals
- B. Consider altering the goals
- C. Re-educate the client
- D. Discharge the client

**Answer: B**

Explanation:

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In this case, the dietitian should consider altering the goals since goals are not set in stone. The dietitian may need to reassess and discover why the client is not meeting his or her goals. Perhaps the goals were too aggressive and more realistic goals must be set.

### Question: 9

A department is working on the annual budget. They use last year's budget as a basis for the coming year. This type of budgeting is an example of which of the following?

- A. Incremental budgeting
- B. Performance budgeting
- C. Zero-based budgeting
- D. Historical budgeting

**Answer: A**

Explanation:

Using last year's budget as a basis for the upcoming budget is an example of incremental budgeting. An incremental budget is based on historical data and is used when few changes are expected from year to year.

### Question: 10

Motivational counseling might be appropriate for which of the following clients:

- A. Someone who has a high level of education
- B. Someone who wants to change
- C. Someone who is a newly-diagnosed diabetic
- D. Someone who is in denial about their diagnosis

**Answer: B**

Explanation:

Someone who wants to change would be a good candidate for motivational counseling. People who have the desire to make changes often need a motivator to help facilitate those changes. Someone who is newly-diagnosed or in denial about their diagnosis may not be ready for motivational counseling.



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