CERTIFIED NUTRITION SPECIALIST (CNS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://cns.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1
Table of Contents 2
Introduction 3
How to Use This Guide 4
Questions 5
Answers 8
Explanations 10
Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. **Impaired liver function and jaundice are most closely associated with which form of anemia?**

   A. Sideroblastic

   B. Sickle Cell

   C. Pernicious

   D. Hemolytic

2. **What role does calcium primarily play in the body?**

   A. Energy production

   B. Blood coagulation

   C. Muscle contraction

   D. Bone and teeth formation

3. **Which of the following foods should be avoided on a low oxalate diet?**

   A. Turmeric

   B. Chocolate

   C. Strawberries

   D. Eggs

4. **Your client is increasing her intake of cabbage and watercress to enhance detoxification. Which phytochemical is she increasing?**

   A. Saponins.

   B. Lycopenes.

   C. Polyphenols.

   D. Sulforaphanes.

5. **Which dietary fat is associated with lowering cholesterol levels?**

   A. Saturated fat

   B. Trans fat

   C. Omega-3 fatty acids

   D. Cholesterol

SAMPLE

6. Which of the following conditions is not associated with a deficiency in vitamin B12?

A. Foot strike anemia

B. Pernicious anemia

C. Neuropathy

D. Iron deficiency anemia

7. If a client has pernicious anemia, they are most likely deficient in which vitamin?

A. Folate

B. B6

C. B3

D. B12

8. What is the common brand name for saccharin?

A. Sweet 'N Low

B. Nutrasweet

C. Splenda

D. Equal

9. All the following are released in response to injury except:

A. ACTH

B. Glucagon

C. Epinephrine

D. Insulin

10. The following condition can result from a choline deficiency:

A. Gout

B. Non-alcoholic fatty liver disease

C. End stage renal disease

D. Parkinson's disease

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Impaired liver function and jaundice are most closely associated with which form of anemia?

A. Sideroblastic

B. Sickle Cell

C. Pernicious

D. Hemolytic

Impaired liver function and jaundice are most closely associated with hemolytic anemia due to the nature of this condition. Hemolytic anemia occurs when red blood cells are destroyed faster than the body can produce them. This increased destruction of red blood cells leads to the release of hemoglobin, which is then broken down into bilirubin by the liver. When the liver is compromised, its ability to process and eliminate bilirubin is hindered, which can result in elevated levels of this pigment in the blood, causing jaundice—the yellowing of the skin and eyes. Thus, the link between hemolytic anemia, liver dysfunction, and jaundice is a clear clinical manifestation of the underlying pathophysiological processes involved in hemolysis and liver health. In contrast, the other forms of anemia listed generally do not have a direct relationship with liver function or jaundice. Sideroblastic anemia is associated with the body's inability to incorporate iron into hemoglobin, pernicious anemia is related to vitamin B12 deficiency, and sickle cell anemia involves the abnormal shape of red blood cells but does not specifically impair liver function or lead to jaundice as a primary consequence.

2. What role does calcium primarily play in the body?

A. Energy production

B. Blood coagulation

C. Muscle contraction

D. Bone and teeth formation

Calcium plays a vital role in the formation and maintenance of bone and teeth. It is the most abundant mineral in the human body, and approximately 99% of the calcium in an adult is found in bones and teeth, providing them with strength and structure. Throughout life, calcium is essential for building and preserving bone density, which is particularly important during childhood, adolescence, and early adulthood when bone growth is at its peak. In addition to its structural role, calcium also influences various physiological processes. While it is involved in muscle contraction and blood coagulation, its primary and most significant role is related to skeletal integrity, making it crucial for overall health. Adequate calcium intake helps prevent bone diseases such as osteoporosis. Therefore, when considering the primary function of calcium, its role in bone and teeth formation is foundational to understanding its importance in human health.

3. Which of the following foods should be avoided on a low oxalate diet?

A. Turmeric

B. Chocolate

C. Strawberries

D. Eggs

On a low oxalate diet, it is essential to avoid foods that are high in oxalates, as these compounds can contribute to the formation of kidney stones in susceptible individuals. Chocolate, for example, is known to contain moderate levels of oxalate, making it a food that individuals on such a diet might want to limit or avoid. Turmeric, while it has health benefits, is generally considered to have low oxalate content and can be included in moderation. Strawberries, although delicious, also contain moderate levels of oxalates, but they are often recommended in controlled portions on a low oxalate diet due to their nutritional benefits and relatively lower oxalate content compared to other fruits. Eggs, on the other hand, are a good source of protein and do not contain oxalates, making them a safe choice for anyone following a low oxalate diet. Thus, eggs should not be avoided; they are a suitable food option for those aiming to minimize oxalate intake.

SAMPLE

4. Your client is increasing her intake of cabbage and watercress to enhance detoxification. Which phytochemical is she increasing?

A. Saponins.

B. Lycopenes.

C. Polyphenols.

D. Sulforaphanes.

The answer highlighting sulforaphanes is correct because these phytochemicals are particularly abundant in cruciferous vegetables like cabbage and watercress. Sulforaphanes are well-known for their role in promoting the body's detoxification processes by activating certain enzymes that enhance the breakdown and elimination of toxins. This is largely due to their ability to stimulate the expression of phase II detoxification enzymes, which are crucial in the metabolism and excretion of harmful substances. Cabbage and watercress, being part of the cruciferous family, contain glucosinolates that are converted into sulforaphanes during the chopping or chewing of these vegetables. This chemical transformation process increases the availability of sulforaphanes for their health benefits, particularly in supporting liver function and detoxification pathways. In contrast, while saponins, lycopenes, and polyphenols are significant phytochemicals found in various foods, they do not have the same specific link to enhancing detoxification as sulforaphanes do when it comes to cruciferous vegetables. Saponins are noted for their immune-boosting properties, lycopenes for their antioxidant effects primarily found in tomatoes, and polyphenols are recognized for their broad health benefits, including

5. Which dietary fat is associated with lowering cholesterol levels?

A. Saturated fat

B. Trans fat

C. Omega-3 fatty acids

D. Cholesterol

Omega-3 fatty acids are known for their beneficial effects on heart health, including their role in lowering cholesterol levels. These fats, primarily found in fish, flaxseeds, and walnuts, have been shown to help reduce triglycerides in the blood and may also promote higher levels of high-density lipoprotein (HDL) cholesterol, which is often referred to as "good" cholesterol. In contrast, saturated fat and trans fat are typically associated with raising low-density lipoprotein (LDL) cholesterol, commonly known as "bad" cholesterol, which can increase the risk of heart disease. Cholesterol itself, while necessary for various bodily functions, does not have a direct role in lowering cholesterol levels and is mainly a component of the body's own fat metabolism. Thus, the positive influence of omega-3 fatty acids on cholesterol levels makes them essential for those seeking to improve their cardiovascular health.

SAMPLE

6. Which of the following conditions is not associated with a deficiency in vitamin B12?

A. Foot strike anemia

B. Pernicious anemia

C. Neuropathy

D. Iron deficiency anemia

Vitamin B12 deficiency is primarily linked with specific hematologic and neurologic conditions. Pernicious anemia is an autoimmune condition that impairs the absorption of vitamin B12, leading to anemia characterized by large, immature red blood cells. Neuropathy, often associated with vitamin B12 deficiency, can manifest as tingling, numbness, or weakness due to its role in maintaining the health of nerve cells. Foot strike anemia, though less commonly discussed, can occur in individuals who engage in high-impact activities and is associated with the destruction of red blood cells, which can be exacerbated by nutritional deficiencies, including that of B12. In contrast, iron deficiency anemia is distinctly separate from vitamin B12 deficiency. It arises due to inadequate iron levels necessary for hemoglobin production, resulting in reduced oxygen-carrying capacity of the blood. While both conditions result in anemia, their underlying causes and nutritional deficiencies differ significantly. Thus, iron deficiency anemia is not directly associated with a deficiency of vitamin B12, making it the correct choice in this context.

7. If a client has pernicious anemia, they are most likely deficient in which vitamin?

A. Folate

B. B6

C. B3

D. B12

The correct answer is that clients with pernicious anemia are most likely deficient in vitamin B12. Pernicious anemia is a specific type of anemia that arises from the body's inability to absorb vitamin B12 due to a lack of intrinsic factor, a protein produced in the stomach that is essential for B12 absorption. Without sufficient vitamin B12, red blood cell production is impaired, leading to the characteristic symptoms of anemia, such as fatigue and weakness. Vitamin B12 is crucial for several bodily functions, including DNA synthesis, neurological function, and the formation of healthy red blood cells. The deficiency can lead not only to anemia but also to neurological issues, making the identification of this deficiency vital for treatment. Other vitamins mentioned, such as folate, B6, and B3, play important roles in metabolism and health, but they are not directly related to pernicious anemia. Folate is essential for red blood cell formation and DNA synthesis, but it is not the vitamin whose deficiency characterizes pernicious anemia. Vitamins B6 and B3 also contribute to numerous metabolic processes but are not involved in the mechanism underlying pernicious anemia.

SAMPLE

8. What is the common brand name for saccharin?

A. Sweet 'N Low

B. Nutrasweet

C. Splenda

D. Equal

Saccharin is commonly known by the brand name Sweet 'N Low. This artificial sweetener was one of the first synthetic sweeteners discovered and has been used widely in various food products and beverages as a low-calorie alternative to sugar. Sweet 'N Low has gained popularity due to its intense sweetness, which is significantly greater than that of sucrose (table sugar), thus allowing small amounts to achieve the desired sweetness in foods and drinks. The other brand names listed are associated with different artificial sweeteners—Nutrasweet refers to aspartame, Splenda is the brand for sucralose, and Equal is another brand name for aspartame. Each of these sweeteners has different chemical compositions and mechanisms of action, distinguishing them from saccharin, which specifically is known as Sweet 'N Low.

9. All the following are released in response to injury except:

A. ACTH

B. Glucagon

C. Epinephrine

D. Insulin

In response to injury, the body activates several hormonal and metabolic pathways to manage stress, mobilize energy, and promote healing. Insulin is primarily a hormone that regulates glucose uptake and storage and is generally released in response to increased blood sugar levels after food intake, rather than in response to injury or stress. The primary role of insulin is to lower blood glucose levels by facilitating the entry of glucose into cells, particularly muscle and fat cells. In contrast, other hormones listed are released during stress or injury situations. ACTH (Adrenocorticotropic hormone) stimulates the adrenal gland to produce cortisol, which helps to maintain blood glucose levels and manage inflammation. Glucagon is released to increase blood glucose levels, mobilizing energy stores during periods of stress or when the body needs additional energy. Epinephrine, also known as adrenaline, is released as part of the fight-or-flight response, aiding in the mobilization of energy from reserves and preparing the body to respond rapidly to an injury. Therefore, insulin is not released in response to injury, making it the correct answer.

10. The following condition can result from a choline deficiency:

A. Gout

B. Non-alcoholic fatty liver disease

C. End stage renal disease

D. Parkinson's disease

A deficiency in choline can lead to non-alcoholic fatty liver disease (NAFLD) due to the essential role choline plays in lipid metabolism and cell membrane integrity. Choline is vital for the synthesis of phosphatidylcholine, a component of very low-density lipoprotein (VLDL), which is necessary for exporting triglycerides from the liver. When there is insufficient choline, the liver accumulates triglycerides, potentially leading to the development of fatty liver disease. This accumulation can contribute to inflammation and further liver damage if not addressed. The other conditions listed are not directly linked to choline deficiency. Gout primarily relates to uric acid accumulation, while end-stage renal disease is associated with kidney failure and does not have a direct connection to choline levels. Parkinson's disease is a neurodegenerative condition that has other etiological factors unrelated to choline metabolism. Thus, while choline deficiency can indeed lead to serious health issues, its most direct association among the provided options is with non-alcoholic fatty liver disease.

SAMPLE

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://cns.examzify.com

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

SAMPLE