NANP BOARD DOMAIN 1 – FOOD AND NUTRITION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://nanpdomain1.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. **From your required reading, which of the following Vitamins protects your cells and tissues against the effects of water-soluble chemicals like carbon monoxide?**

   A. Vitamin D

   B. Vitamin A

   C. Vitamin B Complex

   D. Vitamin C

2. **In vegan diets, the risk of vitamin B12 deficiency is generally considered to be what?**

   A. No risk if consuming plant foods

   B. Moderate risk that can be mitigated by fortified foods or supplements

   C. Extremely unlikely

   D. Only a risk in infancy

3. **This fruit is a nutrient powerhouse with one of the highest ORAC ratings for non-herbal foods and has a low Glycemic Index.**

   A. Watermelon

   B. Blueberries

   C. Mango

   D. Peanuts

4. **Which pair of vitamins are antioxidants according to the material?**

   A. A and D

   B. C and D

   C. C and E

   D. B and C

5. **Which disease condition is characterized by elevated blood pressure, often with dietary sodium reduction as a management component?**

   A. Anemia

   B. Hypotension

   C. Hypertension

   D. Hyperlipidemia

SAMPLE

6. Which statement correctly describes a difference between DIAAS and PDCAAS in protein quality assessment?

A. DIAAS uses true ileal digestibility and is not capped; PDCAAS caps at 1.0.

B. PDCAAS uses true ileal digestibility; DIAAS uses fecal digestibility.

C. Both are capped at 1.0.

D. DIAAS uses true ileal digestibility and is not capped; PDCAAS caps at 1.0.

7. What is the primary purpose of using motivational interviewing in nutrition counseling?

A. To enhance clients' motivation to change by exploring ambivalence and supporting autonomy.

B. To provide prescriptive meal plans with strict rules.

C. To assess nutrient deficiencies using laboratory tests.

D. To deliver standardized nutrition education without client input.

8. Which expression correctly represents BMR for an adult male using the Mifflin–St Jeor equation?

A. BMR = 9*weight + 8*height - 6*age + 10

B. BMR = 12*weight + 5*height - 4*age + 2

C. BMR = 10*weight + 6.25*height - 5*age + 5

D. BMR = 8*weight + 7*height - 3*age + 20

9. What is the best definition of food insecurity?

A. Inadequate access to sufficient nutritious food

B. A lack of sufficient calories regardless of nutritional quality

C. Limited food safety in production systems

D. Increased food waste due to overproduction

10. Which macronutrient provides the most energy per gram?

A. Fat

B. Carbohydrates

C. Protein

D. Alcohol

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. From your required reading, which of the following Vitamins protects your cells and tissues against the effects of water-soluble chemicals like carbon monoxide?

A. Vitamin D

B. Vitamin A

C. Vitamin B Complex

D. Vitamin C

Antioxidant protection in the body's watery compartments is the key idea here. Vitamin C is a water-soluble antioxidant that scavenges free radicals and reactive oxygen species, shielding cells and tissues from oxidative damage caused by toxins such as carbon monoxide. Because it operates in the aqueous parts of the body, it can directly neutralize harmful species before they damage cellular components and membranes. It also helps regenerate other antioxidants, reinforcing overall protection. The other vitamins have important roles, but they aren't the primary shield against this type of toxin: Vitamin D and Vitamin A are fat-soluble vitamins with roles in bone health and vision/epithelial integrity, respectively; the B complex vitamins are mostly coenzymes in metabolism and energy production. Vitamin C's specific antioxidant action in the watery environments of the body makes it the best fit for this protection.

2. In vegan diets, the risk of vitamin B12 deficiency is generally considered to be what?

A. No risk if consuming plant foods

B. Moderate risk that can be mitigated by fortified foods or supplements

C. Extremely unlikely

D. Only a risk in infancy

Vitamin B12 isn't reliably present in plant foods, so vegan diets carry a real risk of deficiency unless B12 is obtained from fortified foods or supplements. This makes the risk moderate and manageable when fortified products or supplements are used regularly. It isn't zero, it isn't extremely unlikely, and while infants can be especially vulnerable if their vegan mother isn't supplementing, the risk is not limited to infancy.

3. This fruit is a nutrient powerhouse with one of the highest ORAC ratings for non-herbal foods and has a low Glycemic Index.

A. Watermelon

B. Blueberries

C. Mango

D. Peanuts

Antioxidant strength and glycemic response are central here. ORAC measures how well a food can neutralize free radicals, and blueberries have one of the highest values among non-herbal foods thanks to their rich anthocyanins and other polyphenols. That makes them a nutrient powerhouse. They also carry a relatively low glycemic index, so they raise blood sugar more slowly than many other sweet fruits. In comparison, watermelon tends to have a higher glycemic impact, mango is sweeter with a higher GI, and peanuts aren't a fruit and don't offer the same antioxidant profile. So blueberries best meet both criteria.

SAMPLE

4. Which pair of vitamins are antioxidants according to the material?

A. A and D

B. C and D

C. C and E

D. B and C

Antioxidants protect cells by neutralizing free radicals, preventing oxidative damage. Vitamin C is a water-soluble antioxidant that donates electrons to reactive species in body fluids, helping to protect proteins, DNA, and other molecules. Vitamin E is a fat-soluble antioxidant that sits in cell membranes and interrupts lipid peroxidation, safeguarding membrane integrity. They can also work together, with vitamin C helping to regenerate vitamin E after it has neutralized a radical, strengthening the overall antioxidant defense. In the material, these two vitamins are identified as antioxidants, which is why they form the correct pairing. The other vitamins listed are not described as antioxidants in that context, so they don't fit as the paired answer.

5. Which disease condition is characterized by elevated blood pressure, often with dietary sodium reduction as a management component?

A. Anemia

B. Hypotension

C. Hypertension

D. Hyperlipidemia

Elevated blood pressure is managed in part by reducing dietary sodium because sodium affects how much fluid sits in the bloodstream. When sodium intake is high, the body retains more water, increasing blood volume and the pressure in the arteries. Lowering sodium can decrease blood volume and reduce vascular resistance, helping to lower blood pressure and reduce cardiovascular risk. This nonpharmacologic approach is commonly used alongside other lifestyle changes and, when needed, medications. The other conditions described—anemia, hypotension, and hyperlipidemia—do not centers on high blood pressure as their defining issue. Therefore, the condition described is hypertension.

6. Which statement correctly describes a difference between DIAAS and PDCAAS in protein quality assessment?

A. DIAAS uses true ileal digestibility and is not capped; PDCAAS caps at 1.0.

B. PDCAAS uses true ileal digestibility; DIAAS uses fecal digestibility.

C. Both are capped at 1.0.

D. DIAAS uses true ileal digestibility and is not capped; PDCAAS caps at 1.0.

The difference hinges on how protein quality is measured and whether there's an upper limit applied. DIAAS uses true ileal digestibility for each indispensable amino acid, meaning absorption is assessed at the end of the small intestine and corrected for endogenous losses—reflecting the actual amino acids available for use. Crucially, there is no cap on the score, so a protein can exceed 100% quality if its absorbed essential amino acids meet or surpass requirements. PDCAAS, in contrast, relies on fecal digestibility of the protein (a holistic measure that includes losses and gut microbiota effects) and imposes a cap at 100%, so the score cannot exceed 1.0. This combination of true ileal digestion and no upper limit is what makes DIAAS distinct from PDCAAS.

SAMPLE

7. What is the primary purpose of using motivational interviewing in nutrition counseling?

A. To enhance clients' motivation to change by exploring ambivalence and supporting autonomy.

B. To provide prescriptive meal plans with strict rules.

C. To assess nutrient deficiencies using laboratory tests.

D. To deliver standardized nutrition education without client input.

Motivational interviewing aims to boost a client's intrinsic motivation to change by exploring ambivalence and supporting autonomy. In nutrition counseling, this means adopting a collaborative, nonjudgmental style—using open-ended questions, reflective listening, affirmations, and summarizing—to help the client voice their own reasons for change, values, and goals. By focusing on autonomy and the client's own readiness, change feels like the client's choice rather than something imposed, which increases engagement and likelihood of follow-through. Prescribing strict meal plans, conducting lab nutrient assessments, or delivering standardized education without client input are separate approaches that don't cultivate the internal motivation and personal commitment MI seeks to foster.

8. Which expression correctly represents BMR for an adult male using the Mifflin–St Jeor equation?

A. BMR = 9*weight + 8*height - 6*age + 10

B. BMR = 12*weight + 5*height - 4*age + 2

C. BMR = 10*weight + 6.25*height - 5*age + 5

D. BMR = 8*weight + 7*height - 3*age + 20

The key idea is the Mifflin–St Jeor equation for estimating BMR in adults, which uses metric units and a specific set of coefficients for men. For an adult male, BMR is calculated as 10 times weight in kilograms plus 6.25 times height in centimeters, minus 5 times age in years, plus a constant of 5. This combination of coefficients and the +5 baseline is what defines the male MSJ formula, and it matches the standard equation used in practice. Other expressions don't fit because they modify those coefficients, signs, or constants or assume different units (like pounds or inches) or a different sex. Thus they wouldn't yield the same BMR estimate as the Mifflin–St Jeor male formula.

9. What is the best definition of food insecurity?

A. Inadequate access to sufficient nutritious food

B. A lack of sufficient calories regardless of nutritional quality

C. Limited food safety in production systems

D. Increased food waste due to overproduction

Food insecurity centers on whether people can reliably access enough nutritious food to maintain health. The best definition among the options says there is inadequate access to sufficient nutritious food, because it captures both the quantity and the quality needed for a healthy diet. If someone can't get foods that meet their nutrient needs, they're food insecure—even if there are calories available. The other statements miss important parts: focusing only on calories ignores nutrition quality; focusing on safety in production is about how food is produced, not whether people can access it; and describing waste from overproduction isn't about people's access to food.

SAMPLE

10. Which macronutrient provides the most energy per gram?

A. Fat

B. Carbohydrates

C. Protein

D. Alcohol

Energy density varies by macronutrient, and fat provides the most energy per gram. Fat yields about 9 kcal per gram, while carbohydrates and proteins each yield about 4 kcal per gram. Alcohol isn't a macronutrient, but it does contribute energy at about 7 kcal per gram. The high energy density of fat comes from its chemical structure—fats are highly reduced, so when they are oxidized in metabolism, more energy is released per gram than from carbs or protein. In practical terms, small amounts of fat carry more calories, which is why fats are the most energy-dense macronutrient.

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://nanpdomain1.examzify.com

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

SAMPLE