

TEXAS TECH NUTRITION EXIT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Patients with poor intake over a long period are particularly at risk for Vitamin K deficiency when taking which of the following?**
 - A. Antibiotics
 - B. Antacids
 - C. Diuretics
 - D. NSAIDs
- 2. A study design in which data are collected from subjects at multiple points in time is called.**
 - A. Longitudinal
 - B. Cross-sectional
 - C. Case-Control
 - D. Experimental
- 3. Starch is made up of which components?**
 - A. Glucose and Fructose
 - B. Galactose and Glucose
 - C. Amylose and Amylopectin
 - D. Maltose and Lactose
- 4. Calcium supplements have few side effects; chronic diarrhea and dyspepsia are common. Which statement is true?**
 - A. They have few side effects
 - B. Chronic diarrhea and dyspepsia are common
 - C. They always cause kidney stones
 - D. They do not affect digestion
- 5. Which statement about Vitamin K deficiency risk is true according to the material?**
 - A. Inadequate intake is a risk factor
 - B. CVD is a risk factor
 - C. NSAIDs are a risk factor
 - D. Age is a risk factor

- 6. What are the basic units produced when carbohydrate, fat, and protein are metabolized?**
- A. Glucose, fatty acids, amino acids
 - B. Nucleotides
 - C. Simple sugars only
 - D. Vitamins
- 7. In chronic kidney disease, the recommended total elemental calcium intake should be within 800-2000 mg/day.**
- A. True
 - B. False
 - C. Not clear
 - D. Only with dialysis
- 8. If an essential nutrient is not supplied in the diet for a long enough period, a deficiency state will develop.**
- A. True
 - B. False
 - C. Sometimes
 - D. Not enough information
- 9. Which lipoprotein carries dietary triglycerides from the intestine to tissues in the bloodstream?**
- A. Chylomicrons carry dietary triglycerides from the intestine to tissues in the bloodstream
 - B. HDL carries dietary triglycerides from liver to tissues
 - C. LDL carries cholesterol from intestine to tissues
 - D. VLDL carries dietary lipids from adipose tissue to liver
- 10. A poorly worded questionnaire is most likely to produce which measurement issue?**
- A. Confounding
 - B. Faulty measurement
 - C. Selection bias
 - D. Response bias

Answers

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

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Explanations

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1. Patients with poor intake over a long period are particularly at risk for Vitamin K deficiency when taking which of the following?

A. Antibiotics

B. Antacids

C. Diuretics

D. NSAIDs

Vitamin K comes from two sources: dietary intake and production by gut bacteria. When someone has been eating poorly for a long time, their vitamin K stores are already low, so they rely more on the vitamin K produced by intestinal microbes. Taking broad-spectrum antibiotics can wipe out many of these bacteria, drastically reducing endogenous vitamin K production. That combination—low dietary intake plus reduced microbial synthesis—greatly increases the risk of vitamin K deficiency and associated bleeding problems. Other options don't fit as directly. Antacids can affect absorption of fat-soluble vitamins somewhat, but they don't routinely disrupt gut bacterial production the way antibiotics do. Diuretics and NSAIDs aren't primary drivers of vitamin K deficiency in this scenario.

2. A study design in which data are collected from subjects at multiple points in time is called.

A. Longitudinal

B. Cross-sectional

C. Case-Control

D. Experimental

Tracking the same individuals and collecting data from them at several points over time is called a longitudinal design. This approach lets you watch how outcomes or characteristics change within the same people, and it helps you see how earlier factors relate to later results, capturing the sequence of events. Cross-sectional studies, by contrast, gather data at one moment in time and don't follow the same people to observe changes, so they can't reliably establish temporal relationships. Case-control studies start with people who already have or don't have the outcome and look backward to exposures, not by following subjects forward in time. Experimental designs involve the researcher giving some intervention or treatment and often randomizing participants, which is a different type of study where more control over variables is exercised than in observational longitudinal tracking.

3. Starch is made up of which components?

A. Glucose and Fructose

B. Galactose and Glucose

C. Amylose and Amylopectin

D. Maltose and Lactose

Starch is a plant storage carbohydrate built from glucose units arranged into two polysaccharides: amylose and amylopectin. Amylose is mainly a linear chain of glucose linked by alpha-1,4 bonds, while amylopectin is highly branched, with both alpha-1,4 and alpha-1,6 linkages at the branch points. Together they form the starch molecule, giving it its characteristic structure and digestibility. The other options list monosaccharides or disaccharides (glucose, fructose, galactose, maltose, lactose) rather than the polysaccharide components that make up starch.

4. Calcium supplements have few side effects; chronic diarrhea and dyspepsia are common. Which statement is true?

- A. They have few side effects
- B. Chronic diarrhea and dyspepsia are common**
- C. They always cause kidney stones
- D. They do not affect digestion

Calcium supplements commonly irritate the digestive system. Indigestion (dyspepsia) and other GI upset are typical reactions some people experience, and higher doses or certain formulations can lead to diarrhea. That pattern makes the statement that these side effects are common the best choice. In contrast, saying they have few side effects understates the frequent GI symptoms many users encounter, and claims about never affecting digestion or always causing kidney stones don't fit what's commonly observed.

5. Which statement about Vitamin K deficiency risk is true according to the material?

- A. Inadequate intake is a risk factor**
- B. CVD is a risk factor
- C. NSAIDs are a risk factor
- D. Age is a risk factor

The main idea here is that vitamin K deficiency risk rises when dietary intake is not enough. Vitamin K stores in the body are limited, so regular intake is needed to keep levels adequate. If intake is inadequate, deficiency can develop. The other options aren't described as direct risk factors in this material— cardiovascular disease, NSAIDs, or age don't by themselves increase the risk of vitamin K deficiency in the context given.

6. What are the basic units produced when carbohydrate, fat, and protein are metabolized?

- A. Glucose, fatty acids, amino acids**
- B. Nucleotides
- C. Simple sugars only
- D. Vitamins

When macronutrients are broken down, the body produces the basic units that come from each one: carbohydrates are converted to glucose, fats are broken down into fatty acids (and glycerol), and proteins are broken down into amino acids. These are the fundamental building blocks the body uses for energy and for construction and repair. Nucleotides are the blocks of nucleic acids, not products of macronutrient metabolism. Vitamins are micronutrients, not produced from metabolizing carbs, fats, or proteins. Simple sugars alone miss the fact that fats and proteins yield fatty acids and amino acids, respectively, so they aren't the complete answer.

7. In chronic kidney disease, the recommended total elemental calcium intake should be within 800-2000 mg/day.

- A. True**
- B. False
- C. Not clear
- D. Only with dialysis

Calcium management in CKD aims to keep calcium balance stable to protect bone health while avoiding excess that could drive calcifications. The total elemental calcium intake of 800–2000 mg per day accounts for calcium coming from the diet plus any calcium in phosphate binders or supplements. This range helps prevent calcium deficiency, which worsens bone disease, and also reduces the risk of hypercalcemia that can accompany binder or vitamin D therapy. It's a guideline that applies broadly to CKD patients, including those on dialysis, though the exact target is tailored to each person based on labs and treatment. If calcium or phosphate levels are off, clinicians adjust intake within this range rather than sticking to a rigid number.

8. If an essential nutrient is not supplied in the diet for a long enough period, a deficiency state will develop.

- A. True**
- B. False
- C. Sometimes
- D. Not enough information

Essential nutrients must be provided in the diet because the body cannot make them in sufficient amounts. The body relies on these nutrients for vital functions, and it maintains stores to cover periods between meals. If intake is interrupted for a long enough time, those stores become depleted, and the processes that depend on the nutrient can no longer operate properly, leading to deficiency signs or disease. So the statement is true. Remember that some nutrients have small stores and can show deficiencies relatively quickly, while others have larger reserves and may take longer to deplete; nonetheless, with sustained lack of dietary supply, deficiency will eventually develop.

9. Which lipoprotein carries dietary triglycerides from the intestine to tissues in the bloodstream?

- A. Chylomicrons carry dietary triglycerides from the intestine to tissues in the bloodstream**
- B. HDL carries dietary triglycerides from liver to tissues
- C. LDL carries cholesterol from intestine to tissues
- D. VLDL carries dietary lipids from adipose tissue to liver

After fat is absorbed in the intestine, dietary triglycerides are packaged into chylomicrons within the intestinal cells. These particles enter the lymphatic system and then the bloodstream, where lipoprotein lipase acts on their triglycerides, releasing fatty acids for uptake by tissues such as muscle and adipose tissue. The chylomicron is then cleared as a remnant by the liver. Other lipoproteins have different roles: HDL helps remove cholesterol from tissues back to the liver, LDL delivers cholesterol to tissues, and VLDL carries triglycerides produced by the liver to tissues. So, chylomicrons are the carriers of dietary triglycerides from the intestine into the bloodstream.

10. A poorly worded questionnaire is most likely to produce which measurement issue?

- A. Confounding
- B. Faulty measurement**
- C. Selection bias
- D. Response bias

When a questionnaire is badly worded, the data it yields don't accurately reflect the true variable you're trying to measure. Ambiguity, confusing double negatives, leading language, or terms respondents interpret differently all introduce measurement error. This makes the instrument faulty at capturing the intended construct, so responses misrepresent reality. This is different from confounding, which involves an outside factor related to both exposure and outcome; or selection bias, which comes from who is included in the study; or response bias, which is about respondents systematically answering in a biased way for reasons like social desirability. The key issue with a poorly worded instrument is that the measurement itself is flawed, i.e., faulty measurement.

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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:

<https://txtechnutritionexit.examzify.com>

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

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