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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q67-Q72):

NEW QUESTION # 67
Which vitamin is not in any plant-based food?

- A. K
- B. B12.
- C. Biotin.
- D. Folic acid.

Answer: B

Explanation:
The correct answer to the question of which vitamin is not present in any plant-based food is Vitamin B12. This vitamin is distinctively found only in animal products such as meat, dairy, and eggs. Unlike other vitamins that can be sourced from both plant and animal origins, Vitamin B12 is exclusively available from animal sources due to its unique nature in the biosynthesis process. Vitamin B12, also known as cobalamin, plays a vital role in the functioning of the brain and nervous system, as well as in the formation of blood. It is crucial for the metabolism of every cell in the human body, affecting DNA synthesis and regulation as well as

fatty acid synthesis and energy production. The absence of Vitamin B12 can lead to serious health issues, including anemia and neurological disorders.
For individuals following a vegan or strictly plant-based diet, obtaining sufficient Vitamin B12 can be a challenge since it is not naturally present in fruits, vegetables, grains, or nuts. This is why vegans are often advised to use dietary supplements or consume fortified foods, such as plant-based milk, cereals, and nutritional yeast that have been enriched with Vitamin B12. This ensures they receive an adequate intake to maintain healthy body functions.
The uniqueness of Vitamin B12 being found only in animal sources is due to the fact that it is produced by certain bacteria present in the gastrointestinal tract of animals. These bacteria synthesize Vitamin B12, which then becomes part of the animal tissue. When humans consume these animal products, they, in turn, absorb Vitamin B12. In contrast, plants do not harbor the same types of bacteria, and thus do not produce or contain Vitamin B12.
In summary, Vitamin B12's absence in plant-based foods necessitates that those adhering to vegan diets must seek alternative sources to prevent deficiencies. This is crucial for maintaining overall health, particularly the nervous system and proper red blood cell formation.

NEW QUESTION # 68
In order to make a sandwich more nutritious, you can do all of the following except:

- A. use mayonnaise instead of mustard
- B. make a sandwich on whole-grain bread
- C. choose a vegetable or fruit side dish
- D. add lettuce, tomato and other vegetables to the sandwich

Answer: A

Explanation:
To make a sandwich more nutritious, several steps can be taken, but one option listed should be avoided. Here's an expansion on each point:
Using whole-grain bread: Whole-grain breads are beneficial because they contain more fiber and nutrients compared to white breads. The grains are less processed, meaning they retain more of their natural vitamins, minerals, and fiber. This helps in digestion and provides a slower release of energy, keeping you fuller for longer.
Adding lettuce, tomato, and other vegetables: Vegetables are low in calories but high in essential nutrients and fibers. Adding them to your sandwich not only enhances the flavor and texture but also boosts the intake of vitamins, minerals, and fiber. This makes the sandwich more balanced and healthy.
Choosing a vegetable or fruit side dish: Instead of opting for chips or other processed snacks, pairing your sandwich with a side of vegetables or fruit can greatly increase the nutritional value of your meal. This addition ensures a higher intake of essential nutrients while maintaining lower levels of unhealthy fats and calories.
Using mustard instead of mayonnaise: Mustard is generally lower in calories and fat compared to mayonnaise and can be equally flavorful. Mayonnaise is typically made with oil, egg yolks, and vinegar or lemon juice, which results in a high fat content. By choosing mustard, you reduce the overall fat and calorie content of the sandwich, making it healthier.
In summary, to make a sandwich more nutritious, opt for whole-grain bread, add plenty of vegetables, accompany it with a healthy side, and use condiments like mustard that are lower in fat. Using mayonnaise instead of mustard is the one step listed that does not contribute to making the sandwich more nutritious, as it increases the fat and calorie content.

NEW QUESTION # 69
The innermost lining of the heart is which of the following?

- A. pericardium
- B. apex
- C. myocardium
- D. endocardium

Answer: D

Explanation:
The correct answer to the question about the innermost lining of the heart is the **endocardium**. The endocardium is a thin layer of endothelial tissue that lines the interior of the heart chambers and heart valves. Its main function is to provide a smooth and protective lining of the cardiac chambers and valves, ensuring that blood flows smoothly within the heart without clotting.
In contrast, the other options mentioned refer to different parts of the heart's structure. The **myocardium** is the middle layer of the heart wall and consists of cardiac muscle tissue. It is responsible for the pumping action of the heart as it contracts and relaxes to

circulate blood throughout the body. The **pericardium** is the fibrous sac that surrounds the heart and helps to protect it, maintaining its position in the thorax and providing a lubricated surface for the heart to move against. Lastly, the **apex** refers to the tip of the heart, which points downward and to the left, and is not directly related to the structural layers of the heart.
Thus, when considering the innermost lining of the heart, the endocardium is the accurate answer, distinguishing it from the myocardium, pericardium, and the apex, which have different roles in the anatomy and function of the heart.

NEW QUESTION # 70
The value of any dietary index or score depends on which of the following?

- A. whether greater adherence is related to better health
- B. graphical representations of a healthy diet
- C. milk servings
- D. department of Agriculture

Answer: A

Explanation:
The value of any dietary index or score fundamentally hinges on its ability to accurately reflect the relationship between diet adherence and health outcomes. Such indices are typically designed to evaluate how closely an individual's diet aligns with recommended dietary patterns or guidelines that are believed to promote health and prevent disease.
For a dietary index or score to be truly valuable, it must be predicated on scientifically sound principles that correlate directly with health improvements. This means the components and recommendations that make up the index should be based on robust evidence linking specific dietary habits with better health outcomes. If an index or score encourages dietary behaviors that are proven to reduce the risk of chronic diseases, such as cardiovascular disease, diabetes, and obesity, and possibly improve longevity, then adherence to this index is likely to result in better health.
However, the utility of a dietary index is compromised if it emphasizes elements of a diet that are irrelevant or not strongly associated with health benefits. For example, an index that overemphasizes the consumption of a particular food group without strong evidence of its health benefits might lead individuals to focus disproportionately on that aspect of their diet at the expense of more beneficial practices. Similarly, if the index fails to distinguish between foods based on their nutritional quality-such as whole grains versus refined grains-it may not effectively guide individuals towards healthier eating patterns.
In addition, the effectiveness of a dietary index can be influenced by its adaptability to different populations and cultural dietary patterns. A valuable dietary index should be versatile enough to accommodate varying dietary habits and preferences that exist among different cultural or regional groups while still maintaining its predictive power regarding health outcomes.
Ultimately, the true test of any dietary index or score is its ability to predict or correlate with positive health outcomes when adhered to. Indices that are well-aligned with scientifically-backed dietary advice and can be adapted to a variety of dietary practices are more likely to be useful tools in public health and nutrition guidance. They not only help individuals make informed dietary choices but also assist healthcare providers, nutritionists, and policymakers in promoting dietary patterns that are known to support good health.

NEW QUESTION # 71
Since diet has been implicated as a factor in heart disease, stroke, birth defects and cancer, which of the following are allowed as health claims on labels?

- A. all of the above
- B. calcium and osteoporosis
- C. folic acid and neural tube defects
- D. sodium and hypertension

Answer: A

Explanation:
In addressing the question regarding what types of health claims are permissible on food labels, particularly in relation to various health conditions, it's important to understand the regulatory framework governed by agencies like the U.S. Food and Drug Administration (FDA). Health claims on food labels are rigorously scrutinized to ensure they are based on scientific evidence and accurately inform consumers without being misleading.
The specific health claims mentioned in the question include relationships between certain nutrients and health conditions: 1. **Sodium and Hypertension:** High sodium intake is linked to an increased risk of hypertension (high blood pressure), which is a major risk factor for heart disease and stroke. The FDA allows health claims on labels that state reducing sodium intake can lower blood pressure, which may reduce the risk of developing cardiovascular disease. 2. **Calcium and Osteoporosis:** Adequate

calcium intake is crucial for the development and maintenance of strong bones. The FDA permits claims that highlight the role of dietary calcium in reducing the risk of osteoporosis, a condition characterized by brittle and fragile bones. 3. **Folic Acid and Neural Tube Defects:** Folic acid is essential for proper cell growth and development of the embryo. Health claims connecting folic acid consumption with a reduced risk of neural tube defects (such as spina bifida) in newborns are allowed. This is based on strong evidence that suggests women who have adequate folic acid intake before and during early pregnancy can significantly reduce the risk of these birth defects.

Furthermore, the question also refers to a general claim that can be made about diets low in saturated fat and cholesterol, and high in fruits, vegetables, and grains containing dietary fiber. This type of diet is associated with a reduced risk of coronary heart disease. The FDA supports claims that promote these dietary patterns, acknowledging the comprehensive benefits of such diets in preventing heart disease.

In conclusion, the answer to the original question about which health claims are allowed on labels would be "all of the above." Each of these nutrient-disease relationship claims (sodium and hypertension, calcium and osteoporosis, folic acid and neural tube defects) is supported by scientific evidence and is recognized by regulatory authorities like the FDA. Additionally, broad claims about healthy diets low in saturated fat and cholesterol and high in beneficial nutrients are also endorsed due to their proven effectiveness in reducing the risk of coronary heart disease. These regulations ensure that consumers receive scientifically accurate information to make informed dietary choices that promote overall health.

NEW QUESTION # 72

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