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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q64-Q69):

NEW QUESTION # 64

What is the main source of fluoride?

- A. Carrots.
- **B. Tap water.**
- C. Spring water.
- D. Beets.

Answer: B

Explanation:

The main source of fluoride for many people is tap water. Fluoride is a mineral known for its ability to strengthen tooth enamel,

which helps to prevent dental cavities. Recognizing its benefits for oral health, many municipal water systems in the United States and other countries add fluoride to their drinking water. This process, known as water fluoridation, aims to reduce dental problems in the general population.

Fluoride can naturally occur in water sources, including rivers, lakes, and wells, at varying concentrations. However, the levels of naturally occurring fluoride may not be sufficient to achieve the dental health benefits. Therefore, controlled addition of fluoride to public water supplies adjusts the fluoride concentration to an optimal level that is deemed safe and effective for preventing tooth decay.

In areas where tap water is not fluoridated, or for individuals using private wells, fluoride supplements are available. These supplements can be prescribed by dentists or other healthcare professionals to help individuals, particularly children, develop strong teeth and reduce the risk of cavities.

Aside from tap water and supplements, fluoride can also be found in various dental products such as toothpaste and mouth rinses. These products directly apply fluoride to the teeth, enhancing the tooth enamel's resistance to decay. It is important for individuals to be aware of the fluoride sources they are exposed to, to maintain adequate levels without exceeding recommended amounts, as excessive fluoride exposure can lead to dental fluorosis or other health issues.

NEW QUESTION # 65

Fluid gains come mostly from

- A. Solid foods.
- B. Proteins.
- C. Carbohydrates.
- **D. Drinking water.**

Answer: D

Explanation:

The correct answer to the question "Fluid gains come mostly from" is "Drinking water." The human body predominantly acquires its necessary fluid intake from drinking water and other beverages. This is crucial because water plays numerous vital roles in the body. Firstly, water is essential for maintaining the health and integrity of every cell in the body. It provides the necessary medium for biochemical reactions and aids in transporting nutrients and oxygen to cells. Without adequate water, cells would not be able to function properly, leading to various health issues.

Moreover, water is important for the regulation of body temperature. Through the process of perspiration and evaporation, the body can manage and stabilize temperature, which is vital for maintaining homeostasis. Water also acts as a lubricant and cushion for joints, and assists in the protection of sensitive tissues and organs.

In addition to plain water, the body also obtains fluids from other beverages like teas, juices, and even from food. Solid foods, especially fruits and vegetables, can contain significant amounts of water. However, while these sources contribute to overall fluid intake, drinking water directly is the most efficient and effective way to meet the body's hydration needs.

It's also worth noting that while beverages such as coffee and alcoholic drinks do provide some fluid, they can also have diuretic effects, which may increase fluid loss in some individuals. Therefore, relying on water and hydrating, non-diuretic beverages is generally recommended for optimal hydration.

Overall, maintaining adequate hydration by consuming sufficient amounts of water and other hydrating beverages is key to ensuring the proper functioning of the body's many systems and maintaining overall health.

NEW QUESTION # 66

Nutrition is how the food you eat affects your body. For health, energy, and growth, you need to do all of the following except:

- A. consume about 8 cups of water per day
- B. eat a variety of foods in moderate yet adequate amounts
- **C. the food choices you make today will not affect your health and quality of life for years to come.**
- D. getting the right balance of nutrients helps you look your best and perform well at school and work

Answer: C

NEW QUESTION # 67

The diabetes diagnostic test that is an integrated measure of long-term mean glycemia is which of the following?

- A. glycated serum protein

- B. random blood glucose test
- **C. hemoglobin A1C**
- D. fasting plasma glucose

Answer: C

Explanation:

The correct answer to the question regarding the diabetes diagnostic test that serves as an integrated measure of long-term mean glycemia is "hemoglobin A1C." Hemoglobin A1C, also known as HbA1c, is a form of hemoglobin that is chemically linked to glucose. This linkage occurs as a result of exposure of the hemoglobin in red blood cells to circulating glucose. As a result, the level of HbA1c in an individual's blood reflects the average blood glucose concentration over the previous two to three months, which is roughly the lifespan of a red blood cell.

HbA1c is widely recognized and utilized as a critical marker for the long-term management of diabetes mellitus. It provides a more consistent and comprehensive picture of blood glucose levels over time, compared to other tests that might only reflect glucose levels at a single point in time or over a short period. For non-diabetics, the normal range for HbA1c is typically between 4% and 6%. For individuals with diabetes, medical guidelines usually recommend maintaining an HbA1c level of less than 7% to effectively manage the condition and reduce the risk of developing diabetes-related complications such as neuropathy, nephropathy, and retinopathy. In contrast, other tests such as fasting plasma glucose (FPG) and random blood glucose tests offer snapshots of an individual's glucose level at specific times. Fasting plasma glucose specifically measures blood glucose after an overnight fast and does not provide information about glucose fluctuations during the day or after meals. Similarly, the random blood glucose test measures glucose at any given time, irrespective of meal times, and can vary significantly based on recent food intake and other factors.

Another test mentioned is the glycated serum protein test, which also reflects average glucose levels over a shorter period (typically one to three weeks) compared to HbA1c. While this test can be useful in certain situations, it is not as commonly used as HbA1c for monitoring long-term glucose control in individuals with diabetes.

In summary, hemoglobin A1C is considered the gold standard for assessing long-term glycemic control in individuals with diabetes. It helps in planning treatment strategies and adjusting medications to prevent or delay the onset of diabetes complications. This test's significance lies in its ability to provide a more accurate and cumulative view of glucose levels over an extended period, making it a vital tool in diabetes management.

NEW QUESTION # 68

When concentrated forms of minerals are taken on a regular basis, over a period of time and become more than the body can handle this results in which of the following?

- A. inefficiency of the mineral
- B. rejection of the mineral
- C. deficiency of the mineral
- **D. toxicity of the mineral**

Answer: D

Explanation:

When concentrated forms of minerals are taken on a regular basis, the body can accumulate these substances to levels that exceed its capacity to process and utilize them effectively. This situation can lead to a condition known as mineral toxicity. Minerals are essential nutrients needed in small amounts for health and proper functioning of the body. However, just like any nutrient, an excess can be harmful.

Mineral toxicity manifests when the intake of a mineral consistently exceeds the body's requirement and its ability to excrete the excess. Different minerals have different thresholds for toxicity, and the severity of symptoms can vary based on the specific mineral involved and the level of excess. Common symptoms of mineral toxicity may include nausea, diarrhea, abdominal pain, and more severe effects like kidney damage, neurological disruptions, or cardiovascular problems depending on the mineral and the extent of exposure.

It's important to note that toxicity can also lead to interactions that affect the absorption and efficacy of other minerals. For example, an excess of one mineral might inhibit the absorption of another, potentially leading to a deficiency in the inhibited mineral even when its intake would normally be adequate. This complex interplay can disrupt the overall nutritional balance and contribute to various health issues.

Because of these risks, it is advised that concentrated forms of minerals, such as supplements, be taken only under medical guidance. A physician can provide personalized advice based on individual health needs, current diet, and existing medical conditions. They can help determine the appropriate dosage to avoid the risk of toxicity and ensure that the supplementation is beneficial rather than harmful. This approach is crucial for maintaining optimal health and preventing the negative outcomes associated with excessive mineral intake.

NEW QUESTION # 69

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