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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q40-Q45):

NEW QUESTION # 40

The primary regulator of fluid intake is

- A. Thirst.
- B. Serum potassium level.
- C. Ratio of fat to skeletal muscle.
- D. Active transport.

Answer: A

Explanation:

The correct answer to the question "The primary regulator of fluid intake is" is "Thirst." Thirst is a critical physiological response that serves as the main regulator of our body's fluid intake. It is triggered by various mechanisms that monitor the hydration status and the osmotic pressure of the body.

When there is a decrease in the body's water level, whether through sweating, excretion, or simple evaporation, the osmotic pressure of the extracellular fluid (ECF) increases. This increased osmotic pressure is detected by osmoreceptors in the hypothalamus, a region in the brain responsible for regulating thirst. As a result, these receptors trigger the sensation of thirst, compelling an individual to drink fluids and restore the body's optimal hydration level.

Additionally, the sensation of thirst can be exacerbated by the drying of the mucous membranes in the mouth and throat. When there is insufficient saliva production due to low fluid volume in the body, these membranes become dry, further intensifying the feeling of thirst. This serves as a physical reminder to replenish the body's water supply.

Thirst is a more immediate and direct regulator of fluid intake compared to other potential factors like serum potassium levels or the ratio of fat to skeletal muscle. While these factors can influence fluid balance and distribution in the body, they do not directly trigger the acute, conscious desire to drink water in the way that the physiological response of thirst does. Thirst is therefore recognized as the primary and most effective mechanism for maintaining fluid homeostasis in the body.

NEW QUESTION # 41

Although the brain represents only 2% of body mass, it consumes what percentage of energy provided by the diet?

- A. 5%
- B. 30%
- C. 20%
- D. 10%

Answer: C

Explanation:

The human brain, while comprising only about 2% of the body's total mass, disproportionately consumes approximately 20% of the energy derived from our daily food intake. This substantial energy demand is crucial for maintaining the brain's complex functions, including cognition, motor control, and sensory processing. Despite its relatively small physical size, the brain's high metabolic rate underscores its importance and the intensity of its operational processes.

The reason behind this high energy consumption lies in the brain's need to maintain the electrical potentials of neurons and to fuel the transmission of signals throughout the nervous system. Neurons, the primary cells of the brain, communicate through electrochemical signals known as action potentials. These signals are crucial for everything from basic reflexes to complex decision-making. To generate these signals consistently, neurons use a significant amount of energy to pump ions across their membranes, a process vital for restoring the ion gradient after each action potential.

Additionally, the brain's energy consumption is not just limited to powering neuronal activities. It also extends to the maintenance and restructuring of synapses - the junctions where neurons communicate. Synapses are continuously formed and reformed throughout life in a process that underpins learning and memory. This synaptic activity is another energy-intensive process, further contributing to the brain's overall energy demands.

Moreover, the brain also uses energy to produce and regulate neurotransmitters, the chemicals that transmit signals across synapses. The synthesis, release, and recycling of neurotransmitters are metabolically costly processes, essential for effective neural communication and overall brain function.

It is also noteworthy that the brain's energy requirement remains relatively constant, even during sleep, reflecting the continuous and demanding nature of its functions. This continuous energy consumption is supported by glucose, the primary energy source for the brain, which underscores the importance of a steady supply of glucose which is facilitated by the blood-brain barrier.

In summary, although the brain is small in terms of physical size, its energy demands are immense due to the high costs of maintaining resting membrane potential, generating action potentials, synaptic transmission, and other metabolic activities. This explains why the brain uses up to 20% of the energy we obtain from our diet, despite constituting only 2% of our body mass. This disproportionate energy usage highlights the brain's role as a highly active and essential organ in the human body.

NEW QUESTION # 42

Cascara sagrada is:

- A. bark
- B. berry
- C. root
- D. none of the above

Answer: A

Explanation:

****Cascara sagrada**** is a medicinal bark derived from the *Rhamnus purshiana* tree, which is native to the western part of North America, from southern Alaska to central California. It is most commonly recognized and used for its natural laxative effects.

The primary active compounds in cascara sagrada are anthraquinones, which are potent stimulant laxatives. These compounds work by promoting contractions in the colon, which helps to move stool through the bowels. This action makes it effective in treating constipation and maintaining regular bowel movements. Additionally, it increases the secretion of water and electrolytes in the intestines, further easing the passage of stool.

Cascara sagrada is not only used for constipation but also for other digestive disorders. It can be helpful in cases of colon cleansing before diagnostic procedures like colonoscopy. Despite its effectiveness, cascara sagrada should be used cautiously as overuse can lead to complications such as electrolyte imbalance, dehydration, and dependency, where the bowels become reliant on the laxative to function.

The use of cascara sagrada in tea form is quite common, though it is noted for its very bitter taste which can be off-putting for many. This bitterness is primarily due to the anthraquinones. To make it more palatable, it is often mixed with other herbs or flavorings to mask the bitterness.

While cascara sagrada offers several benefits for digestive health, it should be used under the guidance of a healthcare provider to avoid potential side effects and interactions with other medications. It is usually recommended for short-term use only, as long-term use can lead to several health issues, including a dependency on laxatives for bowel movements.

In summary, cascara sagrada is valued primarily for its effectiveness as a laxative and a colon cleanser. It is derived from the bark of the *Rhamnus purshiana* tree and has been used both traditionally and in modern medicine to treat constipation and prepare for colon examinations. However, due to its strong laxative properties and bitter taste, its use must be managed carefully.

NEW QUESTION # 43

When pureeing food, what happens to the volume of fruits and vegetables?

- A. Doubles.
- B. Increases.
- C. Decreases.
- D. Stays the same.

Answer: C

Explanation:

When pureeing fruits and vegetables, the volume of the produce decreases. This occurs because the process of pureeing breaks down the fibrous structures and cells within the fruits and vegetables, releasing trapped air and reducing the overall space they occupy. Additionally, during pureeing, any excess water contained within the produce may also be released, which contributes to a reduction in volume.

The result of pureeing is a more compact, smoother texture that appears to occupy less space than the original whole fruits or vegetables. Despite this decrease in volume, the nutritional content of the fruits and vegetables remains, making the puree more nutrient-dense per spoonful compared to the raw, whole form. This is beneficial for creating concentrated flavors and nutrients in meals, especially in dishes where space and texture are considerations, such as smoothies or soups.

It's important to note that this characteristic of decreasing volume is specific to fruits and vegetables. In contrast, when meats are pureed, the volume can actually increase. This is because meats generally require the addition of liquids, such as water or broth, to facilitate the pureeing process and achieve a palatable texture. This addition of liquid increases the overall volume of the pureed meat compared to its original form.

NEW QUESTION # 44

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

- A. hemoglobin A1C
- B. fasting plasma glucose

- C. random blood glucose test
- D. glycated serum protein

Answer: A

NEW QUESTION # 45

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