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## NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q58-Q63):

### NEW QUESTION # 58

In TCM, diabetes is typically considered to be caused by all of the following except:

- A. insufficient rest
- B. appropriate diet
- C. congenital deficiency
- D. inappropriate diet

**Answer: B**

Explanation:

In Traditional Chinese Medicine (TCM), the understanding and treatment of diabetes are quite different from Western medicine. TCM views the body as a network of energy systems that must remain in balance to maintain health. Diabetes, referred to as "Xiao Ke" disease in TCM, is often associated with symptoms like excessive thirst, hunger, and urination. According to TCM theory, the roots of diabetes can be traced back to factors such as congenital deficiency, inappropriate diet, overwork, and insufficient rest. Congenital deficiency in TCM refers to inherent weaknesses in the body's constitution. This might be due to hereditary factors or issues that occurred during the prenatal period that affect the Qi (vital energy) and the functioning of organs like the spleen, kidney, and pancreas, which are considered crucial in the metabolism of fluids and nutrients in the body.

An inappropriate diet is another major factor believed to cause diabetes in TCM. Consuming foods that are too sweet, rich, or greasy can create an imbalance by generating excessive heat and dampness in the body. This imbalance can lead to the accumulation of phlegm and stasis, which disrupts the normal functioning of the spleen and pancreas, eventually leading to symptoms associated with diabetes.

Overwork and insufficient rest both contribute to the depletion of the body's vital substances, including Qi and Yin. This depletion can lead to a state where the body lacks the necessary energy to perform its metabolic functions effectively. In TCM, the kidney is believed to be particularly affected by overwork and insufficient rest, and kidney health is crucial in the regulation of the body's fluids and overall energy balance.

Contrary to these factors, an appropriate diet is actually recommended in TCM to prevent or manage diabetes. A balanced diet that includes all five tastes - sweet, sour, bitter, pungent, and salty - but emphasizes more bitter and sour foods, can help in maintaining proper glucose levels and overall body balance. Foods that are particularly beneficial are those that promote Yin and Qi, such as barley, yams, mushrooms, and blueberries.

Therefore, when considering the factors listed in the question congenital deficiency, inappropriate diet, overwork, insufficient rest, and appropriate diet, it is clear that "appropriate diet" is not considered a cause of diabetes in TCM but rather part of its management and prevention. Hence, it is the correct answer to the question of what is typically not considered a cause of diabetes in Traditional Chinese Medicine.

#### **NEW QUESTION # 59**

Eggs for commercial foodservice are sold as frozen whole eggs in 30 lb cans. A can equals how many whole eggs?

- A. 10 dozen
- B. 15 dozen
- **C. 23 dozen**
- D. 30 dozen

**Answer: C**

Explanation:

To answer the question of how many whole eggs are equivalent to one 30 lb can of frozen whole eggs, we must first understand the typical weight of a whole egg.

On average, a large whole egg weighs about 2 ounces. Since there are 16 ounces in a pound, a pound would typically contain about 8 large eggs. Therefore, to find out how many eggs are in a 30 lb can, you would multiply 30 pounds by 8 eggs per pound, resulting in 240 eggs.

However, when dealing with bulk or commercial packaging like a 30 lb can of frozen whole eggs, the eggs are not individually accounted for by their shell weight but rather by their collective mass. Hence, the calculation may slightly differ based on the specific packing and preservation method used.

It is stated that a 30 lb can of frozen whole eggs approximately equals 23 dozen eggs. Knowing that one dozen equals 12 eggs, 23 dozen would be 276 eggs. This suggests that in commercial terms, the eggs might be slightly smaller, or the packaging could include the weight of the liquid or additional materials used in the preservation process.

Therefore, the correct answer is that a 30 lb can of frozen whole eggs equals about 23 dozen eggs. This conversion is crucial for food service professionals who need to accurately calculate costs and supplies for recipes and menu planning.

#### **NEW QUESTION # 60**

A person with a BMI of 26.0 falls into which of the following categories?

- A. underweight
- B. obese class I
- **C. overweight**
- D. normal weight

**Answer: C**

Explanation:

Body Mass Index (BMI) is a simple calculation used to assess whether a person has a healthy body weight for a person of their height. It is obtained by dividing a person's weight in kilograms by the square of their height in meters ( $\text{kg/m}^2$ ).