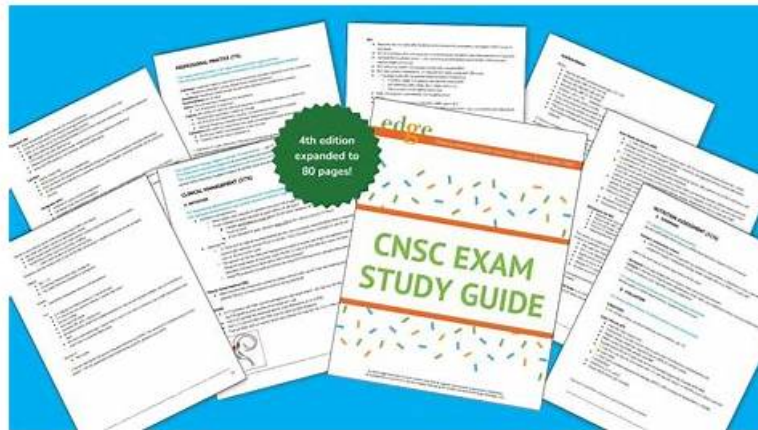


NBNSC-CNSC Exam Exercise - Exam NBNSC-CNSC Assessment



P.S. Free 2026 NUTRITION NBNSC-CNSC dumps are available on Google Drive shared by DumpsMaterials:
https://drive.google.com/open?id=18Sh0kw3_WViBXe0xB2282uc6YKg2JY2_

God always helps those who help themselves. It is impossible to make great fortune overnight. Enough preparation and efforts are needed when you come across an opportunity. So we suggest that you learn our NBNSC-CNSC latest training material, which can help broaden your knowledge. Nowadays, lifelong learning has got wide attention. The much knowledge you learn, the better chance you will have. Our NBNSC-CNSC practice material suits you best. You can elevate your ability in a short time. Then you can apply what you have learned on our NBNSC-CNSC test engine into practice. We warmly welcome you to purchase our study guide.

Every day we are learning new knowledge, but also constantly forgotten knowledge before, can say that we have been in a process of memory and forget, but how to make our knowledge for a long time high quality stored in our minds? This requires a good memory approach, and the NBNSC-CNSC study braindumps do it well. The NBNSC-CNSC prep guide adopt diversified such as text, images, graphics memory method, have to distinguish the markup to learn information, through comparing different color font, as well as the entire logical framework architecture, let users on the premise of grasping the overall layout, better clues to the formation of targeted long-term memory, and through the cycle of practice, let the knowledge more deeply printed in my mind. The NBNSC-CNSC Exam Questions are so scientific and reasonable that you can easily remember everything.

>> NBNSC-CNSC Exam Exercise <<

Exam NBNSC-CNSC Assessment & Valid NBNSC-CNSC Test Guide

The desktop-based practice exam is customizable, tracks your progress, and creates a real NBNSC Certified Nutrition Support Clinician (CCN) (NBNSC-CNSC) exam environment. This software works offline on Windows computers. The web-based practice exam is similar to the desktop-based practice exam and can be taken on any browser without needing to install separate software. Moreover, the web-based NBNSC Certified Nutrition Support Clinician (CCN) (NBNSC-CNSC) practice exam is also compatible with all operating systems.

NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q87-Q92):

NEW QUESTION # 87

All of the following is true about Green Tea except:

- A. should not be used in large quantities during pregnancy or while nursing
- B. may lower the risk of esophageal, stomach, colon and skin cancer
- C. does not delay the onset of arteriosclerosis
- D. combats mental fatigue

Answer: C

Explanation:

The question provided lists several statements about green tea and asks which one is not true. To address the question correctly, we need to evaluate each statement against known benefits and effects of green tea based on scientific studies and general health guidelines.

The first statement, "combats mental fatigue," is generally true. Green tea contains caffeine, a well-known stimulant that can help in reducing mental fatigue by blocking the inhibitory neurotransmitter adenosine in the brain, which increases the firing of neurons and the concentration of neurotransmitters like dopamine and norepinephrine. This results in improved mood, vigilance, reaction time, and memory.

The statement "does not delay the onset of arteriosclerosis" is the one in question. Arteriosclerosis involves the thickening and hardening of the arteries that can lead to serious cardiovascular diseases. Some studies suggest that the antioxidants in green tea, particularly polyphenols, can help reduce oxidative stress and inflammation, both of which play a role in arteriosclerosis. Thus, this statement is likely false as there is evidence suggesting that green tea can indeed help in delaying arteriosclerosis, making it the correct answer to the question regarding which statement is not true about green tea.

The caution for persons with anxiety disorders or irregular heartbeat to limit their intake to no more than 2 cups daily is valid. This is due to the caffeine content in green tea which can potentially exacerbate anxiety and increase heart rate. Hence, moderation is recommended for individuals with these conditions.

The claim that green tea "may lower the risk of esophageal, stomach, colon, and skin cancer" is backed by various studies that suggest a possible protective effect of green tea's antioxidants, particularly EGCG (epigallocatechin gallate). These components may help in neutralizing harmful free radicals, which can otherwise contribute to cancer development.

Lastly, the advice that green tea "should not be used in large quantities during pregnancy or while nursing" is also accurate. High levels of caffeine, which is present in green tea, can cross the placenta and affect fetal heart rate and growth. It can also be passed through breast milk and might affect a nursing infant.

In summary, the statement that "does not delay the onset of arteriosclerosis" is not true about green tea, considering the evidence supporting its cardiovascular benefits, including potential effects on delaying arteriosclerosis.

NEW QUESTION # 88

What is the main source of fluoride?

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

Answer: A

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 # 89

When counseling a client on nutrition and smart eating behaviors, they should include all of the following except:

- A. do nothing else while eating (do not read or watch television)
- B. have family and friends provide help in the form of praise and material reward
- C. pause in the middle of the meal

- D. do not solicit help from family and friends

Answer: D

Explanation:

When counseling a client on nutrition and smart eating behaviors, several effective strategies should be included. However, not all suggestions may be beneficial or appropriate depending on the context. Let's explore these strategies and identify which one should not be included.

One smart eating behavior is to pause in the middle of the meal. This pause helps the individual assess their current level of fullness and can prevent overeating by allowing the brain time to register the amount of food that has been eaten. This moment of reflection is a mindful eating practice that can significantly contribute to better eating habits.

Another recommended practice is to focus solely on eating during mealtime, meaning avoiding distractions like reading or watching television. This practice helps the individual to be fully present during the meal, which can enhance the awareness of the body's cues on hunger and satiety and prevent mindless eating, which often leads to consuming more calories than needed.

Soliciting help from family and friends can also be very beneficial. When someone is trying to change their eating habits or improve their nutrition, having a support system can be crucial. Family and friends can provide emotional support, encouragement, and even practical help, such as sharing healthy recipes or joining in healthier meal preparations. They can also be part of a reward system to reinforce good eating behaviors, offering praise or agreed-upon rewards for reaching certain goals.

Therefore, the advice to "do not solicit help from family and friends" would be the incorrect choice and should not be included in counseling for smart eating behaviors. Having a support network can make the journey toward better health more enjoyable and sustainable. This support can be instrumental in maintaining motivation and ensuring compliance with new eating practices.

In summary, while pausing during meals and avoiding distractions like TV or reading during meals are beneficial practices, the recommendation to avoid seeking help from family and friends is not advisable. On the contrary, encouraging clients to engage their support networks can greatly enhance their success in adopting healthier eating behaviors.

NEW QUESTION # 90

Which of the following statements is false regarding weighed food record?

- A. it is considered more accurate than the estimated food record
- B. food and leftovers are weighed using scales or computerized techniques
- C. it is not preferred by some researchers for gathering data on individuals
- D. it requires a greater degree of subject cooperation than the estimated food record

Answer: C

Explanation:

To address the question about which statement is false regarding the weighed food record, we need to analyze each statement provided in the context of what is known about this dietary assessment method.

The first statement says, "food and leftovers are weighed using scales or computerized techniques." This statement is true. In a weighed food record, individuals weigh all the food and drink they consume, as well as any leftovers, using scales or computerized techniques to provide an accurate measure of intake.

The second statement is that "it is not preferred by some researchers for gathering data on individuals." This statement is also true, but it requires clarification. While the weighed food record is considered highly accurate, it is not always preferred because it is labor-intensive and requires significant cooperation from participants. This can make it impractical for large-scale studies or for populations where such high levels of compliance may be difficult to achieve.

The third statement notes that "it is considered more accurate than the estimated food record." This statement is true. The weighed food record is generally considered more accurate than the estimated food record, where participants report their intake from memory, as it minimizes issues of recall bias and estimation errors.

The fourth statement says, "it requires a greater degree of subject cooperation than the estimated food record." This is also true. The weighed food record demands that participants meticulously weigh all their consumed foods and beverages, which can be burdensome and influence their normal eating behaviors due to the self-monitoring involved.

Each statement provided in the query accurately describes aspects of the weighed food record method, and none of the statements is inherently false. However, the repeated assertion that "it is not preferred by some researchers for gathering data on individuals" could be misleading if misinterpreted. While it's true that some researchers might prefer other methods for practical reasons, this doesn't inherently negate the benefits or the preference other researchers have for its accuracy. Thus, in a broad sense, all statements listed are correct, but the context or understanding of preference among researchers might vary, making the repeated statement potentially confusing but not outright false.

NEW QUESTION # 91

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

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

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 # 92

.....

In the NUTRITION NBNSC-CNSC Dumps PDF format of DumpsMaterials, the questions are very relevant to the actual NBNSC Certified Nutrition Support Clinician (CCN) (NBNSC-CNSC) exam. The NBNSC Certified Nutrition Support Clinician (CCN) (NBNSC-CNSC) dumps PDF format is appropriate for laptops, smartphones, and tablets. As the NBNSC-CNSC PDF questions file is portable, you can easily study via it anywhere. You can also print these NUTRITION PDF Dumps. DumpsMaterials regularly updates its NBNSC Certified Nutrition Support Clinician (CCN) (NBNSC-CNSC) questions PDF file to improve the questions and introduce changes when required.

Exam NBNSC-CNSC Assessment: <https://www.dumpsmaterials.com/NBNSC-CNSC-real-torrent.html>

The NUTRITION NBNSC-CNSC dumps questions are rich with information that our experts have extracted from very authentic sources, Your success is bound with our NBNSC-CNSC exam questions, In addition, this NBNSC-CNSC prep material comes with up to 365 days of free NUTRITION Dumps updates and a free demo, The feedback from our customers said that the questions of NBNSC-CNSC vce dump have 95% similarity to the real questions.

Web Words That Work: Writing Online Copy That Sells, All of DumpsMaterials NUTRITION NBNSC NBNSC-CNSC practice questions come from real test, The NUTRITION NBNSC-CNSC Dumps Questions are rich with information that our experts have extracted from very authentic sources.

Pass-Sure 100% Free NBNSC-CNSC – 100% Free Exam Exercise | Exam NBNSC-CNSC Assessment

Your success is bound with our NBNSC-CNSC exam questions, In addition, this NBNSC-CNSC prep material comes with up to 365 days of free NUTRITION Dumps updates and a free demo.

