

NUTRITION NBNSC-CNSC PDF Questions Exam Preparation and Study Guide

CNSC study guide - parenteral nutrition calculation Exam Questions With Complete Solutions

1 g = ___ mg Correct Answers 1000

1/2 NS = ___ mEq sodium/L Correct Answers 77 mEq sodium/L

10% lipid ILE = ___ kcal/ml = ___ kcal/g Correct Answers 1.1 kcal/ml, 11 kcal/g

20% lipid ILE = ___ kcal/ml = ___ kcal/g Correct Answers 2 kcal/ml, 10 kcal/g

30% lipid ILE = ___ kcal/ml = ___ kcal/g Correct Answers 3 kcal/ml = 10 kcal/g

Administer a minimum of ___ g ILE every ___ to prevent EFAD? Correct Answers 100 g ILE once per week

Alternative ILEs may contain... Correct Answers fish oil, MCT and/or olive oil, in addition to soybean oil

Amino acid concentrations range from ___% to ___% Correct Answers 3%-15%

Amino acid osmolarity Correct Answers 10 mOsm/g

Amino acids = ___ kcals/g Correct Answers 4

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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q98-Q103):

NEW QUESTION # 98

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

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

Answer: B

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 # 99

Which of the following statements about fats is false?

- **A. Fat does not supply energy**
- B. Fat provides a store of energy for the body
- C. Fat promotes healthy skin and normal growth
- D. Fat gives your meals flavor and texture

Answer: A

Explanation:

The statement "Fat does not supply energy" is false. Fats are a crucial macronutrient in the human diet and serve numerous vital functions, one of the most important being their role as a significant source of energy. When consumed, fats provide approximately 9 calories per gram, which is more than double the energy provided by carbohydrates or proteins, both of which supply 4 calories per gram. This high energy density makes fats an efficient fuel source for the body, particularly during extended periods of physical activity or when carbohydrate reserves are depleted.

In addition to supplying energy, fats contribute to the absorption of fat-soluble vitamins (A, D, E, and K), which are vital for various physiological processes including vision, bone health, and blood clotting. Fats also play a critical role in insulating the body and protecting vital organs against shock, by forming a cushion around them.

Moreover, fats enhance the flavor and texture of food, making meals more satisfying and enjoyable. This sensory aspect of fats is important not only for culinary purposes but also for stimulating appetite and improving nutrient intake.

Thus, the assertion that fats do not supply energy is incorrect. Instead, fats are an essential component of the diet, providing energy, supporting cell function, aiding in the absorption of vitamins, and contributing to overall health and well-being.

NEW QUESTION # 100

Which of the following foods is a source of polyunsaturated fatty acids?

- **A. safflower oil**
- B. canola oil

- C. avocados
- D. coconut

Answer: A

Explanation:

Polyunsaturated fatty acids (PUFAs) are essential fats that the human body cannot produce on its own and must obtain through diet. These fats are crucial for cell function and the regulation of various bodily processes, including inflammation and blood clotting. Foods rich in polyunsaturated fatty acids are considered beneficial for heart health as they can help reduce cholesterol levels and lower the risk of heart disease.

Safflower oil is a notable source of polyunsaturated fatty acids. It is derived from the seeds of the safflower plant and is highly valued for its nutritional benefits. Safflower oil primarily contains linoleic acid, which is a type of omega-6 polyunsaturated fat. Regular consumption of safflower oil can contribute to maintaining healthy cholesterol levels, which in turn supports cardiovascular health. In contrast to safflower oil, other food items like coconut, canola oil, and avocados contain different types of fats. Coconut is predominantly a source of saturated fats, which are typically solid at room temperature and can raise levels of bad cholesterol in the blood when consumed in excess. Canola oil and avocados, on the other hand, are rich in monounsaturated fats, which are considered heart-healthy fats. Monounsaturated fats can help reduce bad cholesterol levels and are beneficial for heart health. Thus, among the options given - safflower oil, coconut, avocados, and canola oil - safflower oil is the clear source of polyunsaturated fatty acids. This makes it an excellent choice for those looking to enhance their intake of essential, heart-healthy fats.

NEW QUESTION # 101

In research, the type of hypothesis that is a statement that there is no relationship between the variables is which of the following?

- A. basic hypothesis
- **B. null hypothesis**
- C. qualitative hypothesis
- D. quantitative hypothesis

Answer: B

Explanation:

In the context of scientific research, hypotheses are crucial as they provide a foundation for conducting experiments and analyzing data. A hypothesis essentially proposes a potential relationship or effect between variables based on prior observation or theoretical reasoning. Among various types of hypotheses, the null hypothesis is particularly significant.

The null hypothesis, symbolized as H_0 , is a default statement that assumes no association or effect between the variables under investigation. It posits that any observed difference or correlation in the data is due to chance or external variables, rather than a specific causal interaction between the variables studied. For example, if researchers are studying the effect of a new drug on reducing disease symptoms, the null hypothesis would state that the drug has no effect, implying that any change in symptoms is unrelated to the drug itself.

This hypothesis is crucial because it provides a benchmark against which the alternative hypothesis (H_a) is tested. The alternative hypothesis suggests that there is a statistically significant relationship between variables. In research methodology, testing the null hypothesis allows scientists to either reject it in favor of the alternative hypothesis or fail to reject it, suggesting that more evidence is needed to support a relationship.

During statistical testing, if the evidence collected from experiments or data analysis shows a substantial deviation from what the null hypothesis predicts, researchers may reject the null hypothesis, thereby giving credence to the alternative hypothesis. This process is fundamental in helping researchers avoid making false-positive conclusions about the effect or association between variables.

Thus, the null hypothesis serves as a critical tool in the scientific method, helping to ensure that any claimed relationships between variables are rigorously tested and validated through empirical evidence. It promotes objectivity and precision in scientific research, laying a path for discoveries and advancements grounded in robust and replicable evidence.

NEW QUESTION # 102

Which vitamin is not in any plant-based food?

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

Answer: D

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 # 103

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