

# 100%合格率NUTRITION NBNSC-CNSC | 高品質なNBNSC-CNSC最新受験攻略試験 | 試験の準備方法 NBNSC Certified Nutrition Support Clinician (CCN) テキスト



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あなたはNBNSC-CNSC試験の重要性を意識しましたか。答えは「いいえ」であれば、あなたは今から早く行動すべきです。NBNSC-CNSC認定試験資格証明書を取得したら、給料が高い仕事を見つけることができます。また、NBNSC-CNSC練習問題を勉強したら、いろいろな知識を身につけることができます。NBNSC-CNSC練習問題は全面的な問題集からです。

>> NBNSC-CNSC最新受験攻略 <<

## NBNSC-CNSCテキスト & NBNSC-CNSC学習範囲

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## NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) 認定 NBNSC-CNSC 試験問題 (Q42-Q47):

質問 # 42

The ultimate reason to measure diet is \_\_\_\_\_.

- A. improve human health
- B. support food companies
- C. improve the food economy
- D. support supplement companies

正解: A

解説:

The ultimate reason to measure diet is to improve human health. Understanding and analyzing dietary habits allows researchers, healthcare providers, and policymakers to develop strategies that promote better nutritional practices among populations. This is crucial because nutritional problems, including both malnutrition and overnutrition, are at the core of many health issues. These issues range from chronic diseases such as heart disease, diabetes, and obesity, to deficiencies that impair physical and cognitive development, particularly in children.

By measuring diet, experts can gain insights into the nutritional values of different foods and how they affect human health. This data is essential for creating dietary guidelines and health policies that encourage healthy eating habits. Moreover, accurate dietary measurement helps in identifying nutritional deficiencies in populations, which can be critical for preventing associated health conditions. For instance, understanding the prevalence of iron deficiency can lead to initiatives aimed at increasing iron intake through diet or supplementation.

Additionally, measuring diet supports the development of tailored interventions that cater to the specific nutritional needs of different demographics, such as pregnant women, the elderly, or those suffering from chronic diseases. Personalized dietary recommendations can significantly improve individual health outcomes by addressing unique nutritional requirements and preventing diet-related illnesses.

Furthermore, in the context of global health, measuring diet can help in tackling malnutrition in developing countries, where it remains a leading cause of mortality and morbidity. Proper dietary assessments can lead to more effective distribution of food aid and nutritional education programs, ultimately enhancing the overall health and wellbeing of vulnerable populations.

In conclusion, the primary motivation for measuring diet is its direct impact on improving human health. Through comprehensive dietary analysis, it is possible to prevent and manage numerous health issues, promote well-being, and enhance the quality of life for individuals across the globe. This makes dietary measurement a fundamental tool in the field of public health and nutrition.

質問 # 43

All of the following are smart recommendations for healthy eating except:

- A. replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories
- B. increase intake of fat-free and low-fat milk and milk products such as milk, yogurt, cheese or fortified soy beverages
- C. choose a variety of lean protein foods
- D. decrease the amount and variety of seafood in place of some meat and poultry

正解: D

解説:

The question asks which of the provided statements is not a smart recommendation for healthy eating. To evaluate this, let's analyze each option individually.

The first option is "increase intake of fat-free and low-fat milk and milk products such as milk, yogurt, cheese or fortified soy beverages." This recommendation aligns well with general dietary guidelines that suggest incorporating more low-fat dairy or dairy alternatives into your diet. These products provide essential nutrients such as calcium, vitamin D, and protein without excessive saturated fat, which can contribute to heart disease.

The second option states "decrease the amount and variety of seafood in place of some meat and poultry." This statement is contrary to common dietary advice. Generally, health guidelines recommend increasing the intake of seafood while reducing the consumption of some meat and poultry, especially those high in saturated fats. Seafood is a valuable source of omega-3 fatty acids, proteins, and other essential nutrients and is usually lower in saturated fats compared to red meat. Increasing seafood intake while reducing certain meats can help manage cholesterol levels and reduce the risk of heart disease.

The third option is a repetition of the second, emphasizing the recommendation to "decrease the amount and variety of seafood in place of some meat and poultry." As previously explained, this advice contradicts standard dietary recommendations which actually support increasing seafood consumption for its health benefits.

The fourth option again repeats the recommendation to "decrease the amount and variety of seafood in place of some meat and poultry," and it brings no new information beyond what has been analyzed.

The correct answer to the question is therefore the second, third, and fourth options, which incorrectly suggest decreasing the amount and variety of seafood. Instead, healthy eating guidelines typically recommend increasing seafood intake due to its numerous health benefits, especially when replacing higher-fat meat options.

#### 質問 # 44

All of the following is true about Green Tea except:

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

正解: C

解説:

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.

#### 質問 # 45

A caliper is used to measure which of the following?

- A. skinfold thickness
- B. frame
- C. height
- D. lean tissue

正解: A

解説:

A caliper is a versatile tool used in various measurements, but one of its specific applications is in measuring skinfold thickness. This measurement technique is particularly important in the fields of health and fitness, where it is used to estimate an individual's body fat percentage.

Skinfold thickness refers to the measurement of the layer of fat just under the skin, known as subcutaneous fat. By measuring the thickness of this layer at specific locations on the body, health professionals can estimate the total body fat of a person. These measurements are taken at standardized points on the body, which can include areas like the abdomen, triceps, back, and thigh. The process involves pinching the skin and fat away from the underlying muscle and bone and using the caliper to measure the thickness of the pinched fold. Calipers are designed to apply a standardized pressure to the skinfold, which ensures that the measurements are consistent and reliable. The values obtained from these measurements are then used in equations or reference tables to estimate body fat percentage.

This method of estimating body fat is popular due to its cost-effectiveness and relative ease of use compared to other methods like hydrostatic weighing or DEXA scans. However, the accuracy of skinfold measurements can depend on the skill of the person conducting the assessment and the quality of the caliper used.

In summary, while calipers can be used for various measurements, including dimensions of objects in engineering and manufacturing, in the context of health and fitness, they are specifically utilized to measure skinfold thickness. This measurement helps in estimating the body fat percentage, which is a crucial component in assessing an individual's health and fitness status.

#### 質問 # 46

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. pause in the middle of the meal
- C. do not solicit help from family and friends
- D. have family and friends provide help in the form of praise and material reward

正解: C

解説:

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 mealtimes, 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.

#### 質問 # 47

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