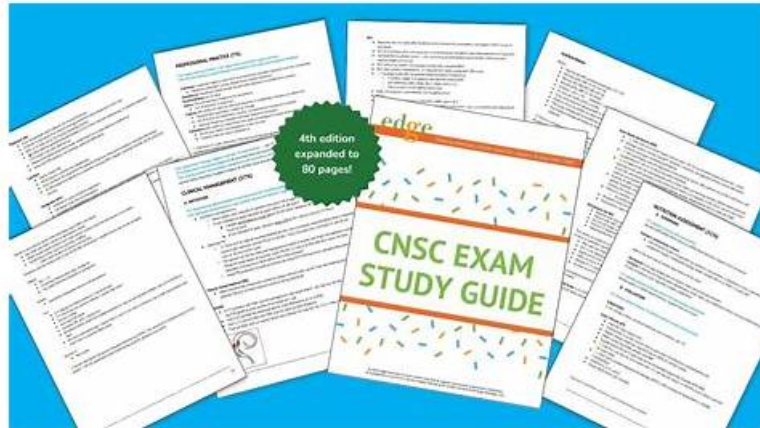


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## Prepare Your NUTRITION NBNSC-CNSC: NBNSC Certified Nutrition Support Clinician (CCN) Exam with Verified NBNSC-CNSC Valid Dumps Sheet Effectively

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## NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q66-Q71):

### NEW QUESTION # 66

The theory about weight loss that everyone has a natural weight at which the body is so comfortable that it does not allow for deviation is which of the following?

- A. set-point theory
- B. fat cell theory
- C. BMI theory
- D. protein fulfillment theory

**Answer: A**

Explanation:

The set-point theory is a concept in the field of weight regulation and obesity research that posits that each person's body has a

biologically predetermined weight range or "set point" that it naturally gravitates towards and maintains. According to this theory, the human body has various physiological mechanisms that regulate body weight to stay within this set point range, much like a thermostat regulates the temperature in a room.

The set-point theory suggests that the body controls weight through a combination of genetic, hormonal, and metabolic factors. These mechanisms can adjust energy expenditure and appetite to maintain body weight within a relatively stable range. For example, if an individual's weight falls below their set point due to dieting, the body may respond by reducing metabolic rate and increasing hunger signals, thereby promoting weight regain. Conversely, if weight goes above the set point, the body might increase metabolic rate and reduce hunger to restore weight back to the set range.

Critics of set-point theory argue that it does not account for the environmental and behavioral factors that also significantly influence body weight. They point to the rising rates of obesity worldwide as evidence that external factors such as diet, physical activity, and lifestyle choices can override the body's set point mechanisms. Despite these criticisms, set-point theory remains an influential idea in understanding the challenges of weight loss and the biological resistance to maintaining weight loss over time.

In conclusion, the set-point theory provides a framework for understanding why weight loss can be difficult to achieve and maintain. It emphasizes the role of biological determinants in regulating body weight, while also highlighting the complex interplay between genetics, environment, and behavior in obesity and weight management.

### NEW QUESTION # 67

All of the following are limitations of the 24-hour recall of food intake of an individual except:

- A. under-reporting does not occur
- B. relies on memory
- C. one recall is seldom representative of a person's usual intake
- D. omissions of dressings, sauces, and beverages can lead to low estimates of energy intake

**Answer: A**

Explanation:

To answer the question about the limitations of the 24-hour recall of food intake, it's essential to understand what each statement implies and identify which one is incorrect as a limitation.

The 24-hour dietary recall method is a commonly used dietary assessment tool where an individual recalls all the foods and beverages they consumed in the previous 24 hours. While this method is relatively easy to administer and requires less time compared to other methods like food records, it comes with several limitations.

One limitation is that "one recall is seldom representative of a person's usual intake." This statement is true because dietary habits can vary daily, and a single day's intake may not accurately reflect typical consumption patterns. Therefore, relying on a single 24-hour recall might not provide a comprehensive view of an individual's dietary habits.

The statement "under-reporting does not occur" is not correct as a limitation because, in reality, under-reporting is a significant limitation of the 24-hour recall method. Individuals often forget or deliberately omit certain foods or underestimate portion sizes, which can lead to inaccuracies in the data collected. Both under-reporting and over-reporting are common issues in dietary recall methods, affecting the reliability of the data.

Another limitation is the reliance on memory, as stated in "relies on memory." Since this method depends entirely on the individual's ability to recall their food intake accurately, it is susceptible to errors in memory. People may not remember every detail accurately, especially for incidental items like condiments, snacks, or beverages.

Lastly, "omissions of dressings, sauces, and beverages can lead to low estimates of energy intake" is also a true limitation. These items are often overlooked or forgotten when recalling what was eaten, yet they can significantly contribute to total caloric and nutrient intake. The omission of such items can result in underestimation of energy and nutrient consumption, which can skew research findings or dietary assessments.

In conclusion, the correct answer to the question is that "under-reporting does not occur" is the exception and not a limitation of the 24-hour recall method. All other options correctly describe limitations associated with this dietary assessment tool.

### NEW QUESTION # 68

As important as good nutrition is to health, a counselor should not lose sight of the fact that other practices can have a profound negative impact on health. They include all of the following except:

- A. cigarette smoking
- B. drinking plenty of water
- C. excessive alcohol
- D. physical inactivity

**Answer: B**

Explanation:

The question is about identifying which among the listed options does not have a negative impact on health. In the context of counseling and health, it's crucial to recognize both beneficial and harmful practices.

The first option, "cigarette smoking," is widely recognized as harmful. Smoking is a major cause of preventable diseases and deaths. According to the Centers for Disease Control and Prevention (CDC), smoking is responsible for more than 480,000 deaths per year in the United States, including deaths from direct smoking and secondhand smoke exposure. Smoking harms nearly every organ in the body, causes many diseases, and reduces overall health.

The second option, "drinking plenty of water," stands out as the only practice in the list that has a positive impact on health. Hydration is essential for maintaining bodily functions, including regulation of body temperature, joint lubrication, and transport of nutrients. Adequate water intake is vital for good health, and it helps prevent conditions such as kidney stones, constipation, and urinary tract infections.

The third option, "physical inactivity," is a known health risk. Lack of physical activity has been linked to numerous health problems, such as obesity, heart disease, diabetes, and some cancers. The World Health Organization (WHO) has identified physical inactivity as the fourth leading risk factor for global mortality, causing an estimated 3.2 million deaths globally each year.

The fourth option, "excessive alcohol," is also detrimental to health. Excessive alcohol consumption can lead to liver disease, heart disease, and certain types of cancer, as well as acute consequences like alcohol poisoning and accidents. The CDC notes that excessive alcohol use leads to approximately 95,000 deaths in the United States each year.

In conclusion, among the options provided, "drinking plenty of water" is the only one that does not have a negative impact on health and, in fact, is a recommended practice for maintaining good health. The other options—cigarette smoking, physical inactivity, and excessive alcohol—are all practices that can profoundly impact health negatively.

#### NEW QUESTION # 69

Patients who experience optic neuropathy may improve with which of the following treatments?

- A. Resveratrol
- B. Vitamins A and D
- C. Vitamins C and E
- D. B-group vitamins and folic acid

**Answer: D**

Explanation:

Optic neuropathy refers to damage or dysfunction of the optic nerve, which can lead to vision loss. This condition can result from a variety of causes including genetic factors, inflammation, trauma, and nutritional deficiencies. In cases where optic neuropathy is linked to nutritional deficiencies, treatment with specific supplements may help in managing the condition and potentially improving symptoms.

Among the treatments for optic neuropathy caused by nutritional deficiencies, the administration of B-group vitamins and folic acid has shown promising results. B-group vitamins, particularly vitamin B12, play a crucial role in the functioning of the nervous system and in the maintenance of healthy nerve cells. Vitamin B12 deficiency can specifically lead to optic neuropathy; thus, supplementing this vitamin can help in reversing the damage or halting the progression of the disease.

Folic acid, another B vitamin, works in conjunction with vitamin B12 in many bodily processes, including DNA synthesis and red blood cell formation. It is also essential for the health of the nervous system. Adequate levels of folic acid, therefore, support nerve function and can contribute to the overall management of optic neuropathy.

The method of administering these vitamins can also affect their efficacy. Parenteral administration, which means administering the vitamins via injections directly into the bloodstream, ensures that the nutrients are absorbed more efficiently and quickly than if they were taken orally. This can be particularly important in cases where patients have conditions that impair nutrient absorption from the digestive tract.

In summary, for patients suffering from optic neuropathy related to nutritional deficiencies, treatment with parenteral B-group vitamins and folic acid may lead to improvements in vision. This approach not only helps in managing the symptoms of optic neuropathy but also addresses the underlying issues of vitamin deficiency, thereby supporting overall nerve health and function. This treatment should be monitored by healthcare professionals to ensure safety and effectiveness, and to adjust dosages as necessary based on individual patient needs.

#### NEW QUESTION # 70

200 international units is equivalent to which of the following?

- A. 10 µg

- B. 20 µg
- C. Can not be determined.
- D. 5 µg

**Answer: C**

Explanation:

5 µg: Can not be determined. International units (IU) are units of measurement commonly used for medications, vaccines, and vitamins. The volume or mass that constitutes one International Unit varies depending on the specific substance being measured due to differences in concentration or potency. Consequently, converting between international units and micrograms is not straightforward, as the conversion depends on the particular substance and its established IU definition by international agreement.

10 µg: Can not be determined. Like other measurements in international units, the conversion to micrograms cannot be universally applied across all substances. Each substance has a specific IU definition, which is internationally agreed upon based on its biological activity or effect. Therefore, without knowing the specific substance in question, it is impossible to accurately convert 200 IUs to micrograms.

20 µg: Can not be determined. International units measure the potency or effect of a substance rather than its mass directly. The relationship between IUs and micrograms varies by substance and is established through international standards specific to each substance. As such, without additional information about the substance in question, converting 200 IUs directly to micrograms is not feasible.

Can not be determined: Correct answer. The question does not provide enough information to determine the equivalent micrograms of 200 international units. The conversion from IUs to micrograms is specific to each substance and based on standardized biological activity or chemical potency. Without knowing which substance the 200 IUs refer to, it is impossible to perform a conversion to micrograms.

## NEW QUESTION # 71

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