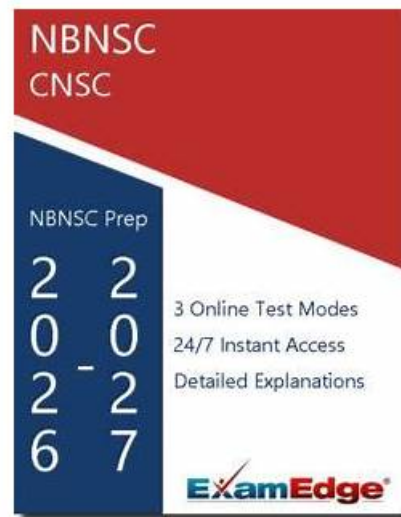


Quiz 2026 NUTRITION NBNSC-CNSC: Efficient Exam NBNSC Certified Nutrition Support Clinician (CCN) Questions Fee



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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q24-Q29):

NEW QUESTION # 24

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. 23 dozen**
- C. 15 dozen
- D. 30 dozen

Answer: B

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 # 25

The condition in which a part of the stomach protrudes through the diaphragm into the thoracic cavity is which of the following?

- A. peptic ulcer
- **B. hiatal hernia**
- C. dyspepsia
- D. GERD

Answer: B

Explanation:

The correct answer to the question is "hiatal hernia." A hiatal hernia occurs when part of the stomach pushes upward through the diaphragm. The diaphragm is a large, dome-shaped muscle that separates the chest cavity from the abdominal cavity and plays a crucial role in breathing. Normally, the esophagus passes through a small opening in the diaphragm (the esophageal hiatus) before connecting to the stomach. In cases of a hiatal hernia, the stomach bulges up through this opening and into the chest.

There are two main types of hiatal hernia: sliding and paraesophageal. The more common form, a sliding hiatal hernia, happens when both the stomach and the section of the esophagus that joins the stomach slide up into the chest through the hiatus. The paraesophageal hernia, which is less common but potentially more serious, occurs when part of the stomach squeezes through the hiatus, positioning itself next to the esophagus, while the esophagus and stomach junction remains in place.

Symptoms of a hiatal hernia can vary. Many individuals with a small hiatal hernia experience no noticeable symptoms. However, a larger hernia can cause food and acid to back up into the esophagus, leading to symptoms such as heartburn, acid reflux, and chest or abdominal pain. In severe cases, a hiatal hernia can lead to complications like strangulation (where the blood supply to the herniated stomach is cut off) or esophagitis (inflammation of the esophagus).

Diagnosis of a hiatal hernia typically involves imaging studies such as an X-ray or endoscopy. Treatment depends on the severity and symptoms. Mild cases may only require lifestyle changes such as diet modifications, weight management, and medications to control acid reflux. More severe cases might necessitate surgical intervention to repair the hernia and prevent complications. In contrast to conditions like GERD (gastroesophageal reflux disease), peptic ulcer, or dyspepsia, which primarily involve the stomach or esophagus but do not include the anatomical displacement found in hiatal hernias, a hiatal hernia specifically involves the abnormal protrusion of the stomach through the diaphragm. Thus, understanding the structural aspect of this condition is crucial for accurate diagnosis and appropriate treatment.

NEW QUESTION # 26

What is the main source of fluoride?

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

Answer: D

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 # 27

All of the following are uses for Juniper except:

- A. regulates blood sugar levels
- B. acts as a diuretic
- C. relieves inflammation and congestion
- D. does not interfere with the absorption of iron and other minerals

Answer: D

Explanation:

Juniper, a plant known for its health benefits, is utilized in various ways in traditional medicine. It acts as a diuretic, helping the body expel excess water and salt, which can be particularly useful in conditions such as fluid retention and hypertension. This diuretic property is one of the primary reasons juniper is considered beneficial for kidney and bladder issues.

Besides its diuretic action, juniper is known for its ability to relieve inflammation and congestion. This makes it helpful in the treatment of conditions like asthma, where inflammation of the respiratory system plays a crucial role. Its anti-inflammatory properties are also advantageous in managing symptoms of gout, a condition characterized by painful inflammation of the joints.

Juniper is reputed to have effects on blood sugar regulation as well, which can be significant for managing diabetes or prediabetic conditions. Its potential to aid in regulating blood sugar levels adds to its utility in a holistic approach to treating or managing obesity and metabolic syndrome.

However, it's important to note that juniper may interfere with the absorption of iron and other minerals when taken internally. This interference can lead to deficiencies if juniper is used concurrently with other supplements without proper timing or medical advice. Thus, it should be taken separately from meals or other supplements to avoid this interaction.

From the information provided, it is clear that the statement "does not interfere with the absorption of iron and other minerals" is

incorrect regarding the use of juniper. This makes it the exception in the list of uses for juniper presented in the question.

NEW QUESTION # 28

Which of the following is an example of an appropriate goal for a person trying to avoid weight gain from certain medications?

- A. Increase the amount of fruits, vegetables, and whole grains in their daily diet.
- B. Develop a healthy body image.
- C. Maintain a specific body weight (i.e. 160 pounds).
- D. Do not gain any weight.

Answer: A

Explanation:

In addressing the question of which goal is appropriate for someone aiming to avoid weight gain while on certain medications, it is crucial to consider goals that are both practical and conducive to long-term health improvements. One effective approach is to focus on modifying dietary habits, which includes increasing the intake of fruits, vegetables, and whole grains. This goal not only promotes healthier eating patterns but also contributes to better overall health management.

Increased consumption of fruits, vegetables, and whole grains is advantageous for several reasons. These food groups are high in dietary fiber, vitamins, and minerals, while generally being lower in calories and fat compared to more processed foods. The fiber content is particularly important as it helps to promote a feeling of fullness, which can prevent overeating—a key factor in maintaining weight. Additionally, these foods have a low energy density, which means they provide fewer calories compared to their weight, allowing one to eat satisfying portions without consuming too many calories.

Setting a goal to maintain a specific body weight, such as 160 pounds, or to not gain any weight, can be problematic. These goals are outcome-oriented and can lead to frustration and disappointment if not met. They do not account for the natural fluctuations in body weight that can occur due to factors like fluid balance and hormonal changes. Moreover, such goals do not necessarily encourage the adoption of healthy eating behaviors or improvements in overall health.

Developing a healthy body image is another important goal, but it is more psychological in nature and does not directly address the dietary behaviors that can help in managing weight gain associated with medication use. While it is a valuable goal, it may be more effective when pursued in conjunction with specific dietary changes, rather than as a standalone objective.

Therefore, the goal of increasing the intake of fruits, vegetables, and whole grains is not only behavior-oriented but also directly supports the physical health changes needed to counteract potential weight gain from medications. This goal emphasizes positive action and focuses on the process of making healthier food choices on a daily basis, which is more controllable and sustainable over the long term.

NEW QUESTION # 29

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