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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q61-Q66):

NEW QUESTION # 61

Foods that are labeled organic need to have at least what percentage of organic ingredients except for added water and salt?

- A. 65%
- **B. 95%**
- C. 75%
- D. 50%

Answer: B

Explanation:

When a product is labeled as "organic," it must meet strict guidelines set by certifying organizations, such as the USDA in the United States. One of the key requirements for a food product to be labeled as "organic" is that at least 95% of its ingredients, excluding water and salt, must be organic. This means that these ingredients must be grown and processed using organic farming methods that exclude synthetic pesticides, herbicides, and chemicals.

The exclusion of water and salt from the calculation is because these are considered natural substances that do not usually undergo the same type of agricultural processing as other food ingredients. Therefore, when calculating the percentage of organic ingredients, these are not considered in the total weight that needs to be organic.

Additionally, there are different labeling categories within organic certifications. For example, products that can claim they are "made with organic ingredients" need to contain at least 70% organic ingredients, again excluding water and salt. This allows for a slight flexibility compared to the stricter 95% requirement for a fully organic label.

These regulations are implemented to maintain the integrity of the organic labeling system and to provide consumers with standardized, reliable information about the organic status of the products they purchase. Meeting these requirements ensures that consumers are getting products that are substantially free from synthetic additives and are produced in a way that supports sustainable agricultural practices.

NEW QUESTION # 62

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

Answer: C

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 # 63

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

- A. avocados
- B. coconut
- C. safflower oil
- D. canola oil

Answer: C

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 # 64

200 international units is equivalent to which of the following?

- A. 5 µg
- B. Can not be determined.
- C. 10 µg
- D. 20 µg

Answer: B

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 # 65

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

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

Answer: C

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 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.

NEW QUESTION # 66

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