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NUTRITION NBNSC Certified Nutrition Support Clinician (CCN) Sample Questions (Q55-Q60):

NEW QUESTION # 55

One of five sections of MyPlate is made up of grains. Whole grains provide which of the following?

- A. iron and magnesium
- B. B vitamins
- C. dietary fiber
- D. all of the above

Answer: D

Explanation:

Whole grains are an essential part of a balanced diet and are prominently featured in one of the five sections of the MyPlate dietary guidelines. Consuming whole grains is crucial because they provide a host of nutritional benefits that are vital for maintaining good health.

Firstly, whole grains are a significant source of dietary fiber. Fiber is essential for digestive health, helping to maintain regular bowel movements and prevent constipation. It also plays a role in lowering cholesterol levels and regulating blood sugar, which can help in

preventing diseases such as type 2 diabetes and heart disease.

Besides dietary fiber, whole grains are rich in essential nutrients such as B vitamins. These vitamins, including thiamin, riboflavin, niacin, and folate, play a key role in maintaining healthy bodily functions. They help the body convert food into energy, create new blood cells, and maintain healthy brain cells, among other functions.

Whole grains also provide minerals such as iron and magnesium. Iron is crucial for the creation of hemoglobin, a protein needed to transport oxygen in the blood. Magnesium supports muscle and nerve function, helps maintain a regular heartbeat, supports a healthy immune system, and keeps bones strong.

When grains are refined, they are stripped of their bran and germ, resulting in a loss of dietary fiber, vitamins, and minerals. This is why refined grains are considered to be less beneficial compared to whole grains. Thus, the option "all of the above" accurately summarizes the benefits of consuming whole grains, emphasizing their role in providing dietary fiber, B vitamins, and essential minerals like iron and magnesium.

It is important to make an effort to incorporate whole grains into our diets as part of a healthy eating pattern to gain these nutritional benefits and support overall health.

NEW QUESTION # 56

What is a Registered Dietitian's responsibility when it comes to conflicts of interest?

- A. They are exempt from concern for conflicts of interests.
- **B. They should provide full disclosure when a real or potential conflict of interest arises.**
- C. They should draft a report outlining the conflict and submit it to the Academy of Nutrition and Dietetics.
- D. They should not associate themselves with the person/s with whom the conflict of interest exists.

Answer: B

Explanation:

Registered Dietitians (RDs) are health professionals who are trained to provide advice on diet, food, and nutrition. As such, they often find themselves in positions where their professional responsibilities can conflict with personal interests or external pressures. This can cause a conflict of interest, which could potentially affect the impartiality and objectivity of their advice. To manage these situations ethically and professionally, RDs are expected to follow specific guidelines regarding conflicts of interest.

Firstly, RDs are not exempt from concerns about conflicts of interest. In fact, they must be especially vigilant about identifying both real and potential conflicts. A conflict of interest in nutrition and dietetics could arise in various situations, such as endorsing products, receiving sponsorships from food companies, or having financial interests in a business that might benefit from a client's treatment plan.

The primary responsibility of an RD when facing a conflict of interest is to provide full disclosure. This means they must inform all relevant parties about the conflict, which helps to maintain transparency. Full disclosure ensures that clients are aware of the RD's affiliations or financial interests that could influence the dietary advice provided. This openness is crucial for maintaining trust in the client-professional relationship.

In addition to providing full disclosure, RDs are advised to be proactive in managing conflicts of interest. This involves being alert to situations that might cause a conflict or even appear to present a conflict. By recognizing these situations early, RDs can take steps to avoid or minimize their impact.

Another approach might involve drafting a report detailing the conflict and submitting it to a governing body like the Academy of Nutrition and Dietetics. This formal documentation helps to ensure that the conflict is handled according to professional standards and adds an extra layer of accountability.

In some cases, it may be necessary for RDs to sever ties with the person or entity with whom the conflict exists. This might be the most ethical choice if the conflict cannot be resolved in a way that assures the integrity of the RD's professional advice.

In conclusion, a Registered Dietitian's responsibility when it comes to conflicts of interest is to maintain a high standard of professional integrity by being vigilant, providing full disclosure, actively managing potential conflicts, and taking decisive action when needed. These actions are essential for upholding the trust placed in RDs by their clients and the general public.

NEW QUESTION # 57

Which of the following types of evaluations occurs during the design or implementation of a program in effort to identify the program's weaknesses and correct them?

- A. Developmental evaluation.
- B. Summative evaluation.
- **C. Formative evaluation.**
- D. Correctional evaluation.

Answer: C

Explanation:

The correct answer to the question regarding which type of evaluation occurs during the design or implementation of a program to identify and correct the program's weaknesses is "Formative evaluation." Formative evaluation is a key component in the process of program development and implementation. Unlike summative evaluation, which assesses the effectiveness of a program at the end of its execution, formative evaluation is conducted during the early stages of program execution. This type of evaluation is particularly crucial as it focuses on the ongoing improvement of the program's design and delivery mechanisms.

During formative evaluation, evaluators collect data related to the program's processes and outcomes to identify any issues or areas needing improvement. This could include gathering feedback from participants, observing program activities, or assessing the resources and materials used. The primary goal here is to make real-time adjustments that enhance the program's effectiveness and efficiency, ensuring that it meets its intended objectives and serves the target population appropriately.

Moreover, formative evaluations help stakeholders understand and refine the program's theory of action or logic model. This understanding is vital for aligning the program's activities with its goals and for making necessary modifications to achieve the desired impact.

In summary, formative evaluation is integral during the initial phases of a program, focusing on identifying and addressing weaknesses through continual feedback and adjustments. This proactive approach ensures that the program develops in a way that maximizes its potential for success and effectiveness.

NEW QUESTION # 58

The homeopathic principle that is the systematic verification of the law of similars is which of the following?

- A. potency theory
- B. repertory principle
- C. material medica
- D. law of proving

Answer: D

Explanation:

The correct answer to the question regarding the homeopathic principle that systematically verifies the law of similars is the "law of proving." The law of proving is a foundational concept in homeopathy that serves to empirically test the law of similars, which is a central doctrine in homeopathic medicine. This law posits that substances capable of causing certain symptoms in healthy individuals can, when administered in small, diluted amounts, treat similar symptoms in sick individuals.

In the process of proving, a substance is administered to a group of healthy volunteers who have not been exposed to the substance before. These individuals then meticulously record any changes in their health, emotions, thoughts, and physical condition. The purpose of this exercise is to observe and document the symptoms that the substance can produce.

These recorded symptoms are compiled and analyzed to determine which are common and significant among the volunteers. Such symptoms are considered indicative of the substance's therapeutic potential according to the principle of similars. This systematic collection of symptoms from provings forms a vital part of the homeopathic materia medica—the comprehensive reference of remedies and their effects used by homeopaths to match a patient's symptoms with a corresponding remedy.

Therefore, the law of proving not only verifies but also enriches the understanding and application of the law of similars by providing a methodical and empirical basis for identifying the therapeutic properties of substances used in homeopathy. This, in turn, enhances the precision and effectiveness of homeopathic prescriptions.

NEW QUESTION # 59

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 gives your meals flavor and texture
- D. Fat promotes healthy skin and normal growth

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 # 60

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