BCNS CERTIFYING EXAM FOR CERTIFIED NUTRITION SPECIALISTS:
The following sample questions are illustrative of those appearing on the exam

1. Compared to the requirements of a nonpregnant adult woman, the dietary requirements for several vitamins are increased during gestation; among these are the requirements for:
   a. Vitamin A
   b. Pyridoxine and pantothenic acid
   c. Thiamin, riboflavin and niacin
   d. Vitamin D

2. Altered metabolism of pyridoxine in chronic alcoholism results from:
   a. increased aldehyde oxidase activity.
   b. decreased aldehyde oxidase activity.
   c. unchanged aldehyde oxidase activity.
   d. decreased excretion of pyridoxine

3. Insulin sensitivity may be enhanced by supplementation with:
   a. chromium picolinate.
   b. iron acetate.
   c. zinc chloride.
   d. selenium hexanoate.

4. To decrease the Respiratory Quotient (RQ), one should replace dietary:
   a. fat with protein.
   b. carbohydrate with fat.
   c. protein with carbohydrate.
   d. fat with carbohydrate.
5. Initial advice for a lactose-intolerant postmenopausal woman with a history of kidney stones and subnormal spinal BMD should be:
   a. restriction of dietary calcium intake.
   b. restriction of fluid intake.
   c. increased consumption of dairy products.
   d. dietary supplementation with magnesium.

6. The purpose of encouraging individuals with diabetes to increase the dietary fiber contents of their meals is to:
   a. reduce plasma albumin concentration.
   b. stimulate insulin secretion.
   c. minimize postprandial hyperglycemia.
   d. stimulate intestinal glucose transport.

7. The most accurate and reliable way to assess the macronutrient intake of an individual is through the use of a:
   a. 24-hour food intake recall questionnaire.
   b. 7-day food intake diary.
   c. "food frequency questionnaire."
   d. stool and urine analysis.

8. The biological value of food proteins can be enhanced by:
   a. supplementation with branched-chain amino acids.
   b. slow cooking.
   c. the addition of MSG.
   d. combining them with complementary food proteins.
9. If a bolus containing 600 mOsm/L enters the jejunum, the net direction of fluid movement in the intestinal tract will be:
   a. from the intestinal lumen to the circulation.
   b. from the circulation to the intestinal lumen.
   c. longitudinally along the mucosal basement membrane.
   d. from the circulation to the lymphoid system.

10. Excessive production of gas within the intestines may be caused by excessive colonic bacterial fermentation of unabsorbed:
   a. gluten.
   b. small peptides.
   c. lignin.
   d. carbohydrates.