

**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.