

Registered Dietitian Nutritionist Practice Test Questions and Answers

1. What is the primary role of a Registered Dietitian Nutritionist (RDN)?

- A) Prescribing medications for weight loss
- B) Providing evidence-based nutrition counseling and education
- C) Performing surgical procedures
- D) Diagnosing eating disorders only

2. How many calories are in one gram of carbohydrate?

- A) 2 calories
- B) 4 calories
- C) 7 calories
- D) 9 calories

3. What is the recommended daily intake of fiber for adults?

- A) 10-15 grams
- B) 20-25 grams
- C) 25-35 grams
- D) 40-50 grams

4. Which vitamin deficiency can lead to scurvy?

- A) Vitamin A
- B) Vitamin B12
- C) Vitamin C
- D) Vitamin D

Answers: 1-B 2-B 3-C 4-C

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