



ExamsIndex
Practice Materials & Tests

DEMO VERSION

International

DHA-Nutritionist Exam

Dubai Health Authority- Nutritionist Licensing Examination



Exam Latest Version: 6.0



Question 1. (Single Select)

The amount of sodium consumed by the average American per day is

- A: 2,300 mg.
- B: 230 mg.
- C: 340 mg.
- D: 3,400 mg.

Correct Answer: D

Explanation:

The correct answer to the question regarding the amount of sodium consumed by the average American per day is 3,400 mg. This figure significantly exceeds the Dietary Guidelines for Americans, which recommend a maximum intake of 2,300 mg per day. The average intake of 3,400 mg indicates that Americans typically consume about 50% more sodium than what is advised.

Excessive sodium intake is a prevalent dietary concern because it is linked to various health issues, particularly an increased risk of developing hypertension (high blood pressure). Hypertension is a major risk factor for heart disease and stroke, which are leading causes of death in the United States. Therefore, managing sodium intake is crucial for maintaining cardiovascular health and preventing associated diseases.

The high sodium consumption can largely be attributed to processed and restaurant foods, which tend to use significant amounts of salt for flavoring, preservation, and texture-enhancing purposes. Sodium is not only present in overtly salty items but also in foods where it might not be expected, contributing to its overconsumption.

Public health initiatives often focus on educating the public about the sources of sodium in their diet and encouraging food manufacturers to reduce the sodium content of their products. Additionally, individuals are advised to read nutrition labels carefully, prepare food at home where possible, and choose fresh or unprocessed ingredients to better control their sodium intake.

Understanding these dietary recommendations and the health risks associated with high sodium intake is essential for making informed food choices and fostering a healthier population. Reducing average sodium consumption to the recommended levels could have a significant

impact on public health outcomes related to hypertension and cardiovascular diseases.

Question 2. (Single Select)

A balanced diet is one that includes:

- A: equal amounts of carbohydrates and fats
- B: no animal products
- C: all six classes of nutrients
- D: more vegetables than fruits

Correct Answer: C

Explanation:

A balanced diet is essential for maintaining good health and well-being. It provides the body with the necessary nutrients it requires to function optimally. Understanding what constitutes a balanced diet can help in making healthier food choices.

A balanced diet includes all six classes of nutrients: carbohydrates, proteins, fats, vitamins, minerals, and water. Each of these nutrients plays a critical role in various bodily functions, and it's important to consume them in the right proportions.

****Carbohydrates**** are a major source of energy for the body. They are found in foods like grains, fruits, and vegetables. ****Proteins**** are essential for the growth and repair of body tissues and can be sourced from meat, dairy products, and legumes. ****Fats**** are another source of energy and are important for the absorption of certain vitamins; they can be found in oils, butter, and nuts.

****Vitamins**** and ****minerals**** are crucial for immune function, bone health, and overall well-being. They are widely distributed in fruits, vegetables, dairy, and meat. Lastly, ****water**** is vital for hydration, digestion, and nutrient transportation.

It is important to note that a balanced diet does not necessarily mean equal amounts of carbohydrates and fats, as the body requires these in different ratios depending on individual health needs, lifestyle, and energy expenditure. Additionally, a balanced diet is not restricted to

any food groups, such as excluding all animal products or only consuming vegetables and fruits. Instead, it is about variety and moderation, ensuring that no essential nutrients are omitted.

In summary, a truly balanced diet is one that adequately incorporates all six classes of nutrients, tailored to an individual's specific health requirements, rather than adhering to overly restrictive or unbalanced food intake patterns. This approach supports overall health and helps prevent nutritional deficiencies and associated health problems.

Question 3. (Single Select)

When a lab test result comes back showing an elevated BUN, it is referred to as azotemi

a. Decreased BUN can result from all of the following except:

- A: liver disease
- B: overhydration
- C: dehydration
- D: malnutrition

Correct Answer: C

Explanation:

Blood Urea Nitrogen (BUN) is a test that measures the amount of nitrogen in the blood in the form of urea, a waste product that is produced during protein metabolism. Urea is produced in the liver and is excreted by the kidneys. Therefore, BUN levels are a marker used to evaluate kidney function and liver function, and they can be influenced by the rate of protein breakdown in the body.

When a BUN test result indicates high levels of urea, it is referred to as azotemia. This condition can be caused by factors that lead to increased protein breakdown or reduced excretion of urea by the kidneys. Potential causes include high protein diets, kidney dysfunction, dehydration, and certain diseases affecting kidney function.

Conversely, a decreased BUN level can result from several conditions including: 1. ****Liver Disease:**** Since urea is produced in the liver, severe liver disease can lead to decreased urea

production, thereby reducing BUN levels. 2. **Overhydration:** Excessive fluid intake can dilute the blood urea concentration, leading to lower BUN levels. 3. **Malnutrition:** Inadequate protein intake reduces the amount of urea the body produces, which decreases BUN levels. 4. **Use of Anabolic Steroids:** These can increase muscle mass, thus altering the metabolism of proteins and potentially leading to lower BUN levels.

The question specifically asks which of the conditions listed does not lead to a decreased BUN. hydration. Dehydration typically causes elevated BUN levels rather than decreased levels. This is because dehydration leads to a reduced blood volume, increasing the concentration of urea in the blood, which is reflected as an increase in BUN levels. This contrasts with overhydration, where the increased blood volume dilutes the urea concentration, thus decreasing the BUN.

Therefore, in the context of the question, all the provided options except for dehydration are conditions that can lead to a decreased BUN. Dehydration is known to increase BUN levels, making it the correct answer to the question as the condition that does not lead to decreased BUN levels.

Question 4. (Single Select)

Which of the following supplements can be used for cold sores?

- A: lysine
- B: ginseng
- C: selenium
- D: sassafras

Correct Answer: A

Explanation:

Lysine is an amino acid that is commonly recommended as a supplement for managing and preventing cold sores, which are caused by the herpes simplex virus (HSV). Cold sores, also known as fever blisters, typically appear as lesions on the lips, mouth, or face and can cause discomfort and social embarrassment. The rationale behind using lysine is based on its role in inhibiting the replication of the herpes virus, which relies on another amino acid, arginine, to proliferate. By increasing lysine intake, the theory is that it competes with arginine and can

reduce the severity and frequency of cold sore outbreaks.

Clinical studies have produced mixed results, but some have shown that taking lysine supplements can effectively prevent cold sores and reduce the duration of an outbreak. Recommended dosages for managing herpes outbreaks often range from 1,000 to 3,000 mg per day, typically starting with higher doses at the onset of symptoms and reducing the dosage as symptoms improve. However, it is important to consider that high doses can have side effects and should be discussed with a healthcare provider, especially for individuals with preexisting health conditions or those taking other medications.

In contrast to lysine, other supplements listed such as ginseng, selenium, and sassafras are not specifically recognized for their efficacy in treating or preventing cold sores. Ginseng is generally used for its overall benefits to immune function and energy levels, selenium is known for its antioxidant properties, and sassafras has been historically used for various medicinal purposes, but none are directly linked to the treatment of herpes simplex virus infections.

For those considering lysine supplements, it's also worth noting that dietary sources of lysine include meat, fish, dairy products, eggs, and some legumes, which might be sufficient for some individuals to manage their condition without the need for supplements. As always, it's advisable to consult with a healthcare provider before starting any new supplement regimen, particularly for conditions like herpes that can vary significantly in their expression and severity among different individuals.

Question 5. (Single Select)

There are five categories of nutrition-related data to collect that includes all of the following except:

- A: not appetite
- B: food/nutrition-related history obtained by interviews
- C: anthropometric measurements such as height, weight and BMI
- D: results of biochemical data and medical tests

Correct Answer: A

Explanation:

To answer the question about the five categories of nutrition-related data to collect that includes all of the following except, it is important to understand each category typically involved in a comprehensive nutritional assessment. Here's an expanded explanation of each:

****1. Food/Nutrition-Related History:**** This category includes data collected through dietary interviews or questionnaires. It assesses dietary intake, eating habits, food preferences, allergies, and other relevant information that affects food choices and nutrition. This type of history is crucial for understanding the individual's usual dietary intake and any modifications they may need.

****2. Anthropometric Measurements:**** This involves the physical measurements of the body such as height, weight, Body Mass Index (BMI), waist circumference, and skinfold thickness. These measurements help evaluate the nutritional status, growth patterns, and health risks associated with underweight, overweight, and obesity.

****3. Biochemical Data and Medical Tests:**** This category includes laboratory tests and other diagnostic procedures that provide information about the metabolic and nutritional status of an individual. Common tests might include blood glucose levels, lipid profiles, liver and kidney function tests, and levels of various vitamins and minerals. These results help in diagnosing nutritional deficiencies or imbalances.

****4. Nutrition-Focused Physical Findings:**** This involves clinical observations related to nutrition. It includes looking at physical signs of nutrient deficiencies or excesses, assessing muscle and fat stores, and evaluating overall physical appearance. Signs such as skin, hair, nail changes, or swelling can give clues about nutritional status.

****5. Client Personal History:**** This includes a review of personal lifestyle factors that impact nutritional status such as medical history, socioeconomic status, medication use, and psychological factors. Understanding these aspects helps tailor nutritional advice and interventions to the individual's unique circumstances.

From the list provided in the query, "not appetite" appears as an option, which does not fit directly into any of the standard categories mentioned above. While appetite can be a part of the nutritional-focused physical findings, it is generally considered more a symptom or a side effect observed during the assessment rather than a category itself. Therefore, "not appetite" is the correct answer as it is not a direct category for collecting nutrition-related data.

ExamsIndex

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