

Certified Nutrition Coach Practice Test Questions and Answers

1. What is the primary role of a Certified Nutrition Coach?

- A) Diagnose nutritional deficiencies
- B) Provide nutrition education and support behavioral changes for healthy eating
- C) Prescribe dietary supplements
- D) Treat eating disorders clinically

2. Which approach is most effective for sustainable nutrition behavior change?

- A) Strict meal plans with no flexibility
- B) Gradual, individualized changes based on client's preferences and lifestyle
- C) Elimination of entire food groups
- D) One-size-fits-all dietary recommendations

3. What is the recommended daily water intake for most adults?

- A) 4 cups per day
- B) 8 cups per day (approximately 2 liters)
- C) 12 cups per day
- D) Water intake doesn't matter for health

4. Which nutrient provides 4 calories per gram?

- A) Fat only
- B) Alcohol only
- C) Both carbohydrates and protein
- D) Vitamins and minerals

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

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