

Certified Nutritionist Practice Test Questions and Answers

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

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

2. Which vitamin is primarily synthesized in the skin when exposed to sunlight?

- A) Vitamin A
- B) Vitamin C
- C) Vitamin D
- D) Vitamin E

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

- A) 10-15 grams
- B) 25-35 grams
- C) 45-50 grams
- D) 60-75 grams

4. Which mineral is essential for proper thyroid function?

- A) Iron
- B) Zinc
- C) Iodine
- D) Calcium

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

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