

Nutritional Therapy Practitioner Practice Test Questions and Answers

1. What is the primary focus of nutritional therapy?

- A) Weight loss management
- B) Using whole foods and nutrients to support the body's natural healing processes
- C) Prescribing pharmaceutical medications
- D) Performing medical diagnoses

2. Which organization certifies Nutritional Therapy Practitioners (NTPs)?

- A) Academy of Nutrition and Dietetics
- B) Nutritional Therapy Association (NTA)
- C) American Nutrition Association
- D) Institute of Functional Medicine

3. What is the concept of "bio-individuality" in nutritional therapy?

- A) All people need the same nutrients
- B) Each person has unique nutritional needs based on their individual constitution
- C) Only genetic factors determine nutritional needs
- D) Nutrition needs are determined by age only

4. Which foundation is considered most important in nutritional therapy?

- A) Supplement protocols
- B) Calorie counting
- C) Properly prepared, nutrient-dense whole foods
- D) Elimination of all carbohydrates

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

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