

RDT Practice Test Questions and Answers

1. An adequate intake (AI) value is established when:

- A) Sufficient data exist to set a Recommended Dietary Allowance (RDA)
- B) Evidence is insufficient to establish an RDA but a value is still needed
- C) The nutrient has no known deficiency risk
- D) The tolerable upper intake level has been exceeded

2. Which macronutrient provides 9 kilocalories per gram?

- A) Carbohydrate
- B) Protein
- C) Fat
- D) Fiber

3. In food service, the FIFO inventory method stands for:

- A) First In, First Out
- B) Fast Items, Frequent Orders
- C) First Ingredient, Final Output
- D) Fixed Inventory, Flexible Orders

4. A patient with celiac disease must strictly avoid which protein?

- A) Casein
- B) Gluten
- C) Albumin
- D) Whey

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

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