



RD Dietitian Practice 2026

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Practice Questions

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1. When preparing food for individuals with compromised immune systems, why is it important to refrigerate cooked meat quickly and adjust the storage temperature accordingly?

- A. To enhance the flavor due to longer refrigeration time.
- B. To give time for vitamins to synthesize in the meat.
- C. To ensure the meat becomes tender by cooling slowly at room temperature.
- D. To slow down pathogen growth as delicate immune systems can be harmed by even low counts of bacteria.

2. Which of the following is the correct arrangement of pastry dough types based on their fat content from highest to lowest?

- A. Puff, Choux, Shortcrust, Filo
- B. Shortcrust, Puff, Filo, Choux
- C. Filo, Choux, Shortcrust, Puff
- D. Puff, Shortcrust, Choux, Filo

3. Which of the following is the correct minimum final cooking temperature for pork chops?

- A. 165°F
- B. 175°F
- C. 145°F with a 3-minute rest
- D. 160°F

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4. A pastry chef changes tools and washes hands after handling raw eggs and before decorating cupcakes with whipped cream. What potential issue is the chef most likely avoiding by taking these actions?

- A. Flavor mixing
- B. Cross-contamination
- C. Allergic reaction
- D. Color bleeding

5. A restaurant has set a par level for chocolate chips at 10 lbs. They currently have 5 lbs on hand, use approximately 10 lbs per week, and maintain a safety stock of 2 lbs. If the delivery lead time is 2 days, how many pounds of chocolate chips should they order to meet their par level?

- A. 5 lbs
- B. 17 lbs
- C. 12 lbs
- D. 7 lbs

6. A hospital seeks to implement a new electronic health record system and issues a public request for proposals from technology vendors. Several companies submit bids, and the hospital evaluates them to select the best option. What type of purchasing method is being used in this scenario?

- A. Just-in-time purchasing
- B. Centralized purchasing
- C. Competitive bid buying
- D. Group purchasing

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7. A dietitian is analyzing a client's food diary that was uploaded through a mobile app for dietary evaluation and education. What term best describes this practice?

- A. Telemedicine
- B. Telehealth
- C. Telenutrition
- D. Nutrition education



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8. Which of the following factors primarily influences the color of butter?

- A. Carotenoids in the cow's diet
- B. Amount of salt added
- C. Butter churning method
- D. Fat content of the milk

9. When an adult begins to show signs of a micronutrient deficiency, which symptom is likely to appear first due to iron deficiency? Micronutrient First sign of deficiency Iron Fatigue Vitamin D Bone pain Vitamin C Swollen gums Vitamin B12 Memory loss

- A. Memory loss
- B. Fatigue
- C. Bone pain
- D. Swollen gums

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10. What is the name of the natural coating found on many fruits that helps reduce moisture loss and delay decay?

- A. Pectin layer
- B. Flesh
- C. Seed coat
- D. Wax coating

11. When the body requires glucose and carbohydrates are not available, certain amino acids are used in gluconeogenesis. Which of the following is considered a glucogenic amino acid?

- A. Alanine
- B. Leucine
- C. Lysine
- D. Valine

12. What is lactose, the primary sugar found in cow's milk, made up of?

- A. Glucose and fructose
- B. Fructose and galactose
- C. Glucose and galactose
- D. Glucose and glucose



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13. A group of athletes follows a specific dietary regime. Based on the following data, evaluate which athlete is at most risk for iron deficiency related to their training volume. Athlete Iron Intake (mg/day) Iron Loss (mg/day) Athlete A 18 mg 20 mg Athlete B 25 mg 19 mg Athlete C 30 mg 15 mg

- A. Athlete A
- B. Athlete B
- C. Athlete C
- D. All athletes have adequate iron status

14. Which of the following is classified as non-digestible dietary fiber?

- A. Pectin
- B. Lactose
- C. Cellulose
- D. Maltodextrin

15. Which of the following is not a standard section in the nutritional care process document?

- A. Standardized by The Joint Commission
- B. Assessment
- C. Diagnosis
- D. Monitoring/Evaluation

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16. A male patient on an enteral nutrition plan is receiving a standard formula. Calculate his carbohydrate infusion rate in mg/kg/min using the provided data: Patient Info Value Weight 70 kg Height 178 cm Feed Rate 60 mL/hr Carb Concentration 50 g/L

- A. 0.07 mg/kg/min
- B. 714.29 mg/kg/min
- C. 2.5 mg/kg/min
- D. 7.1 mg/kg/min



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17. Which of the following patterns is most consistent with liver failure?

- A. Pattern Blood Test Indicators Inconsistent Pattern 3 Low bilirubin, high albumin, low AST and ALT
- B. Pattern Blood Test Indicators Consistent with Liver Failure High bilirubin, low albumin, high AST and ALT
- C. Pattern Blood Test Indicators Inconsistent Pattern 1 Low bilirubin, low albumin, high AST and ALT
- D. Pattern Blood Test Indicators Inconsistent Pattern 2 High bilirubin, high albumin, low AST and ALT

18. Which of the following meals provides an additional health benefit beyond basic nutrition?

- A. Grilled chicken salad with spinach, walnuts, and salmon
- B. White bread sandwich with turkey and mayonnaise
- C. Pasta with marinara sauce
- D. Fried fish with coleslaw

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19. What dietary recommendation is appropriate for an individual with cystic fibrosis? Condition Nutritional Needs Recommended Supplements Cystic Fibrosis High-calorie, high-protein diet Pancreatic enzymes, fat-soluble vitamins (A, D, E, K)

- A. Eliminate all dairy products to prevent inflammation
- B. Consume a high-calorie and high-protein diet with pancreatic enzyme supplementation
- C. Adopt a low-calorie diet to aid weight management
- D. Focus on a high-fiber diet to improve digestion

20. Which of the following assessment methodologies is considered the least effective in conducting a nutrition assessment for a patient due to potential inaccuracies?

Assessment Methodology Description
24-Hour Dietary Recall Patient reports all food and beverages consumed in the past 24 hours
Food Frequency Questionnaire Patient checks how often certain foods were consumed
Direct Observation Meal intakes are recorded and observed directly by a healthcare professional
Diet History Detailed interview about usual dietary intake and eating habits over a longer period

- A. Diet History
- B. 24-Hour Dietary Recall
- C. Food Frequency Questionnaire
- D. Direct Observation



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21. Which of the following factors is most crucial in designing a dietary management plan for a patient with gestational diabetes?

- A. Number of meals per day
- B. Exercise habits
- C. Patient's age
- D. Blood glucose levels

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22. In a clinical setting, which of the following methods would provide additional information to assess a patient's nutritional status and energy expenditure beyond BMI?

- A. Blood pressure monitoring
- B. Serum cholesterol levels
- C. Thyroid function tests
- D. Bioelectrical impedance analysis

23. Which of the following dietary adjustments would be most effective for a patient with type 2 diabetes aiming to manage blood sugar levels?

- A. Incorporate more red meat
- B. Eliminate all carbohydrates
- C. Focus solely on increasing protein intake
- D. Focus on increasing fiber intake

24. A hospital cafeteria managed by a registered dietitian served 4,500 meals in June. The total revenue from these meals was \$35,550.00. What is the average cost per meal?

- A. \$7.90
- B. \$9.50
- C. \$5.50
- D. \$8.50

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25. Alex and Jordan are both chefs with five years of experience at a prestigious restaurant. Jordan recently received a culinary award and completed a specialized course in Italian cuisine. However, Alex is earning a higher salary despite having no additional certifications or awards. What law addresses this type of wage discrimination?

- A. Family and Medical Leave Act
- B. HIPAA
- C. Equal Pay Act
- D. Fair Labor Standards Act

26. Alex has worked at a large hospital's nutrition department as a full-time RD for 180 days. The department head, Sarah, is using a structured evaluation method to give Alex formal feedback. What method is Sarah most likely using if she provides feedback based on Alex's observed professional conduct during critical incidents?

- A. 360-degree feedback
- B. Peer review assessment
- C. Self-evaluation
- D. Behaviorally anchored rating scale

27. In the planning of a nutrition education program, which budget would specifically include expenses such as instructor salaries and material costs?

- A. Cash budget
- B. Fixed costs
- C. Operating budget
- D. Capital budget

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28. The updated 2021 guidelines for managing food safety in school lunch programs introduced which of the following changes?

- A. Changes to nutritional standards for all meals
- B. New recommendations for energy-efficient kitchen equipment
- C. Revised portion size guidelines for beverages
- D. Updated allergen labeling requirements



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29. A school cafeteria prepares a large batch of baked lasagna. The table below provides details about the batch. Calculate the profit per serving. Batch Description Total Selling Price Total Batch Cost Total Servings Baked Lasagna \$150.00 \$85.50 60

- A. \$150.00
- B. \$1.07
- C. \$2.58
- D. \$0.98

30. A dietitian at a community health program is tasked with selecting a marketing strategy to promote a new series of nutrition workshops. This scenario is indicative of which of the following managerial roles?

- A. Interpersonal
- B. Figurehead
- C. Decisional
- D. Informational



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Answer Key & Explanations

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1. D — To slow down pathogen growth as delicate immune systems can be harmed by even low counts of bacteria.

Answer: To slow down pathogen growth as delicate immune systems can be harmed by even low counts of bacteria. Cooked meats should be refrigerated quickly and stored at appropriate temperatures to minimize bacterial growth, which could be harmful to individuals with compromised immune systems. Quick cooling and refrigeration slow down bacterial multiplication significantly.

2. D — Puff, Shortcrust, Choux, Filo

Answer: Puff, Shortcrust, Choux, Filo Pastry doughs are organized by fat content from highest to lowest: Puff (very high), Shortcrust (high), Choux (moderate), Filo (low).

3. C — 145°F with a 3-minute rest

Answer: 145°F with a 3-minute rest Pork chops should be cooked to a minimum internal temperature of 145°F, followed by a 3-minute rest to allow the temperature to equalize and kill any remaining bacteria. 160°F is the minimum for ground meat other than poultry. 165°F is required for poultry, such as chicken and turkey, regardless of ground or whole cuts. 175°F exceeds the minimum temperature necessary and could result in overcooked pork.

4. B — Cross-contamination

The correct answer is cross-contamination. Cross-contamination is when harmful bacteria are transferred from one substance or object to food, which can occur when handling raw eggs without proper hygiene measures. Washing hands and changing tools between tasks can prevent bacteria from transferring to other food items, such as whipped cream. Allergic reactions are typically caused by exposure to allergens, which is not necessarily prevented by handwashing and changing tools. Color bleeding and flavor mixing are not related to cross-contamination caused by handling raw eggs.

5. A — 5 lbs

Answer: 5 lbs Using the par stock method, the restaurant brings their inventory up to the par level each time an order is placed, regardless of current inventory levels. In this case, 10 (par level) - 5 (amount on hand) = 5 (order). The other options are calculated using incorrect inventory methods that would consider additional variables, not strictly par stock method.

6. C — Competitive bid buying

The correct answer is Competitive bid buying. It involves requesting proposals from suppliers, allowing them to submit their bids, and then choosing the best option based on criteria like price and capability. Group purchasing involves bulk buying through a group to negotiate discounts, just-in-time purchasing focuses on acquiring goods only as needed, and centralized purchasing involves consolidating purchasing decisions within an organization.

7. C — Telenutrition

Answer: Telenutrition Telenutrition refers to the use of technology by a registered dietitian to provide



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nutritional services, which can include reviewing food diaries uploaded through mobile apps for dietary evaluation.

8. A — Carotenoids in the cow's diet

Answer: Carotenoids in the cow's diet The color of butter is primarily affected by the carotenoids present in the cow's diet. These pigments, found in green plants, influence the butter's yellow color. Salt and butter churning method do not significantly impact color, while fat content affects the texture and richness, not the color.

9. B — Fatigue

Answer: Fatigue Iron deficiency anemia is one of the most common nutritional deficiencies and fatigue is typically the first symptom that appears. As the deficiency becomes more severe, additional symptoms may manifest.

10. D — Wax coating

Answer: Wax coating The natural wax coating on many fruits helps to limit moisture loss and protect against spoilage. The other options provided are incorrect: the pectin layer is part of a fruit's cell structure contributing to firmness, flesh is the edible part inside the skin, and the seed coat protects the seed itself.

11. A — Alanine

Answer: Alanine Alanine is a glucogenic amino acid, which means it can be converted into glucose through gluconeogenesis. This process is particularly important when the body is low on carbohydrates, as it helps maintain blood glucose levels. Leucine and lysine are examples of ketogenic amino acids, which cannot be converted into glucose but instead are usually converted into ketone bodies. Valine is also a glucogenic amino acid, but the question asks for a specific example, and alanine is one of the primary glucogenic amino acids used by the liver for gluconeogenesis.

12. C — Glucose and galactose

Answer: Glucose and galactose. Lactose is a disaccharide sugar composed of glucose and galactose. It is commonly found in milk and dairy products. Knowing the composition of various disaccharides is essential in dietetics.

13. A — Athlete A

Athlete A is at most risk for iron deficiency because they have a negative iron balance: Iron intake (18 mg) minus Iron loss (20 mg) results in a net loss of 2 mg per day. Athlete B has a neutral balance with intake and loss both at 25 mg and 19 mg respectively, while Athlete C has a positive balance, with more iron intake (30 mg) than loss (15 mg).

14. C — Cellulose

Answer: Cellulose Cellulose is classified as non-digestible dietary fiber because it is not broken down by human enzymes during digestion. Maltodextrin is a digestible fiber used as a filler or thickener in foods. Pectin is a soluble fiber that is partially digestible. Lactose is a sugar, not a fiber, and is digestible by lactase enzyme.

15. A — Standardized by The Joint Commission

Answer: Standardized by The Joint Commission The nutritional care process document consists of sections such as Assessment, Diagnosis, Intervention, and Monitoring/Evaluation. The Joint Commission does not standardize these documents.

16. B — 714.29 mg/kg/min

To calculate the carbohydrate infusion rate (CHO infusion rate), use the formula: $\text{CHO infusion rate} =$



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$\frac{\text{Feed Rate (mL/hr)} \times \text{Carb Conc (g/L)} \times 1000 \text{ (mg/g)}}{\text{Weight (kg)} \times 60 \text{ (min/hr)}}$ Substitute in the values: $\text{CHO infusion rate} = \frac{60 \times 50 \times 1000}{70 \times 60} = 714.29 \text{ mg/kg/min}$

17. B — Pattern Blood Test Indicators Consistent with Liver Failure High bilirubin, low albumin, high AST and ALT

Answer: High bilirubin, low albumin, high AST and ALT These blood test indicators are typical in liver failure due to the liver's reduced ability to process bilirubin, produce albumin, and manage liver enzymes.

18. A — Grilled chicken salad with spinach, walnuts, and salmon

The grilled chicken salad with spinach, walnuts, and salmon provides additional health benefits because it includes functional foods such as spinach and salmon. Spinach is rich in vitamins and antioxidants, while salmon contains omega-3 fatty acids known for their anti-inflammatory and cardiovascular benefits. Comparatively, the other meals lack similar components offering additional health benefits beyond regular nutrition.

19. B — Consume a high-calorie and high-protein diet with pancreatic enzyme supplementation

Answer: Consume a high-calorie and high-protein diet with pancreatic enzyme supplementation Individuals with cystic fibrosis have increased energy needs due to compromised lung function and also often experience difficulties with digestion due to pancreatic insufficiency. Hence, a high-calorie and high-protein diet with pancreatic enzyme supplementation is recommended to meet these needs and support digestive health.

20. B — 24-Hour Dietary Recall

The 24-Hour Dietary Recall relies heavily on the patient's memory, which can be unreliable, making it less effective compared to methodologies that involve or encourage more precise collection of dietary data, such as Direct Observation or a cyclic Diet History. The potential for underreporting or overreporting can lead to inaccuracies.

21. D — Blood glucose levels

Answer: Blood glucose levels In managing gestational diabetes, monitoring and managing blood glucose levels is crucial to tailor the dietary regimen effectively.

22. D — Bioelectrical impedance analysis

Bioelectrical impedance analysis is a method used to estimate body composition, specifically body fat and muscle mass, which provides more detailed information about nutritional status and energy expenditure compared to BMI alone. Other methods like blood pressure monitoring, serum cholesterol levels, and thyroid function tests do not provide direct assessment of body composition.

23. D — Focus on increasing fiber intake

Answer: Focus on increasing fiber intake. For patients with type 2 diabetes, dietary fiber, particularly soluble fiber, can slow the absorption of sugar and help improve blood sugar levels. Increasing fiber intake can enhance glycemic control, which is crucial for managing diabetes. This dietary intervention should be part of a comprehensive approach to diabetes management, including regular monitoring of blood sugar levels and consultation with healthcare professionals.

24. A — \$7.90

To find the average cost per meal, divide the total revenue by the number of meals served. Average cost per meal = $\frac{\text{Total Revenue}}{\text{Meals Served}}$ Average cost per meal = $\frac{\$35,550.00}{4,500} = \7.90



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25. C — Equal Pay Act

Answer: Equal Pay Act The Equal Pay Act requires equal pay for equal work regardless of sex, among other factors. The Fair Labor Standards Act sets standards for wage and overtime pay but does not address pay discrimination based on sex. The Family and Medical Leave Act deals with job-protected and unpaid leave for family and medical reasons. HIPAA is related to data privacy and security in healthcare settings.

26. D — Behaviorally anchored rating scale

Answer: Behaviorally anchored rating scale The behaviorally anchored rating scale (BARS) focuses on tracking specific critical incidents, both effective and ineffective, to evaluate an employee's performance. It differs from methods like 360-degree feedback, which collects feedback from peer groups, or self-evaluation, which involves personal reflection from the employee. BARS is designed to classify these critical behaviors into performance dimensions for structured feedback.

27. C — Operating budget

The operating budget includes various day-to-day expenses such as labor and material costs, which are essential for running a program or service. It is distinct from other budgets like the capital budget, which focuses on long-term investments, or cash budgets, which manage cash flow. In this context, expenses like instructor salaries and materials for the nutrition education program are part of the operating budget.

28. D — Updated allergen labeling requirements

The 2021 guidelines for school lunch program management introduced several changes, including an emphasis on updated allergen labeling requirements. This update aims to enhance food safety and cater to students with specific allergies. Other updates in the guidelines include energy-efficient equipment recommendations, increased plant-based options, and improved record-keeping practices.

29. B — \$1.07

To calculate the profit per serving, first determine the selling price per serving and the cost per serving. Selling price per serving = $\frac{150.00}{60} = 2.50$ Cost per serving = $\frac{85.50}{60} = 1.425$ Profit per serving = $2.50 - 1.425 = 1.075$ Rounding to two decimal places, the profit per serving is \$1.07.

30. C — Decisional

The correct answer is Decisional. In this context, the dietitian is making a strategic choice about promoting a program, which falls under the category of decisional roles. Informational roles involve gathering and sharing information, while interpersonal roles involve interacting with others directly.



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