
Eat Right Prep RD Exam Test Bank | Complete Questions And Answers | 100% Correct Quizzes 2024/2025

A registered dietitian nutritionist is working with a client to reduce blood cholesterol levels. The client is knowledgeable about a hyperlipidemia diet and is able to devise healthy meal plans, but he has moderate readiness in independently following the nutrition care plan. To be most effective in meeting the client's needs, what would be the RDN's approach?

- A. Continue to provide dietary instructions to the client and closely monitor compliance.
- B. Help the client gain confidence through listening, advising, and coaching.
- C. Listen to the client. Encourage and support the skills the client has developed.
- D. Turn over responsibility for nutrition care to the client. **ANS** ☒ C

The patient is knowledgeable with moderate readiness, so the RDN needs to find out what the client knows by listening to, encouraging, and supporting the client to help him be fully ready to execute the diet to reduce blood cholesterol.

What daily energy intake should result in a weight loss of 2 pounds per month if one had been consuming 2,000 kcal per day?

- A. 1,200 kcal
- B. 1,650 kcal
- C. 1,750 kcal
- D. 1,850 kcal **ANS** ☒ C

$2000 - 250 = 1750 \text{ kcal}$

Which of the following is an example of an open-ended question that a client would likely respond well to?

- A. Why would you want to follow that meal plan?
- B. Do you use skim milk or whole milk?
- C. What are some of the challenges you've faced in your weight loss journey?
- D. Do you feel positive or negative about your weight loss goal? **ANS** ☒ C

Test Prep Answers Prenrice Gall

Emily Ketcham, Carolyn Monroe

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the authors' names.

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