

# Advanced Dietetics Knowledge Assessment

Dietetics · Practice Test · 6 Questions

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**1. Which specific form of vitamin K is primarily produced by gut microbiota and absorbed in the large intestine, playing a role in bone metabolism in addition to blood coagulation?**

- A) Phylloquinone (K1)
- B) Menaquinone (K2)
- C) Menadione (K3)
- D) Dihydrophyllloquinone

**2. The complete oxidation of one molecule of glucose through glycolysis, the Krebs cycle, and oxidative phosphorylation theoretically yields how many net ATP molecules in eukaryotic cells?**

- A) 24
- B) 30-32
- C) 36-38
- D) 40

**3. Which lipoprotein is primarily responsible for transporting endogenous triglycerides from the liver to peripheral tissues?**

- A) Chylomicron
- B) Low-Density Lipoprotein (LDL)
- C) Very Low-Density Lipoprotein (VLDL)
- D) High-Density Lipoprotein (HDL)

**4. What is the primary mechanism by which soluble fiber contributes to lowering serum cholesterol levels?**

- A) It increases the reabsorption of bile acids in the ileum.
- B) It directly binds to cholesterol in the small intestine, preventing absorption.
- C) It forms a gel-like substance that traps bile acids, leading to their excretion and increased hepatic cholesterol utilization for new bile acid synthesis.
- D) It enhances the activity of lipoprotein lipase, improving triglyceride clearance.

**5. In the context of iron metabolism, which hormone, primarily produced by the liver, is the key regulator of systemic iron homeostasis by controlling iron absorption, recycling, and release?**

- A) Erythropoietin
- B) Ferritin
- C) Transferrin
- D) Hepcidin

**6. Which of the following describes the 'Dietary Reference Intake' (DRI) component known as the 'Estimated Average Requirement' (EAR)?**

- A) The average daily nutrient intake level that is estimated to meet the requirements of 97-98% of healthy individuals in a particular life stage and gender group.
- B) The highest average daily nutrient intake level likely to pose no risk of adverse health effects to almost all individuals in the general population.
- C) A nutrient intake value that is estimated to meet the requirement of half of the healthy individuals in a particular life stage and gender group.
- D) A recommended average daily nutrient intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group of apparently healthy people that are assumed to be adequate.