

REGISTERED DIETITIAN
EXAM

STUDY TIPS

& Sample Questions

SAGE NUTRITION ASSOCIATES

1. Say goodbye to stress:
 - a. Get plenty of sleep: Sleep helps curtail stress, regulate mood, regulate glucose levels decrease risk for cardiovascular disease, decrease blood pressure and stroke risk.
 - b. Mitigate negative thoughts: Stay positive through the study and test-taking process. Tell yourself "I've got this!" Make a list of mantras (short, positive pep-sentences) to keep you moving forward.
 - c. Meditate success: close your eyes and breathe, imagine yourself calm, collected, prepared for the exam. Imagine yourself passing the exam with ease. Do this daily and your thoughts will shape your reality.
 - d. Eat smart: Nourish your body appropriately, eat your fruits, vegetables, omega 3's, whole grains and lean proteins.
 - e. Stay hydrated with H₂O: Stimulants (caffeine) and depressants (alcohol) can increase stress if over-consumed. Water is the best way to keep your brain in top shape.
2. Study Sessions:
 - a. Understand when you best study: What time of day are you most mentally sharp? First in the morning, later in the afternoon or evening. Pay attention to your daily rhythm and study when you are most mentally alert.
 - b. Time your study sessions: Start a timer on your phone, then study. Once your mind starts to wander and you get antsy, stop the timer. This will let you know how much productive study time you can withstand at one time. Structure your study sessions according to this number.
 - c. Study regularly: Take time out of your day to study daily. Make out a 2-month study calendar with the time of day you will study. Break down topics over a 2-month period. Prioritize topics. Revisit unfamiliar topics into weekly study sessions. Grouping all study time 1 day a week is counterintuitive to how humans learn. Daily study is best.
 - d. Take regular movement breaks during your study time- get up, walk around and move.
 - e. Groupthink: Studying with others can be helpful. You can teach each other important concepts which may help you see them in a different light. Limit the group to 2-4 people and keep meetings structured. Set an agenda if needed.
 - f. Eliminate distractions: study in an area free of distractions. Try not to bring your phone with you or leave it in your car! Public libraries are great places to study.
3. Revisit difficult topics:
 - a. Use a dry erase board, chalkboard, or a scrap piece of paper to sketch out difficult concepts or problems. Snap a picture with your phone and revisit the problems daily, or until you feel comfortable with the problems.
 - b. Teach someone else: If you can thoroughly explain a concept to another person, that means you understand how that concept works. Grab a friend, family member or co-worker and explain a difficult concept to them.
 - c. Write it out: write out concepts at least 3 times on a sheet of paper. Revisit information several days later. Study and restudy! Repetition helps information stick.

4. Questions:

- a. Narrow questions down to two answers. Pick between the two answers to the best of your ability. Trust your initial instinct.
- b. Many questions give too much information, eliminate information not relevant to the question.
- c. Look for negative modifiers in the question. Ex: "Which of the following is LEAST effective..."

5. Take a course:

- a. Live exam reviews are a standard in RD exam prep. Sage Nutrition has comprehensive and convenient options to help you in your journey in passing the RD exam. Check out the website at www.sagerdn.com

Sample Exam Questions

1. Nutrition screening in the hospital setting is typically conducted by:

- A. DTR
- B. Registered Dietitian
- C. Staff designated by hospital
- D. Nursing

2. A hemoglobin value for a male patient of 14 g/dL may indicate:

- A. Iron-deficiency anemia
- B. Dehydration
- C. Blood loss
- D. Normal value

3. As myoglobin in meat breaks down in the presence of oxygen, over time, what color changes occur?

- A. Red, brown, green
- B. Brown, red, green
- C. Red, green, brown
- D. Brown, green, red

4. Which of the following is not included as part of the Food Allergen and Labeling and Consumer Protection act of 2004?

- A. Soybeans
- B. Corn
- C. Milk
- D. Fish

Answers: 1. C, 2. D, 3. A, 4. B.