

Exam Name - Certified Holistic Nutritionist (CHN)[™]

Sample Exam

1. Which of the following is the best whole food source of omega-3 fatty acids?

- A. Chicken breast
- B. Wild-caught salmon
- C. Avocado
- D. Zucchini

Answer **B**

2. Which herb is most commonly used to support digestion and ease bloating?

- A. Turmeric
- B. Rosemary
- C. Peppermint
- D. Basil

Answer **C**

3. A blood test shows a client's Vitamin D level is 18 ng/mL. This is considered:

- A. Deficient
- B. Sufficient
- C. Optimal
- D. Toxic

Answer **A**

4. Which food is highest in complete protein?

- A. Almonds
- B. Chickpeas
- C. Tofu
- D. Quinoa

Answer **D**

5. What is the primary role of magnesium in the body?

- A. Blood clotting
- B. Nerve conduction and muscle relaxation
- C. Iron transport
- D. Fat metabolism

Answer **B**

6. Which of the following herbs is most commonly used to support liver detoxification?

- A. Ashwagandha
- B. Milk thistle
- C. Echinacea
- D. Licorice root

Answer **B**