Registered Dietitian Exam
Study Session

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Disclaimer: The views expressed by the presenter are their own and are not necessarily those of the Academy of Nutrition and Dietetics
Disclosure

• Lauren Brady and Laura Sexton are the Co-Founders of Sage Nutrition Associates
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Nuts and Bolts

• Domain Break-Down
  1. Principles of Dietetics – 25%
  2. Nutrition Care for Individuals and Groups – 40%
  3. Management of Food and Nutrition Programs and Services – 21%
  4. Food Service Systems – 14%

• Exam Length
  • 20-minute intro tutorial
  • 2.5 hours in time length
  • 10-minute post-survey
Mindset

• Get Focused “Eye of the Tiger”
• Imagine yourself passing the exam, sitting in the test center and taking the exam.
• Positive affirmations – write 10, repeat them daily to yourself.
  • I am looking forward to passing the RD exam!
  • I am completely worthy of passing the RD exam!
  • I am excited to take and pass the RD exam!
  • Don’t compare your journey to anyone else’s journey
Study Strategies

• 1.5-3 months
• 100 study hours
• More time studying = higher score
• 10-12 h per week for 8 weeks
Study Strategies

- Create a study calendar
- Focus on concepts you don’t know well
- Study fresh – am is best
- Chunking – 25-minute study times
- Recall – say concepts out loud after study session to see how much you truly remember.
- Do not memorize questions
- Low information diet
- Use terms you are studying in everyday conversation
- Teach concepts to other people
- Make your own notecards
What Tools Do You Recommend?

- Textbooks
- Sample questions
- CDR
- Pocket Prep
- Exam Review Guide
Free Materials

- Math Fundamental for Dietetics – free modules
  - Available Late October
- 3-day preview of Eat Right Pro
- RD pocket prep – free question of the day, 10 free questions
If Failure Occurs

• If failure does occur, must wait 45 days to take again.
  • Regroup
  • Refocus
  • Reevaluate
Method of breaking down the test questions

• Key words
  • First
  • Primary
  • Before
  • After

• Type of question
  • Knowledge-based
  • Situational
  • 2-concept
A patient with phenylketonuria needs to supplement:

- A. Cystine
- B. Tyrosine
- C. Lysine
- D. Arginine

- Tyrosine – phenylalanine is the precursor in tyrosine synthesis
Test Your Knowledge

A foodservice director is reviewing financials for the dining hall and they need to determine the break-even point based on the most current data. The following information is given: Fixed Costs: $25,000 Variable Costs: $65,000 Sales = $100,000

What is the break-even point for the dining hall?

• A. $54,188.32
• B. $58,786.25
• C. $67,224.05
• D. $71,428.57

Answer D. FC/ (1-(VC/SP)) = BE $ 25,000/ (1-(65,000/100,000)) 25,000/(1-0.65) 25,000/0.35 = $71,428.57
A catering company is selling sandwiches at a nutrition expo. A booth rental is $500.00. The food and labor cost for each sandwich is $3.00. The sales price for each sandwich for $8.00. How many sandwiches must be sold to break-even?

• A. 100  
• B. 125  
• C. 150  
• D. 200

Answer A. FC/SP - VC = BE units 500.00/8.00 - 3.00 = BE units 500.00/5.00 = 100 units (or sandwiches needed to break-even).
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