
RD Exam question with correct answers 2023 updated to pass

SE Asian food restriction - correct answer Very few dairy products

Consume pork

Need non-dairy calcium sources

Kosher food restriction - correct answer No meat and dairy at the same meal

No shellfish

No Pork

Chinese Food Restriction - correct answer Yin and Yang foods

Yang foods: Hot and bright foods (Hot soups, chicken)

Yin foods: Cold and raw (Fish, vegetables, fruits)

Rice counts as neutral

7th Day Adventist food restriction - correct answer No caffeine

No alcohol

Ovo-lacto-vegetarians (Do consume dairy and eggs)

Muslim Food Restriction - correct answer Follow Halal dietary laws

Foods that are prohibited are called haram

NO pork, alcohol, gelatin, congealed salad

Over-eating is discouraged

During the Ramadan holiday, they will fast sunup to sundown

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J Ma

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