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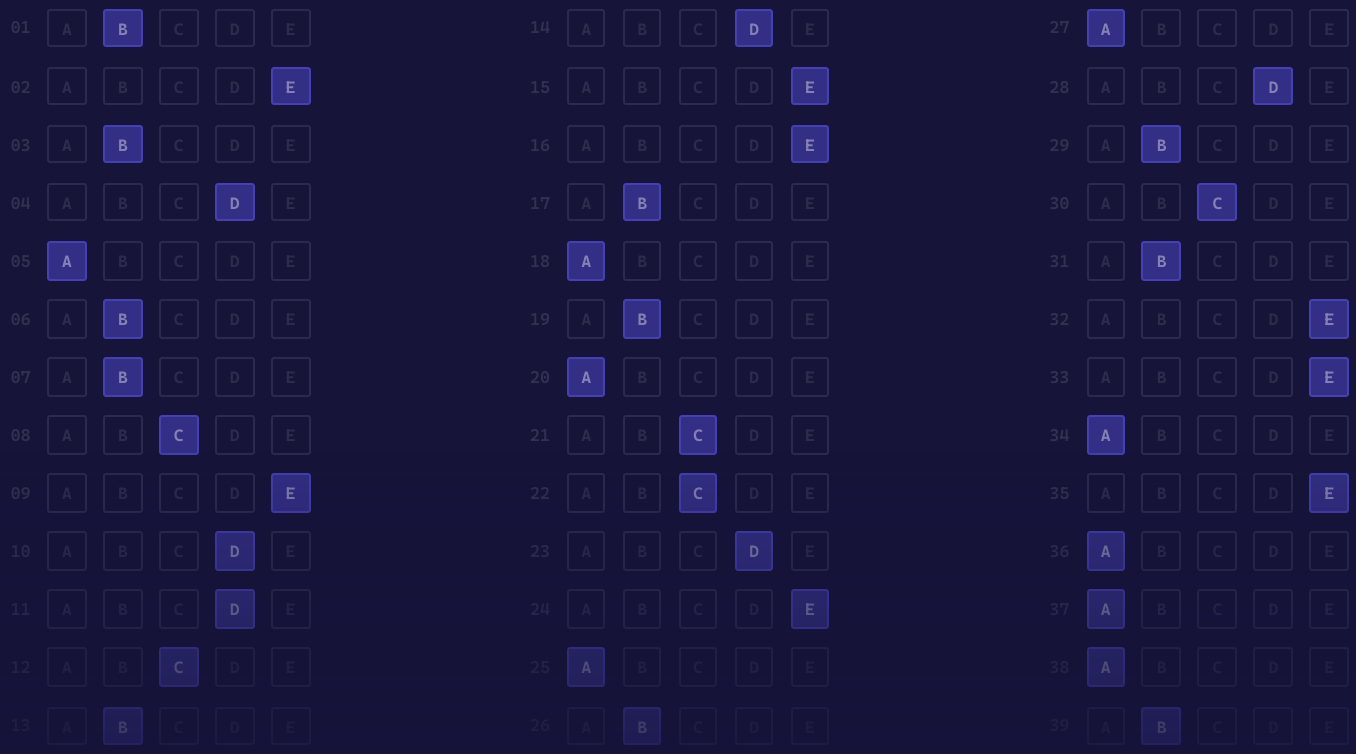

PRACTICE QUESTIONS

Nutrition Specialty Examination American College of Veterinary Internal Medicine (ACVIM)

NUMC

Nutrition Specialty Exam, General

EDITION	QUESTIONS	ISSUED
Demo	9	September 3, 2026

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Before you begin

What this is

9 practice questions for Nutrition Specialty Examination American College of Veterinary Internal Medicine (ACVIM) `NUMC`, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

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QUESTION 1 SINGLE CHOICE

Which equation is most appropriate for estimating the resting energy requirement (RER) of an adult dog that is not at an ideal body weight?

A **RER (kcal/day) = 70 × (BW in kg)^0.75**

B RER (kcal/day) = 132 × (BW in kg)^0.75

C RER (kcal/day) = 30 × BW (kg) + 70

D RER (kcal/day) = 97 × (BW in kg)^0.654

ANSWER **A**

WHY For adult animals at or near ideal body weight, RER is most accurately calculated using the allometric equation 70 × (BW in kg)^0.75. The linear equation 30 × BW + 70 is appropriate only for animals weighing between 2 and 45 kg and tends to overestimate RER in small animals and underestimate it in large animals.

QUESTION 2 SINGLE CHOICE

A dog with a confirmed protein-losing enteropathy secondary to intestinal lymphangiectasia is being transitioned to a home-cooked diet. Which nutrient modification is the most appropriate first-line adjustment?

A Restrict dietary protein to less than 16% dry matter to reduce lymphatic flow

B **Provide a highly digestible, ultra-low-fat (<15 g/1000 kcal) diet with adequate protein of high biological value**

C Increase dietary fiber to 15% dry matter to bind intestinal secretions

D Supplement with medium-chain triglycerides as the primary fat source

ANSWER **B**

WHY Intestinal lymphangiectasia is managed by reducing lymphatic pressure through marked dietary fat restriction (ultra-low-fat diets, generally <15 g fat per 1000 kcal). Adequate protein of high biological value must still be supplied to replace lost protein and maintain oncotic pressure; severe protein restriction can worsen hypoalbuminemia. MCT supplementation alone does not address the underlying lymphatic lipid leakage and is poorly tolerated when given in high amounts.

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QUESTION 3 SINGLE CHOICE

Compared with adult maintenance, what is the correct relative change in daily caloric intake recommended for a healthy kitten from weaning to 4 months of age?

A Approximately 2.0× maintenance

B Approximately 2.5× maintenance

C Approximately 3.0× maintenance

D Approximately the same as adult maintenance because kittens regulate intake to meet needs

ANSWER B

WHY Growing kittens from weaning to approximately 4 months of age typically require about 2.5× the resting energy requirement of an adult at ideal body weight (roughly 200–250 kcal/kg/day), reflecting the energy cost of rapid growth. This factor gradually declines toward 1.6× maintenance by about 12 months of age.

QUESTION 4 SINGLE CHOICE

Which dietary modification is most appropriate as part of the medical management of feline idiopathic cystitis (FIC) in an otherwise healthy adult cat?

A Severe restriction of protein intake to reduce urinary ammonia

B Increased water intake through feeding canned (high-moisture) food and additional water fountains

C High urinary calcium excretion through alkalinizing the urine with potassium citrate alone

D Restriction of all fish-based flavors because of presumed purine content

ANSWER B

WHY Increasing water intake and producing dilute urine is a cornerstone of managing FIC; canned diets with added water have been shown to reduce clinical signs and recurrences. Severe protein restriction is not indicated (and can worsen lean body condition), and dietary alkalinization is targeted at struvite urolith management rather than FIC itself. Restricting fish-based flavors is not an evidence-based recommendation for FIC.

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QUESTION 5 SINGLE CHOICE

An adult domestic shorthair cat forms sterile struvite uroliths. Which dietary strategy is most appropriate for dissolution and prevention of recurrence?

A **Acidifying, magnesium-restricted (<0.1% DM) canned diet that produces urine pH <6.5 and a USG <1.030**

B Alkalinizing diet with added sodium bicarbonate to raise urine pH above 7.5

C High-protein, low-carbohydrate raw diet without regard to urine pH

D Diet formulated for chronic kidney disease with restricted phosphorus and added potassium citrate

ANSWER A

WHY Sterile struvite uroliths can be dissolved and prevented with a diet that produces undersaturated urine, typically through reduced magnesium and phosphorus combined with urinary acidification (target urine pH <6.5) and increased water intake to lower USG. Urinary alkalinization would worsen struvite precipitation. A renal diet is inappropriate as first-line therapy for uncomplicated struvite urolithiasis.

QUESTION 6 SINGLE CHOICE

According to AAFCO labeling rules, which statement is permitted on a pet food label?

A **A specific life-stage claim (e.g., 'for adult maintenance') only if the product meets the corresponding AAFCO Nutrient Profile or has passed an AAFCO feeding protocol**

B A therapeutic or drug claim curing a specific disease without veterinary prescription

C Comparative nutritional adequacy claims such as '50% more protein than any other brand' without substantiation

D Use of the term 'natural' to mean the same as 'organic' or 'USDA-certified'

ANSWER A

WHY AAFCO regulations require that life-stage (nutritional adequacy) claims be substantiated either by meeting the AAFCO Nutrient Profile for that life stage or by completing an appropriate AAFCO feeding trial protocol. Drug/therapeutic claims are prohibited on standard pet food labels, comparative nutrient claims require substantiation, and 'natural' is defined separately from 'organic'.

QUESTION 7 SINGLE CHOICE

Which of the following best describes the recommended initial caloric target for anorexic adult dogs and cats when voluntary intake first resumes after a period of prolonged starvation?

A Feed the full calculated RER × illness factor on day 1 to rapidly correct negative energy balance

B Begin with approximately 25–33% of RER on day 1 and gradually increase over 3–5 days to full target

C Begin at 50% of RER on day 1 and increase to 100% RER × illness factor on day 2

D Provide five days of hypocaloric fluid therapy without enteral feeding before any food is offered

ANSWER B

WHY Refeeding syndrome is a risk in prolonged-starved patients; current recommendations are to start at roughly 25–33% of calculated RER on day 1 and gradually increase over 3–5 days to the full energy target while monitoring electrolytes (especially phosphorus, potassium and magnesium) and glucose. Rapid full feeding in these patients can precipitate severe electrolyte derangements and cardiovascular compromise.

QUESTION 8 SINGLE CHOICE

In a dog with diabetes mellitus that is currently overweight, which dietary strategy is most appropriate?

A High-carbohydrate, high-fiber diet with ad libitum feeding to encourage weight loss

B Diet formulated for weight loss with moderate to high fiber, complex carbohydrates, and controlled feeding to achieve gradual weight reduction

C High-fat, very-low-carbohydrate ketogenic diet identical to that used for refractory human diabetes

D Severe carbohydrate restriction (<5% of ME) with unrestricted fat and protein intake

ANSWER B

WHY For diabetic, overweight dogs, the recommended approach is a weight-loss diet with high fiber and complex carbohydrates, fed in controlled portions to promote gradual weight loss; this improves insulin sensitivity and may lower insulin requirements. Ad libitum feeding worsens obesity, and very-high-fat ketogenic-type diets can predispose to pancreatitis and do not have a clear evidence base in canine diabetes.

QUESTION 9 SINGLE CHOICE

Which statement best describes the 9-point body condition scoring (BCS) system developed by Laflamme and commonly used in dogs and cats?

A BCS 1/9 represents morbid obesity and BCS 9/9 represents severe cachexia.

B **Each unit increase in BCS above 5/9 corresponds to approximately 10–15% increase in body weight above ideal.**

C The system was originally validated only in cats and later extrapolated to dogs without modification.

D Ribs should be palpated with substantial pressure in dogs with an ideal BCS of 5/9.

ANSWER **B**

WHY On the 9-point Laflamme BCS, 5/9 is ideal; 1/9 is emaciated and 9/9 is grossly obese. Each BCS unit above ideal approximates a 10–15% increase above optimal body weight, which is why BCS-based caloric calculations are used clinically. Option A reverses the scale, option C is incorrect because the system was validated in dogs (and adapted for cats), and option D is wrong because ribs should be easily palpable with light pressure at an ideal BCS.

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