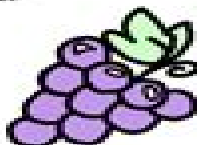


# NUTRITION

20

## Units of Nutrition:

- ① **Carbohydrates:**
  - \* body's main source of energy.
  - \* Ex: whole grain bread, potatoes, brown rice, etc.
- ② **Proteins:**
  - \* Growth, maintenance, and repair of tissue.
  - \* Ex: beef, whole milk, poultry, etc.
- ③ **Fats:**
  - \* Most calorie dense
  - \* Provides vitamins and energy.
- ④ **Water:**
  - \* Critical for cell function.
- ⑤ **Vitamins:**
  - \* Necessary for metabolism.
- ⑥ **Minerals:**
  - \* Essential for biochemical reactions in body.



## Factors Affecting Nutrition:

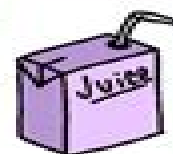
- \* **Financial Status:**
  - \* Low income patients may not have access to nutrient-dense foods.
- \* **Appetite:**
  - \* Can increase or decrease with illness, medication, and pain.
- \* **Age:**
  - \* Affects nutritional requirements.
- \* **Region and culture:**
  - \* Some cultural practices influence food choices.

## Eating Disorders:

- ① **Anorexia:**
  - \* Consistent restriction of caloric intake.
  - \* Intense fear of gaining weight.
- ② **Bulimia:**
  - \* Recurrent cycle of binge eating and purging.
- ③ **Binge-Eating Disorder:**
  - \* Repeated episodes of binge eating.
  - \* Lack of control.

## Nutrition Assessment:

- \* **Dietary History:**
  - \* What patient eats in a day
  - \* Fluid intake
  - \* Allergies
  - \* Appetite
  - \* Religious and cultural restrictions
  - \* Activity levels
- \* **Clinical Measurements:**
  - \* Height and weight
  - \* Skin fold measurements
  - \* Lab values (cholesterol, electrolytes, etc.)
  - \* **BMI:**



Underweight	< 18.5
Normal	18.5 - 24.9
Overweight	25-29.9
Obese	30-34.9
Extremely Obese	> 35

## Therapeutic Diets:

- \* **Clear Liquid:** clear fruit juice, gelatin, broth.
- \* **Full Liquid:** clear liquid plus liquid dairy.
- \* **Puree:** liquids plus pureed meats, fruit, and eggs.
- \* **Mechanical:** liquid and diced /ground foods.
- \* **High fiber:** whole grains, fruits.
- \* **Low sodium:** no added salt, under 2g sodium.
- \* **Low cholesterol:** less than 300 Mg / day.
- \* **Diabetic:** Balanced intake of carbs, proteins, and fats.
- \* **Dysphagia:** thickened liquid, pureed food.

## Recording Input and Output:

- \* Important for patients with fluid and electrolyte imbalances.
- \* Weigh patients:
  - \* Same time of day
  - \* After voiding
  - \* Wearing the same type of clothing.

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**Helen Fredericka Hansen**



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