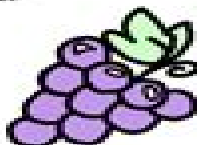


NUTRITION

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:

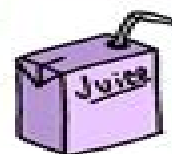
- * **Financial Status:**
 - * Low income patients may not have access to nutrient-dense foods.
- * **Appetite:**
 - * Can increase or decrease with illness, medication, and pain.
- * **Age:**
 - * Affects nutritional requirements.
- * **Region and culture:**
 - * Some cultural practices influence food 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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web a man living in a futuristic sterile colony begins to question his circumscribed existence when his friend is chosen to go to the island the last uncontaminated place on earth set in a dystopian future a group of people work in a facility essentially as slaves