

# NUTRITION

## 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.

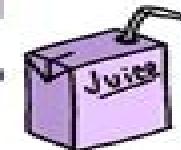
### ③ Binge-Eating Disorder:

- 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.
- **Pureed:** 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.

# Nutrition Study Guide For Nursing Nln

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[the island 2005 plot](#) *imdb* - Apr 19 2023

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