

# NUTRITION



## GOOD SOURCES OF :

**Fiber**

FRUITS, BEANS, VEGGIES, WHEAT & BRAN  
Soluble Insoluble

**Potassium**

- SWEET POTATO, TOMATO, SPINACH, YOGURT  
 RAISINS, BANANAS

**Sodium**

- PIZZA, CANNED SOUP, BREAD, COLD CUTS, CHEESE

**Vitamin C**

- ORANGES, STRAWBERRY, BRUSSELS SPROUTS

**Vitamin B<sub>12</sub>**

- EGGS, MILK, CHEESE, MEAT, FISH, SHELLFISH

**Magnesium**

- RHUBARB, SPINACH, AVOCADOS, NUTS, TOFU, SESAME

## Therapeutic Diets

**Clear Liquid**

→ juices w/o pulp, broth, jelly, water

**Full Liquid**

→ ice cream, soup, ice chips, tea, juice

**Mechanical Soft**

→ banana, soft breads, pasta ① Dry or Chewy

**Puree**

→ yogurt, applesauce, mashed potato, pudding ① Lumpy or crunchy

**Low Carb**

↳ sometimes called keto or carbohydrate diet

**No Added Salt**

↳ CHF ↳ arthritis

**Low Fat**

↳ gallbladder ↳ pancreas

**Low K<sup>+</sup>**

↳ Addison's ↳ sparing diuretics

**High Iron**

↳ anemia

## IMPORTANT THINGS TO REMEMBER

- ★ Patients on Anticoagulants should avoid **Vitamin K** → Green leafy veg, cheese + Green Tea
- ★ Wound healing is promoted by a diet that is rich in **Protein** + **Vitamin C**
- ★ **Folic Acid** is essential during + before pregnancy to prevent neural tube defects
- ★ **Vitamin A** helps maintain eyesight
- ★ Vegetarians are at risk of deficient **Vitamin D + B12**

## Kcal's per Nutrient

Fat - 9 kcal/g  
 Protein - 4 kcal/g  
 Carbohydrates - 4 kcal/g

## Vitamins

Fat Soluble - A, D, K, E  
 Water Soluble - B, C

# Nursing Nutrition Study Guide

**Susan M. Quillman**



## **Nursing Nutrition Study Guide:**

Study Guide for Fundamentals of Nursing E-Book Barbara L. Yoost, Lynne R. Crawford, Patricia Castaldi, 2022-02-12 Get the review and practice you need to master the role of today's nurse With chapters corresponding to the chapters in Yoost's Fundamentals of Nursing 3rd Edition this study guide provides a variety of exercises and activities to reinforce your understanding of nursing concepts and skills Chapter reviews use engaging activities to make learning more meaningful and review questions help you apply concepts to the practice setting Now with new Next Generation NCLEX style practice questions this study guide also prepares you for success on classroom and NCLEX examinations Chapter review questions include multiple choice matching true false and image labeling questions testing your comprehension of nursing fundamentals and making learning more fun Answers and detailed rationales for all of the questions are included in the back of the study guide Skills performance checklists on the Evolve website are completely updated to match the latest versions of nursing skills and are both interactive and printable NEW Next Generation NCLEX style practice questions in clinical chapters help you develop skills in clinical judgment NEW Updated content reflects changes to the Fundamentals of Nursing 3rd Edition textbook NEW Preliminary Readings refer you back to the related chapter in the textbook NEW Open ended questions provide questions activities and guidance to make study group time more productive *Study Guide for Essentials for Nursing Practice* Patricia A. Potter, Anne Griffin Perry, RN, EdD, FAAN, Patricia Stockert, Amy Hall, Patricia Castaldi, DNP, RN, 2014-04-25 Master content from your textbook with this helpful study tool Corresponding to the chapters in Basic Nursing 7th Edition this study guide helps you understand and apply material with chapter review questions activities case studies and more Chapter review questions include matching short answer multiple choice and true false questions to provide evaluation and test taking practice Skills performance checklists help you measure your mastery of important nursing procedures Each chapter includes a case study with related questions allowing you to apply what you've learned Instructions for creating and using study charts assist you in organizing the material and reviewing key concepts Study group questions make it easier for you to review material with your peers **Study Guide for Canadian Fundamentals of Nursing - E-Book** Patricia A. Potter, Anne G. Perry, Kyla C. Janzen, 2016-08-05 Get the most out of your textbook with this helpful study tool Corresponding to the chapters in Potter and Perry's Canadian Fundamentals of Nursing 5th Edition this study guide helps you understand key nursing concepts with review questions exercises and learning activities Skills performance checklists on an Evolve companion website help you learn and master important nursing procedures Multiple choice review questions include matching short answer multiple choice and true false questions to evaluate your understanding and provide test taking practice Case studies show how key concepts from the text apply to real world clinical scenarios Critical Thinking Model exercises help you apply what you have learned in the case studies Skills performance checklists help you measure your mastery of important nursing procedures Comprehensive Understanding sections help you

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*Nutrition and Diet Therapy* Susan M. Quillman,1990      Nursing World ,1959

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