

NUTRITION 101



GOOD SOURCES OF:

FRUITS, BEANS, VEGGIES, WHEAT & BRAN

SOURCE

INDIRECT

Fiber

Potassium

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

Sodium

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

Vitamin C

- ORANGES, STRAWBERRY, BRUSSELS SPROUTS

Vitamin B12

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

Magnesium

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

Therapeutic Diets

Clear Liquid → Juices w/o pulp, broths, gelatin, water

Food Required → Ice cream, soup, ice chips, tea, juice

Mechanical Soft → Banana, soft breads, pasta ② Dry or Chewy

Puree → Yogurt, applesauce, mashed potato, pudding ① Lumpy or crunchy

Low Carb

↳ sometimes cases, coo
or carb-free diet

No Added Salt

↳ OHF ↳ orthosis

Low Fat

↳ low saturated
fats

Low K+

↳ addition's
low potassium

High Protein

↳ animal

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
- 20 Vegetarians are at risk of deficiency **Vitamin D + B12**

Kcalories 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

Nutrition Study Guide For Nurses

Emily C. Cardew

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