

# 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 carburetor cases

No Added Salt

↳ OHF ↳ orthosis

Low Fat

↳ low saturated  
fats

Low K+

↳ additives  
low potassium

High Protein

↳ animal  
proteins

## 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

# Nursing Nutrition Study Guide

**Patricia A. Potter, Anne Griffin Perry,  
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Hall, Patricia Castaldi, DNP, RN**

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

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