

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.

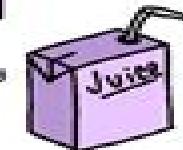
③ Binge-Eating Disorder:

- 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.

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