

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

Nutrition Study Guide For Nurses

Lingsheng Yao

Nutrition Study Guide For Nurses:

Study Guide for Essentials for Nursing Practice - E-Book Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, Patricia Castaldi, 2018-03-15 Corresponding to the chapters in Essentials for Nursing Practice 9th Edition Study Guide for Essentials for Nursing Practice reinforces your understanding of key nursing ideas. Each chapter includes a Preliminary Reading Case Study questions, a Chapter Review Study Group Questions and directions to help you create your own personalized Study Chart for the chapter. In addition each Chapter Review includes many different kinds of questions to keep learning the material interactive and fun. Answers and rationales included on the Essentials for Nursing Practice Evolve. Each chapter includes a case study with related questions allowing students to apply what they've learned. Chapter review questions include matching, short answer, multiple choice and true/false questions. Provide students with evaluation and test-taking practice. Study group questions make it easier for students to review material with their peers. Site Skills performance checklists help you measure your mastery of important nursing procedures. Study charts in select chapters help provide focus and structure for students reviewing the material and key concepts. NEW Content completely updated to match Nursing Essentials 9th Edition. NEW Chapter on Complementary and Alternative Therapies addresses content that is now included on the NCLEX exam. NEW Preliminary Readings sections provide you with an easy reference point to the related text chapter.

Study Guide to Accompany Maternal and Child Health Nursing Adele Pillitteri, 2013-11-05 This Study Guide to accompany the Seventh Edition of Maternal Child Health Nursing by Adele Pillitteri is designed to help students practice and retain the knowledge from the textbook and it is structured to integrate that knowledge and give students a basis for applying it in their nursing practice.

Study Guide to Accompany Rosdahl & Kowalski's Textbook of Basic Nursing Lazette Nowicki, Caroline Bunker Rosdahl, Eileen Klein, Mary T. Kowalski, 2002-11-21 This excellent study guide helps LPN/LVN students get the most out of the Textbook of Basic Nursing Eighth Edition. This concise learning tool allows students to review all the key material from the Eighth Edition and features a self study CD ROM they can use to help prepare for class or examinations.

Nutrition Manual for Nurses Alberta Dent Shackelton, 1957 *Nutrition Manual for Nurses: Nutrition and Cookery* Alberta Dent Shackelton, 1951 Study Guide for Fundamentals of Nursing Helen Harkreader, Mary Ann Hogan, Marschelle Thobaben, 2003-08 Practical and student friendly this helpful Study Guide is designed to assist students in mastering the content presented in the text. Tied chapter by chapter to the text. Includes Performance Checklists for all the procedures in the text. Includes exercises on clinical judgment related to the case studies in the text. Chapter Includes chapter purpose, learning objectives and a variety of learning exercises including matching, true or false and fill in the blanks. Answers to all activities and exercises are included in the back of the book. Test Yourself sections present a series of NCLEX style multiple choice questions to provide practice in test taking and help with preparation for exams. A multimedia focus with references to the main text to the text's EVOLVE website and to the Virtual Clinical Excursions that accompany this title.

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<https://crm.allthingsbusiness.co.uk/results/publication/index.jsp/Video%20Editor%20Ai%20This%20Month.pdf>

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