

# Normal Lab Values Cheatsheet

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## Glucose Studies

RANGE (SI UNITS)	RANGE (CONVENTIONAL)
<b>Glucose (Random, Casual)</b>	
<11.1 mmol/L	<200 mg/dL
<b>Fasting blood sugar (FBS)</b>	
<5.1 mmol/L	70—110 mg/dL
<b>2-hr postprandial glucose</b>	
<7.7 mmol/L	< 140 mg/dL
<b>Glycosylated hemoglobin (HbA1c)</b>	
Nondiabetic adult:	4%—5.9%
Good diabetic control:	<7%
Fair diabetic control:	8%—9%
Poor diabetic control:	>9%

RANGE (SI UNITS)	RANGE (CONVENTIONAL)
<b>Glucose Tolerance Test (GTT)</b>	
Fasting: <5.1 mmol/L	Fasting: <110 mg/dL
30 minutes: 5.1—9.4 mmol/L	30 minutes: 110—170 mg/dL
1 hour: <5.0 mmol/L	1 hour: <180 mg/dL
2 hours: <7.8 mmol/L	2 hours: <140 mg/dL
3 hours: <5.4 mmol/L	3 hours: 70—115 mg/dL
4 hours: <5.4 mmol/L	4 hours: 70—115 mg/dL

## Lipoprotein Profile

RANGE (SI UNITS)	RANGE (CONVENTIONAL)
<b>Cholesterol</b>	
Adult: <5.20 mmol/L	Adult: <200 mg/dL
Child: 3.1—5.2 mmol/L	Child: 120—200 mg/dL
Infant: 1.8—4.5 mmol/L	Infant: 70—175 mg/dL
Newborn: 1.4—3.5 mmol/L	Newborn: 55—135 mg/dL
<b>Triglycerides (TGs)</b>	
0.45—1.81 mmol/L	40—160 mg/dL
Critical value: >4.5 mmol/L	Critical value: >400 mg/dL

RANGE (SI UNITS)	RANGE (CONVENTIONAL)
<b>High-density lipoprotein (HDL)</b>	
Male: >0.75 mmol/L	Male: >45 mg/dL
Female: >0.91 mmol/L	Female: >55 mg/dL
<b>Low-density lipoprotein (LDL)</b>	
<3.4 mmol/L	<130 mg/dL
<b>Very low-density lipoprotein (VLDL)</b>	
0.18—0.63 mmol/L	7—32 mg/dL

# **Nutrition Lab Values Interpretation Manual**

**Ruby Parker Puckett, American Society  
for Healthcare Food Service  
Administrators**



## **Nutrition Lab Values Interpretation Manual:**

**Manual for Nutrition Surveys** United States. Interdepartmental Committee on Nutrition for National Defense,1957

ADA Pocket Guide to Nutrition Assessment Pamela Charney,Ainsley Malone,2009      **Nutritional Support Handbook**

,1982      **The Essential Pocket Guide for Clinical Nutrition Resized, Fourth Edition** Mary Width,Tonia

Reinhard,2025-04-23 In today s fast paced healthcare world it s crucial to have the information you need when you need it

The Essential Pocket Guide for Clinical Nutrition Resized Fourth Edition is a quick reference guide for dietitians students interns and other health professionals actively engaged in clinical nutrition The easily readable format incorporates tables and boxes for immediate access to evidence based information on nutritional assessment nutrition support life stage nutrition and nutrition considerations for specific diseases such as diabetes cardiovascular disease cancer and gastrointestinal diseases All inclusive resources and relevant appendices such as laboratory assessment and food drug interactions save the clinician from carrying around separate resources There is no comparable pocket guide on the market that includes this comprehensive coverage of clinical nutrition ADIME at a Glance boxes include sample ADIME notes and PES statements Quick Reference tables and boxes in each chapter make essential information easy to locate Convenient spiral bound format allows for hands free use since it lays flat while using Concise coverage of major practice areas gives you the resources to confidently cover new cases or a colleague s patients Each chapter s consistent format includes sections on disease process treatment and nutritional intervention and patient education Inclusion of official guidelines from nationally recognized associations such as the American Heart Association American Diabetes Association National Kidney Foundation and others All inclusive resources and relevant appendices such as lab assessment food drug interactions and dietary supplement facts save the clinician from carrying around separate resources Upper level undergraduate and graduate courses Medical Nutrition Therapy Nutrition Care Process Nutrition and Disease and any Clinical Nutrition or experiential based course Indispensable resource and pocket guide for dietitians 2025 575 pages      **Nutrition and Human Needs--1970** United

States. Congress. Senate. Select Committee on Nutrition and Human Needs,1970      *Laboratory Tests for the Assessment of Nutritional Status* Howerde E. Sauberlich,2018-12-19 Proper nutrition is the single most important component of preventative health care Heart disease diabetes and other ailments are all linked to dietary habits Accurate nutritional assessment can be a matter of life or death Laboratory Tests for the Assessment of Nutritional Status explores the expanded number of nutrients that can now be evaluated The author makes a compelling case for the practice and advancement of this critical health care tool Nutritional assessment identifies undernutrition overnutrition specific nutrition deficiencies and imbalances Diligent assessment determines the appropriate nutrition intervention and monitors its effects This book is a total revision of the 1974 version of the same title co authored by Sauberlich Since then remarkable progress has been made on the methodologies applicable to nutrition status assessment and to the expanded number of nutrients that can be evaluated

especially trace elements The introduction of high performance liquid chromatography amperometric detectors and other technologies has advanced nutritional assessment by leaps and bounds Today nutritionists can gauge the value of microminerals trace elements and ultratrace elements Sauberlich s revision updates the reader to the latest and most important trends in nutrition These laboratory methods for the assessment of nutritional status are vital for identifying individuals as well as populations with nutritional risks     *Handbook of Nutrition and Food* Carolyn D. Berdanier, Johanna T. Dwyer, Elaine B. Feldman, 2007-08-24 Significantly revised and updated this second edition of the bestselling *Handbook of Nutrition and Food* welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original     **Laboratory Guide for Conducting Soil Tests and Plant Analysis** Jr., J. Benton Jones, 2001-06-28 With the help of this guide you can use obtained test results to evaluate the fertility status of soils and the nutrient element status of plants for crop production purposes It serves as an instructional manual on the techniques used to perform chemical and physical characteristic tests on soils *Laboratory Guide for Conducting Soil Tests and Pl     Technical Manual* United States Department of the Army, 1982     **A Clinical Guide to Nutrition Care in Kidney Disease** Laura Byham-Gray, Karen Wiesen, 2004 A complement to *Guidelines for Nutrition Care of Renal Patients 3e* and *Renal Care Resources and Practical Applications* Features practical and authoritative guidelines for all stages and treatments of renal disease Addresses the National Kidney Foundation s Disease Outcome Quality Initiative NKF KDOQI Guidelines Provides practical nutrition intervention sections Examines useful case studies Offers helpful hints to treat common patient problems Includes the latest information on Medical Nutrition Therapy Represents a consensus formed by clinical practitioners on the basis of current scientific literature and experience *A Clinical Guide to Nutrition Care in Kidney Disease* can also be used as a study tool for the CSR exam     *Nutritional Guidelines for Athletic Performance* Lemuel W. Taylor IV, 2012-03-26 Knowing the basic nutrition requirements and combining them with proper training are the two most important factors for athletes to achieve peak performance levels *Nutritional Guidelines for Athletic Performance The Training Table* addresses these needs on a comprehensive basis from a training table perspective Offering practical guidelines for p     **Nutrition for the Older Adult** Melissa Bernstein, Nancy Munoz, 2019-01-02 Updated to the latest data and expert information the Third Edition of *Nutrition for the Older Adult* introduces students to the unique nutritional needs of this growing population Designed for the undergraduate the text begins by covering the basics including the demographics of aging physiology of aging and vitamin and mineral requirements for older adults It then delves into clinical considerations including the nutritional implications of diseases and conditions common among older adult Additional coverage includes nutritional assessment pharmacology nutritional support and much more With new pedagogical features along with revamped end of chapter activities and questions *Nutrition for the Older Adult* is an essential resource for students in the fields of nutrition nursing public health

and gerontology      **Essentials of Life Cycle Nutrition** Judith Sharlin, Sari Edelstein, 2010-02-04      **Handbook of Diabetes Medical Nutrition Therapy** Margaret A. Powers (RD.), 1996 Provides dietitians and other health care professionals with the information they need to provide comprehensive diabetes care and self management training Topics covered include understanding diabetes pathophysiology complications of diabetes setting and achieving management goals medical nutrition therapy nutrition assessment diabetes medications and delivery methods exercise benefits and guidelines comprehensive monitoring blood glucose monitoring preparing and evaluating diabetes education programs counseling skills selecting a nutrition approach expanding meal planning approaches the exchange system carbohydrate counting weight reduction cultural considerations macronutrient influence on blood glucose and health complex and simple carbohydrates in diabetes therapy identifying protein needs lipid metabolism and choices issues in prescribing calories low calorie sweeteners and fat replacers fiber metabolism making food choices life stages children and adolescents pregnancy and diabetes caring for older persons and nutrition and specific clinical conditions renal disease hypertension eating disorders surgery gastrointestinal issues dental care HIV AIDS etc      Dietitian's Handbook of Enteral and Parenteral Nutrition Annalynn Skipper, 2012 This thoroughly revised and updated Third Edition of a bestselling handbook provides comprehensive coverage of systems approaches to medical nutrition therapy Designed for graduate nutrition students dietetic interns and practicing dietitians this authoritative handbook provides a solid foundation in and reference to the nutrition support field Expert contributors present a practical approach to the delivery of parenteral and enteral nutrition It covers all of the basics nutritional assessment nutrition management monitoring and complications and formulas as well as new topics wound healing trauma and critically ill obese patients This is the first textbook to fully integrate the Nutrition Care Process into enteral and parenteral nutrition content as specified in the 2008 Commission on Accreditation of Dietetic Education Standard II The Nutrition Care Process content is updated to reflect changes from the 2011 edition of the International Dietetics and Nutrition Terminology      **Food Service Manual for Health Care Institutions** Ruby Parker Puckett, American Society for Healthcare Food Service Administrators, 2004-11-08 Food Service Manual for Health Care Institutions offers a comprehensive review of the management and operation of health care food service departments This third edition of the book which has become the standard in the field of institutional and health care food service includes the most current data on the successful management of daily operations and includes information on a wide variety of topics such as leadership quality control human resource management communications and financial control and management This new edition also contains information on the practical operation of the food service department that has been greatly expanded and updated to help institutions better meet the needs of the customer and comply with the regulatory agencies standards      *Acute Care Handbook for Physical Therapists - E-BOOK* Kathryn Panasci, Kristin C. Greenwood, 2025-10-27 Master the essential information you need to know to effectively treat and manage patients in the complex acute care environment with Acute

Care Handbook for Physical Therapists Sixth Edition This easy to follow guide is the perfect resource to help you better understand and interpret hospital protocol safety guidelines medical terms and the many aspects of patient care in the hospital setting from the emergency department to the intensive care unit to the general hospital floors Featuring extensively updated content that reflects the latest evidence based information this edition contains everything needed for success in today s fast paced acute care environment NEW Chapters cover interprofessional practice and psychological and mental health NEW Content addresses emerging topics in post intensive care syndrome and COVID UPDATED Enhanced focus on transition to practice helps ensure you are confident and prepared for the clinical setting NEW Enhanced ebook version included with every new print purchase features reflection questions and a study guide plus digital access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud Evidenced based information ensures you are equipped with the knowledge needed to manage the acuity of patients in the acute care environment Up to date content on medications laboratory and diagnostic tests and medical interventions relevant to the acute care physical therapist Easy to read algorithms tables boxes and clinical tips highlight key information for quick reference

Krause's Food & the Nutrition Care Process - E-Book L. Kathleen Mahan, 2016-05-17 A trusted classic for over 50 years Krause s Food and the Nutrition Care Process 14th Edition presents the most cutting edge and up to date dietetics content available in this ever changing field Nicknamed the nutrition bible students and practitioners alike turn to its current comprehensive content engaging pedagogy and design and logical presentation of information This new edition includes the 2015 Dietary Guidelines for Americans more visuals and highlighted Clinical Case Studies Clinical Insights and Clinical Applications boxes that help translate scientific knowledge into practical patient care Written by nearly 50 nationally recognized writers researchers and practitioners it covers nutrition assessment and intervention the nutritional needs of individuals in different stages of the life cycle nutrition for health and fitness and medical nutrition therapy Authored by clinical specialists ensuring in depth coverage with many practical and evidence based recommendations Sample Nutrition Diagnosis boxes present a problem its etiology and its signs and symptoms before concluding with a sample nutrition diagnosis providing both students and practitioners with real life scenarios they may encounter in practice UNIQUE Pathophysiology algorithms present the cause pathophysiology and medical nutrition management for a variety of disorders and conditions to help you provide optimal nutritional care Chapters on nutrition in each of the life cycle phases include Nutrition in Pregnancy and Lactation Nutrition in Infancy Nutrition in Childhood Nutrition in Adolescence Nutrition in the Adult Years Nutrition in Aging Focus On boxes provide thought provoking information on key concepts for well rounded study and further discussion within the classroom New Directions boxes point you toward additional research on emerging areas in nutrition therapy Clinical Insight boxes expand on clinical information highlight areas that may go unnoticed and contain clinical resources for students and practitioners Chapters on the nutritional care of the low birth weight and

premature infant feature information on how to support their health growth and development Useful websites direct you to online resources that relate to chapter topics Key terms are defined at the beginning of each chapter and bolded within the text where they are discussed in more detail

**Krause and Mahan's Food and the Nutrition Care Process, 16e, E-Book** Janice L Raymond, Kelly Morrow, 2022-07-30 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Nutrition Provide optimal nutritional care with the latest guidelines to evidence based practice Krause and Mahan's Food the Nutrition Care Process 16th Edition provides an all in one resource for the dietetics information you need to care for patients throughout the entire life cycle With insight from clinical specialists the book guides you through the steps of assessment diagnosis and intervention monitoring and evaluation It also covers nutrition in each stage of life weight management medical nutrition therapies for conditions and disorders and the use of nutrition therapies in childhood From a team of nutrition experts led by Janice L Raymond and Kelly Morrow this classic text has been trusted by nurses nutritionists and dietitians for since 1952 UNIQUE Pathophysiology algorithms and flow charts present the cause pathophysiology and medical nutrition management for a variety of disorders and conditions to help you understand illness and provide optimal nutritional care Clinical case studies help you translate academic knowledge into practical patient care using a framework of the nutrition care process Sample Nutrition Diagnosis boxes present a problem its etiology and its signs and symptoms then conclude with a nutrition diagnosis providing scenarios you may encounter in practice Clinical Insight boxes expand on information in the text highlight new areas of focus and contain information on studies and clinical resources New Directions boxes suggest areas for further research by spotlighting emerging areas of interest in nutrition care Focus On boxes provide thought provoking information on key nutrition concepts Summary boxes highlight CRISPR the Indigenous food movement hearing assessment health disparities and the Health At Every Size movement and include a tribute to Dr George Blackburn a respected specialist in obesity and nutrition Key terms are listed at the beginning of each chapter and bolded within the text NEW Infectious Diseases chapter is written by a new author with specific expertise in infectious disease NEW Transgender Nutrition chapter is added from two new authors NEW COVID 19 updates are provided in multiple chapters each relating to epidemiology and patient care NEW Information on the FODMAP diet is included in the appendix covering the sugars that may cause intestinal distress NEW Emphasis on diversity equity and inclusion is included in all chapters NEW Updated International Dysphagia Diet Standardisation Initiative IDDSI information is included in the appendix NEW Updated pregnancy growth charts are added to this edition NEW Updated Healthy People 2030 information is added throughout the book

**Krause and Mahan's Food and the Nutrition Care Process E-Book** Janice L Raymond, Kelly Morrow, 2020-05-03 NEW Food Nutrient Delivery Planning the Diet with Cultural Competency chapter provides international nutrition guidelines and resources to assist you with multicultural meal planning NEW Clinical Nutritional Genomics chapter features an author from the NIH's Human Genome Project and introduces you to the latest research about CRISPR and

epigenetics NEW MNT for Neurologic Disorders chapter features two new authors including a speech therapist and displays IDDSI guidelines and an appendix for dysphagia diets to help you carefully and consistently address the nutritional needs of these patients NEW Clinical Water Electrolytes and Acid Base Balance and Clinical Biochemical Physical and Functional Assessment chapters are updated with the most relevant and evidence based complementary and integrative approaches to expand your expertise in these clinical nutritional areas NEW MNT for Adverse Reactions to Food Food Allergies and Intolerance chapter features completely revised guidelines and a new pathophysiology algorithm to ensure you are confident in your knowledge of how to prevent emergencies and what to do when emergencies do happen NEW Coverage of intermittent fasting health at every size and health disparities focuses on the latest nutrition trends to ensure you are well versed in these topics NEW The Mediterranean Diet Choline and Biotin appendices display at a glance information to help you find quickly supplemental information NEW Directions boxes and Focus On boxes as well as useful websites resources and key terms at the end of each chapter help you find information quickly and easily



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