

NUTRITION



GOOD SOURCES OF :

Fiber

FRUITS, BEANS, VEGGIES, WHEAT & BRAN
Soluble Insoluble

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, broth, jelly, water

Full Liquid

→ ice cream, soup, ice chips, tea, juice

Mechanical Soft

→ banana, soft breads, pasta ① Dry or Chewy

Puree

→ yogurt, applesauce, mashed potato, pudding ① Lumpy or crunchy

Low Carb

↳ sometimes called keto or carbohydrate diet

No Added Salt

↳ CHF ↳ arthritis

Low Fat

↳ gallbladder ↳ pancreas

Low K⁺

↳ Addison's ↳ sparing diuretics

High Iron

↳ anemia

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
- ★ Vegetarians are at risk of deficient **Vitamin D + B12**

Kcal's 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

Adele Pillitteri



Nutrition Study Guide For Nurses:

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

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Study Guide for Clayton's Basic Pharmacology for Nurses - E-Book Michelle J. Willihnganz,2025-03-21 Reinforce your understanding of nursing pharmacology and prepare for success on the NCLEX PN exam With chapters corresponding to the chapters in Clayton s Basic Pharmacology for Nurses 20th Edition this study guide provides a variety of exercises to help you review and practice the LPN LVN s role in drug therapy and patient care Review questions make it easier to achieve the chapter objectives from the textbook and patient scenarios help you develop clinical judgment skills Next Generation NCLEX NGN style questions ensure that you will be ready for the critical thinking questions on the NGN exam NEW Three new chapters address key topics Drugs Used to Treat Immune and Inflammatory Disorders Drugs Used to Treat Headaches and Drugs Used to Treat Attention Deficit Hyperactivity Disorder NEW Updated exercises cover the new content in the text including newly approved pharmaceutical drugs and treatments Case scenarios in clinical chapters allow you to review practice and apply clinical judgment skills Reader friendly writing style and organization make it easier to review and practice nursing pharmacology concepts A variety of exercises including matching multiple choice select all that apply and Next Generation NCLEX NGN style questions help reinforce your understanding of key content

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Study Guide for Maternal Child Nursing Care - E-Book Shannon E. Perry,Marilyn J. Hockenberry,Deitra Leonard Lowdermilk,David Wilson,2014-03-12 Master content from the textbook with this helpful study tool Designed to accompany Perry s Maternal Child Nursing Care 4th Edition this workbook will assist students in understanding and applying material from each chapter in the text

Study Guide for Brunner & Suddarth's Textbook of Medical-Surgical Nursing Janice L. Hinkle,2025-08-28 Make the most of what you learn in Brunner Suddarth s Textbook of Medical Surgical Nursing 16th Edition with this easy to use study companion Updated to reflect the latest textbook material this study guide provides everything you need to assess your understanding and practice applying your knowledge preparing you for success in class on the NCLEX exam and in nursing practice

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Nursing Priority boxes make it easier to distinguish priorities of nursing care Test Alert boxes highlight concepts frequently found on the NCLEX test plan Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify Self Care and Home Care content NEW Patient Scenarios and Next Generation NCLEX NGN Examination Style question types on the Evolve website provide practice with these new types of questions NEW Review of the NCSBN's clinical judgment model and six cognitive skills helps to prepare you for the nursing profession and taking the NCLEX RN examination NEW Pediatric content is moved into a separate new chapter and organized by body systems

Nutrition Manual for Nurses: Nutrition and cookery Alberta Dent Shackelton,1951 *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 helps 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

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[Nutrition Manual for Nurses](#) Alberta Dent Shackelton,1957 *Study Guide for Fundamentals of Nursing* Carol Lillis,Priscilla LeMone,Marilee

LeBon, Pamela Lynn, 2010-11-01 Created in conjunction with Fundamentals of Nursing Seventh Edition this Study Guide helps students review and apply concepts from the textbook to prepare for exams as well as nursing practice Each chapter includes three sections Practicing for NCLEX containing multiple choice and alternate format questions Developing Your Knowledge Base including a variety of questions formats such as fill in the blank matching and short answer and Applying Your Knowledge comprised of critical thinking questions reflective practice scenarios and patient care studies An Answer Key appears at the back of the book

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