

**NLN nutrition practice exam part A study guide (items in parenthesis are the correct answers)**

- 1 – how to calculate fluid intake for renal failure patients (urine output plus insensible water loss)
- 2 – differences between pureed & mechanical soft diets (texture)
- 3 – best diets for niddm patients (a balanced, kcal-controlled diet)
- 4 – pts on hemodialysis – best way to check for dietary compliance (compare the clients present wt to the wt after the last treatment)
- 5 – pts on warfarin should avoid which foods (green, leafy veggies)
- 6 – why are milk products considered the preferred source of calcium? (the calcium in milk products is well-absorbed and utilized)
- 7 – etoh c/ cirrhosis of liver – why should they refrain from etoh – and what are the physiological effects of alcohol on the pt? (increased stress is placed on the liver in detoxifying alcohol)
- 8 – how does alcohol damage the liver?
- 9 – why would a dm1 pt need to have an evening snack c/ protein or milk exchange? (to avoid early morning hypoglycemia)
- 10 – when is tpn the preferred mode of nutritional support? (when a pt requires complete bowel rest)
- 11 – know the gout diet (avoid red meats)
- 12 – know sodium-restricted diets (examples are one tbsp. Of corn oil, one raw apple, one half cup of boiled rice and one cup of milk – milk is the one to be avoided on a low-na diet)
- 13 – know dm diets (meals & snacks must be eaten on a regular schedule)
- 14 – htn, hyperlipid/cholesterol diets – (with elevated cholesterol levels, they should be on a lower cholesterol diet)
- 15 – why/how does radiation therapy impact nutritional status? What conditions may it cause? (anorexia)
- 16 – cholecystitis diet? (low-fat)
- 17 – dysphagia diets (thickened liquids)
- 18 – chf – what are causes of wt gain in one month? (fluid retention)
- 19 – diet modifications to control serum cholesterol levels? (avoid saturated fats)

# Nutrition Nln Study Guide

**Clemens Wendtner**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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## **Table of Contents Nutrition Nln Study Guide**

1. Understanding the eBook Nutrition Nln Study Guide
  - The Rise of Digital Reading Nutrition Nln Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Nln Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Nutrition Nln Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Nln Study Guide
  - Personalized Recommendations
  - Nutrition Nln Study Guide User Reviews and Ratings
  - Nutrition Nln Study Guide and Bestseller Lists
5. Accessing Nutrition Nln Study Guide Free and Paid eBooks

- Nutrition Nln Study Guide Public Domain eBooks
- Nutrition Nln Study Guide eBook Subscription Services
- Nutrition Nln Study Guide Budget-Friendly Options
- 6. Navigating Nutrition Nln Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Nutrition Nln Study Guide Compatibility with Devices
  - Nutrition Nln Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nutrition Nln Study Guide
  - Highlighting and Note-Taking Nutrition Nln Study Guide
  - Interactive Elements Nutrition Nln Study Guide
- 8. Staying Engaged with Nutrition Nln Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nutrition Nln Study Guide
- 9. Balancing eBooks and Physical Books Nutrition Nln Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nutrition Nln Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Nutrition Nln Study Guide
  - Setting Reading Goals Nutrition Nln Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nutrition Nln Study Guide
  - Fact-Checking eBook Content of Nutrition Nln Study Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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