

# 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 B<sub>12</sub>**

- 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<sup>+</sup>**

↳ 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 Nursing Guide

**JA Banks**



## **Nutrition Nursing Guide:**

The book delves into Nutrition Nursing Guide. Nutrition Nursing Guide is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nutrition Nursing Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Nutrition Nursing Guide
- Chapter 2: Essential Elements of Nutrition Nursing Guide
- Chapter 3: Nutrition Nursing Guide in Everyday Life
- Chapter 4: Nutrition Nursing Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Nutrition Nursing Guide. This chapter will explore what Nutrition Nursing Guide is, why Nutrition Nursing Guide is vital, and how to effectively learn about Nutrition Nursing Guide.
3. In chapter 2, the author will delve into the foundational concepts of Nutrition Nursing Guide. This chapter will elucidate the essential principles that must be understood to grasp Nutrition Nursing Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Nutrition Nursing Guide in daily life. This chapter will showcase real-world examples of how Nutrition Nursing Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Nutrition Nursing Guide in specific contexts. This chapter will explore how Nutrition Nursing Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Nutrition Nursing Guide. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Nutrition Nursing Guide.

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