

# Kaplan Nutrition Study Guide

## Important Topics

**Carbohydrates** - provide energy, only source of energy production for brain; include monosaccharides (simple: glucose, fructose, galactose), disaccharides (sucrose, lactose, maltose), polysaccharides (complex carbs), and fiber (nondigestible)

**Fats** - store energy, waste products are ketone bodies; include simple lipids (triglycerides), compound lipids (phospholipids, glycolipids, lipoproteins), derived lipids (glycerol, steroids, fatty acids)

**Proteins** - used to build tissue, made up of amino acids:

- **essential** amino acids (**needed in diet**)
- **nonessential** amino acids (**body manufactures**)

**Fat soluble vitamins** - Vitamins **A, D, E, K**

Water soluble vitamins - essential in small quantities for growth and for transformation of food substances into tissues; vitamins C and B complex

**Vitamin A: sources** - beta carotene foods: liver, butter, milk + cheese, egg yolk, yellow or orange or green vegetables

**Vitamin A: Deficiency symptoms** - **night blindness**, corneal desiccation ulceration

- bronchorespiratory epithelium changes
- keratinization and xerosis of skin - Xerosis refers to *abnormally dry skin or membranes*
- genitourinary calculi
- sweat gland atrophy
- increased CSF pressure
- impaired smell and taste secondary to keratinization
- defective remodeling of bone
- degeneration of testes and gonadal resorption
- deficiency enhances carcinogenicity in lab animals

# **Nutrition Study Guide Nursing School Kaplan**

**Oncology Nursing Society, Suzanne M.  
Mahon, Marcelle Kaplan**



## **Nutrition Study Guide Nursing School Kaplan:**

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and emerging nutrition issues faced by today's diverse communities. It presents the skills, cultural concepts and background knowledge that are essential for promoting health and preventing disease.      **Rehabilitation Nursing** Shirley P.

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