

# 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 ↳ kidney disease

**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

# Nursing Nutrition Study Guide

**Springer Publishing Company**



## **Nursing Nutrition Study Guide:**

**Illustrated Study Guide for the NCLEX-RN® Exam E-Book** JoAnn Zerwekh, 2018-10-25 Who says preparing for the NCLEX has to be boring Using colorful illustrations and fun mnemonic cartoons the Illustrated Study Guide for the NCLEX RN Exam 10th Edition brings the concepts found on the NCLEX RN to life This new edition is written in a concise outline format to make studying easier and the Evolve companion website includes approximately 2 500 NCLEX exam style review questions including alternate item formats allowing you to create practice exams identify personal strengths and weaknesses and review answers and rationales With new content covering culture and spirituality this study guide gives you a robust visual less intimidating way to remember key facts for the NCLEX exam 2 500 review questions are now included on the Evolve companion website adding more 200 questions to the total on the previous edition UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE The integrated systems approach incorporates pediatric adult and older adult lifespan considerations in each body system chapter UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination including priority drag and drop and hot spot illustrated point and click questions Test Alert boxes in the book highlight key concepts frequently found on the NCLEX examination Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong Separate chapters on pharmacology and nursing management help students to focus on these areas of emphasis on the NCLEX examination Nursing Priority boxes make it easier for students to distinguish priorities of nursing care 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 content on Self Care and Home Care NEW UPDATED content reflects the most recent NCLEX RN test plan and incorporates important clinical updates NEW 25 additional illustrations and mnemonics make the book more appealing than ever to the visual learner NEW Chapter on Culture and Spiritual Awareness addresses the addition of Culture and Spirituality to the Integrated Processes in the NCLEX test plan NEW Nursing Management and Ethical Legal concepts divided into two chapters emphasize the increasing amount of administrative duties nurses face and the importance of management of care on the NCLEX NEW Priority Concepts added to the beginning of each chapter assist you in concept based nursing programs in focusing on priority concepts for each chapter

**Illustrated Study Guide for the NCLEX-RN® Exam** JoAnn Zerwekh, Jo Carol Claborn, 2010-01-05 Fun and engaging this must have review resource covers the nursing concepts and content found on the latest NCLEX RN examination It features a concise outline format that s perfect for studying as well as 2 020 review questions to test your knowledge and help you prepare for the exam Colorful illustrations and mnemonic cartoons clarify essential nursing concepts and offer a visual way for you to remember key facts for the NCLEX exam Answers and rationales are provided for every practice question Unique An

integrated systems approach incorporates pediatric adult and older adult lifespan considerations in each body system chapter Unique Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts A full color user friendly design enhances content and helps you quickly locate special features Appendixes for each chapter summarize medications and nursing procedures for quick reference Practice questions at the end of each chapter and on the companion CD 2 020 in all provide a wealth of NCLEX examination preparation in both print and electronic formats The companion CD features practice questions available in both study and quiz exam modes that are divided by content area and allow you to create a customized review experience based on your personal study needs Electronic alternate item format questions on the CD such as priority drag and drop and hot spot illustrated point and click questions prepare you for the interactive question types you ll encounter on the computerized NCLEX examination Answers and rationales for all review questions help you understand why correct answers are right and incorrect options are wrong An Alert feature highlights key nursing concepts frequently found on the NCLEX examination Separate chapters on pharmacology and nursing management help you focus on these areas of emphasis on the NCLEX examination Additional practice questions raise the total to 2 020 in the book and on the companion CD More figures charts and cartoons further illustrate important anatomy procedures and disease processes Application and analysis questions challenge you to use your critical thinking skills and closely mirror the types of questions on the NCLEX RN examination UNIQUE A pediatric disorders icon makes it easy to distinguish pediatric disorders from adult disorders in chapters with system integrated content The detailed table of contents includes disorder headings to help you quickly find information on specific disorders within system integrated content

**Illustrated Study Guide for the NCLEX-RN® Exam EBook** JoAnn Zerwekh, 2022-01-13 Who says studying for the NCLEX can t be fun Illustrated Study Guide for the NCLEX RN Exam 11th Edition uses colorful drawings and mnemonic cartoons to help you review and remember the nursing content found on the NCLEX RN examination A concise outline format makes it easier to study key facts principles and applications of the nursing process More than 2 500 NCLEX exam style questions on the Evolve website allow you to create practice exams identify your strengths and weaknesses and review answers and rationales Written by noted NCLEX expert JoAnn Zerwekh this study guide provides a visual unintimidating way to prepare for success on the NCLEX RN exam More than 2 500 review questions on the Evolve website allow you to practice test taking in Study or Exam mode UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE Integrated systems approach incorporates pediatric adult and older adult lifespan considerations for basic nursing care concepts UNIQUE Appendixes in each chapter summarize diagnostic tests medications and nursing procedures for quick reference Answers and rationales are provided for all review questions Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination including priority drag and drop and hot spot questions Priority Concepts at the beginning of each chapter focus your attention on the chapter s key nursing concepts

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**Illustrated Study Guide for the NCLEX-RN® Exam** 8th Edition JoAnn Zerwekh, 2012-11-13 It's a fun visual review for the NCLEX Illustrated Study Guide for the NCLEX RN Exam 8th Edition covers all the nursing concepts and content found on the latest NCLEX RN examination A concise outline format makes studying easier and 2 300 NCLEX exam style review questions including alternate item formats are included to test your knowledge at the end of each chapter and on the Evolve companion website Written by NCLEX expert JoAnn Zerwekh this study guide uses colorful illustrations and mnemonic cartoons to help you remember key concepts for the NCLEX RN exam UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE The integrated systems approach incorporates pediatric adult and older adult lifespan considerations in each body system chapter UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Electronic alternate item format questions on Evolve prepare you for the interactive question types on the computerized NCLEX examination including priority drag and drop and hot spot illustrated point and click questions Practice questions on the Evolve companion website are available in both study and quiz modes and separated by content area allowing you to create a customized review experience based on your personal study needs Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong NEW 2 300 review questions are now included on the Evolve companion website Two NEW alternate item question types are added graphic options and questions incorporating audio UPDATED content reflects the latest NCLEX RN test plan and incorporated important clinical updates NEW Page references to an Elsevier textbook are provided with each question for further study and self remediation NEW Disorder names are highlighted in color in the index for quick reference EXPANDED coverage of management of care reflects the increased percentage of this content on the NCLEX RN test plan

**Illustrated Study Guide for the NCLEX-PN® Exam - E-Book** JoAnn Zerwekh, 2023-11-30 Who says studying has to be boring The Illustrated Study Guide for the NCLEX PN Exam 10th Edition uses colorful drawings and mnemonic cartoons to bring difficult concepts to life and help you recall the content you need to know to excel on the NCLEX PN examination Written in a concise and visually appealing outline format this book makes learning and studying easier and more fun The companion Evolve website includes more than 3 000 review questions including alternate item and Next Generation NCLEX formats and allows you to personalize your study by creating practice

exams identifying strengths and weaknesses and reviewing answers and rationales Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes More than 3 000 review questions on the Evolve companion website are available in both study and quiz modes and separated by content area allowing customized review based on personal study needs The review questions include multiple choice alternate item format and NGN Answers and rationales are provided for all review questions Test Alert boxes in the book highlight key concepts frequently found on the NCLEX examination Nursing Priority boxes make it easier to distinguish priorities of nursing care Older Adult Care Focus boxes in the book provide special considerations and nursing care strategies for the older adult Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Appendixes for each chapter summarize medications and nursing procedures for quick reference Special icons distinguish pediatric and adult disorders and identify content on self care and home care A separate chapter on pharmacology and medication administration helps you focus on this area of emphasis on the NCLEX examination NEW Patient scenarios and Next Generation NCLEX question types familiarize you with these new item types NEW NCSBN Clinical Judgment Measurement Model and the six cognitive skills are reviewed in the context of preparing for the nursing profession and taking the NCLEX PN examination NEW Separate Pediatric Nursing Care chapter makes it easier to find information to care for the pediatric client

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expert JoAnn Zerwekh this study guide offers a clear visual way to remember key facts for the NCLEX exam UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE The integrated systems approach incorporates pediatric adult maternity and older adult lifespan considerations in each body system chapter Practice questions on the Evolve companion website are available in both study and quiz modes and separated by content area allowing you to customize your review based on your personal study needs UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination including priority drag and drop and hot spot illustrated point and click questions Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong Separate chapters on pharmacology and nursing management help you to focus on these areas of emphasis on the NCLEX examination Nursing Priority boxes make it easier to distinguish priorities of nursing care 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 content on Self Care and Home Care UPDATED content reflects the most recent NCLEX RN test plan and incorporates important clinical updates NEW 2 500 review questions are now included on the Evolve companion website adding more 200 questions to the total on the previous edition NEW Addition of SI Units and removal of trade name drugs reflects changes in the NCLEX RN test plan NEW Additional alternate item questions are included on Evolve and new questions incorporating video are also added NEW Test Alert boxes in the book highlight key concepts frequently found on the NCLEX examination NEW Additional memory notecard type illustrations are included in the book to accommodate visual learners Study Guide and Laboratory Manual for Physical Examination and Health Assessment, Canadian Edition- E-Book Carolyn Jarvis,Ann L. Eckhardt,2023-02-23 NEW Preface includes an overview of the NCSBN Clinical Judgement Measurement Model PN competencies and the REx PN NEW Clinical judgement exercises equip students for success on the Next Generation NCLEX NGN including questions with an increased focus on clinical judgement Updated content throughout corresponds to the 4th Canadian edition of the textbook and incorporates the latest research and evidence informed practice Study Guide for Maternity & Women's Health Care - E-Book Deitra Leonard Lowdermilk,Shannon E. Perry,Mary Catherine Cashion,Kathryn Rhodes Alden,2015-01-29 Corresponding to the chapters in the 11th edition of Lowdermilk s market leading Maternity answers are included in the back of the book Chapter review activities assess the user s understanding of the content with fill in the blank matching multiple choice and short answer questions Critical thinking case studies require the user to apply the concepts found in the text chapters to solve problems make decisions concerning care management and provide responses to patient questions and concerns Answer key contains answers to all questions and is located at the end of the book Perforated pages allow instructors to utilize the Study Guide activities for assignments to be graded **Resources in Education** ,1991 Serves as an index to Eric reports microform

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