

## Nutrition - Basic Terms and Dietary Guidelines

### Basal Metabolic Rate

The energy needed at rest to maintain life-sustaining activities

### Macronutrients (Macro)

giant of food energy

### Protein

### Carbohydrates

### Fat

### Dietary Guidelines

**Fat**  
Most calorie-dense nutrient; provides essential fatty acids  
9 kcal/g

**Water**  
40-70% total body weight; cell function depends on a fluid environment

## Nutrition - Diet Progression and Therapeutic Diets

### Enteral Nutrition

Preferred method of meeting nutritional needs if patient unable to swallow, eat

# NUTRITION FUNDAMENTALS

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### Food Guidelines

Provide average daily consumption of 5 food groups

Always consider social, cultural, psychological and emotional factors when discussing food choices/diet restrictions with patients

### Cholesterol/FAT

Provides a basic guide



- Hypothalamic control
- Maintain body weight in healthy range
- Encourage physical activity and decrease sedentary activity
- Encourage fruits, veggies, whole-grain products, meat/seafood and fat-free or low-fat milk
- Eat a variety of proteins
- Limit saturated fat and trans fats (≤ 10% of cal./day from saturated fat)
- Limit added sugar (≤ 10% of cal.)
- Consume ≥ 2500 mg sodium/day
- Choose prepared foods with little salt
- Limit alcohol to one drink/day for women and 1 drink/day for men

### Low Cholesterol

30 mg/day

### Diabetic

American Diabetic

### Macronutrient GI Tract

- Total parenteral nutrition (TPN):
  - Administered via central line
  - 2-in-1 formula
  - Fat emulsion separate from protein/amino acid solution
- Complications:
  - Catheter problems
  - Metabolic alterations

# Ultimate Guide Nutrition Fundamentals

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*From Zero To Amazing: The Complete Guide To Losing Weight And Getting Fit* Miguel Duarte,2025-04-15 This is the definitive guide for anyone looking to lose weight gain fitness and transform their health in a sustainable way The Ultimate Guide to Weight Loss Fitness brings together everything you need scientific foundations nutritional strategies practical recipes at home workouts and progressive plans With accessible content evidence based tips and interactive resources you ll have support every step of the way It s not just about losing weight it s about living a better more balanced and motivated life

**Nutrition Essentials** Noah Daniels,2015-08-26 When your pounds have piled up and your pants have gotten too tight it is time for you to watch what you eat By viewing foods correctly you will be able to maintain your fitness and health Therefore you need to know the nutritional information of each food item you purchase from the supermarket Bear in mind that knowledge is power Let me explain When you know the truth behind a food item you will be able to determine if it is an enemy or not However when you are ignorant you will just get surprised on how the foods you eat will take a toll on you See how important knowledge in weight loss is And the worst part The more you don t know the less you will succeed Make no mistake about it This powerful book will provide you with everything you need to know to be a success and achieve your goal of getting healthy and understanding nutrition In This Book You Will Learn The Food Pyramid Correct Proteins For Weight Loss Correct Carbs For Weight Loss Correct Fats For Weight Loss What About Organic And Raw Foods And so much more

Nutrition Essentials for Nursing Practice Susan G. Dudek,2010 The Sixth Edition of this nursing focused nutrition text has been updated to reflect the latest evidence based practice and nutrition recommendations and streamlined to emphasize what the nurse really needs to know Maintaining its nursing process focus and emphasis on patient teaching this edition includes new features to help readers integrate nutrition into nursing care These new features include Nursing Process tables Case Studies for every chapter and NCLEX style study questions for every chapter Web addresses at end of each chapter will draw students to the most up to date and reliable resources on the Web *Fundamentals of Nursing* Carol Taylor,Pamela Lynn,Jennifer Bartlett,2018-10-05 Publisher s Note Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality authenticity or access to any online entitlements included with the product Proven approachable and part of a complete course solution Fundamentals of Nursing 9th Edition makes essential concepts accessible and help students develop the knowledge and clinical skills to succeed throughout their nursing education This

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*Current Catalog* National Library of Medicine (U.S.), 1983 First multi year cumulation covers six years 1965-70

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Charlotte M. Poleman, Nancy J. Peckenpaugh, 1991 Discusses the importance of good nutrition and shows beginning nursing students and other health care professionals how to apply concepts of nutrition to clients of all ages and health concerns Discusses food facts and fallacies and shows how to accommodate the nutritional needs of AIDS patients and the developmentally disabled Includes interviewing tips and counseling approaches the latest RDAs Canadian Dietary Standards and an expanded USDA Table of Nutritive Value of Foods Discusses how to assist clients as they enter physical fitness programs learn weight management recover from psychological eating disorders and fight cancer cardiovascular disease diabetes etc Includes review questions illustrations activities and case studies

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### **Magill's Medical Guide** Anne Chang, 2005

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