

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 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

Terry C. Jones

Ultimate Guide Nutrition Fundamentals:

Nutrition Essentials for Mental Health Leslie Korn, 2015-12-31 Exploring the connection between nutrition and mental wellness so therapists can provide more effective integrated treatment Diet is an essential component of a client's clinical profile Few therapists however have any nutritional training and many don't know where to begin In Nutrition Essentials for Mental Health Leslie Korn provides clinicians with a practical guide to the complex relationship between what we eat and the way we think feel and interact with the world Where there is mental illness there is frequently a history of digestive and nutritional problems Digestive problems in turn exacerbate mental distress all of which can be improved by nutritional changes It's not unusual for a deficit or excess of certain nutrients to disguise itself as a mood disorder Indeed nutritional deficiencies factor into most mental illness from anxiety and depression to schizophrenia and PTSD and dietary changes can work alongside or even replace medications to alleviate symptoms and support mental wellness Nutrition Essentials for Mental Health offers the mental health clinician the principles and practices necessary to provide clients with nutritional counseling to improve mood and mental health Integrating clinical evidence with the author's extensive clinical experience it takes clinicians step by step through the essentials for integrating nutritional therapies into mental health treatment Throughout brief clinical vignettes illustrate commonly encountered obstacles and how to overcome them Readers will learn Why nutrition matters in mental health The role of various nutrients in nourishing both the brain and the gut the second brain Typical nutritional culprits that underlie or exacerbate specific mental disorders Assessment techniques for evaluating a client's unique nutritional needs and counseling methods for the challenging but rewarding process of nutritional change Leading edge protocols for the use of various macro and micronutrients vitamins and supplements to improve mental health Considerations for food allergies sensitivities and other special diets The effects of foods and nutrients on DSM 5 categories of illness and alternatives to pharmaceuticals for treatment Comprehensive stage based approaches to coaching clients about dietary plans nutritional supplements and other resources Ideas for practical affordable and individualized diets along with optimal cooking methods and recipes Nutritional strategies to help with withdrawal from drugs alcohol and pharmaceuticals And much more With this resource in hand clinicians can enhance the efficacy of all their methods and be prepared to support clients' mental health with more effective integrated treatment

Freediving Fundamental Guide Bassel

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Table of Contents Ultimate Guide Nutrition Fundamentals

1. Understanding the eBook Ultimate Guide Nutrition Fundamentals
 - The Rise of Digital Reading Ultimate Guide Nutrition Fundamentals
 - Advantages of eBooks Over Traditional Books
2. Identifying Ultimate Guide Nutrition Fundamentals
 - 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 Ultimate Guide Nutrition Fundamentals
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ultimate Guide Nutrition Fundamentals
 - Personalized Recommendations
 - Ultimate Guide Nutrition Fundamentals User Reviews and Ratings
 - Ultimate Guide Nutrition Fundamentals and Bestseller Lists
5. Accessing Ultimate Guide Nutrition Fundamentals Free and Paid eBooks
 - Ultimate Guide Nutrition Fundamentals Public Domain eBooks
 - Ultimate Guide Nutrition Fundamentals eBook Subscription Services
 - Ultimate Guide Nutrition Fundamentals Budget-Friendly Options
6. Navigating Ultimate Guide Nutrition Fundamentals eBook Formats

- ePub, PDF, MOBI, and More
- Ultimate Guide Nutrition Fundamentals Compatibility with Devices
- Ultimate Guide Nutrition Fundamentals Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Ultimate Guide Nutrition Fundamentals
- Highlighting and Note-Taking Ultimate Guide Nutrition Fundamentals
- Interactive Elements Ultimate Guide Nutrition Fundamentals

8. Staying Engaged with Ultimate Guide Nutrition Fundamentals

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Ultimate Guide Nutrition Fundamentals

9. Balancing eBooks and Physical Books Ultimate Guide Nutrition Fundamentals

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Ultimate Guide Nutrition Fundamentals

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Ultimate Guide Nutrition Fundamentals

- Setting Reading Goals Ultimate Guide Nutrition Fundamentals
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Ultimate Guide Nutrition Fundamentals

- Fact-Checking eBook Content of Ultimate Guide Nutrition Fundamentals
- 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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