

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 Diabetes

Macronutrition of Fats

- 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

Noah Daniels

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Nutrition Essentials for Mental Health Leslie Korn, 2026-01-13 A therapist's key to the vital link between nutrition and mental wellness. Diet is a crucial component of a client's clinical profile. Few therapists however have any nutritional training and many don't know where to begin. This practical guide untangles the complex relationship between what we eat and the way we think, feel and interact with the world. Nutrition Essentials for Mental Health offers the principles and practices necessary to provide your clients with nutritional counseling for improved mood and mental health. Professionals are given tools like nutritional assessment templates for every client's unique needs and history as well as diet and supplement recommendations based on diagnosis, psychotropic deprescribing timelines and more. In this thoroughly updated second edition, readers will find new nutrient dense recipes, the therapeutic benefits of psychobiotics, the influence of nutrition on mitochondrial functions and updated research on the role of nutrition for mood disorders, anxiety, dementia and other mental health concerns. The book's phase based steps will allow clinicians to implement nutritional therapies into any kind of clinical practice, providing your clients with more effective integrative treatment.

Freediving Fundamental Guide Bassel Ounah, 2025-12-11 Join the thrilling world of freediving with this comprehensive guide suitable for novice and experienced divers. This guide takes readers on a journey beneath the waves to learn the art, science and essence of freediving. Training in breath control, diving physiology, knowledge and mental resilience, impart the essential groundwork for those who wish to venture into underwater discovery based on a single breath alone. The book is packed with professional advice and working methods. It covers fundamentals such as buoyancy equalization, breath hold training and specialities such as dynamic apnea and deep diving. Safety is made a definite aspect with single chapters on emergency procedures, risk management and buddy checks, creating an enjoyable and secure dive experience. In addition to the technical details, the book covers freediving's psychological and emotional benefits including stress relief, mindfulness and self-enrichment. Freedivers will learn how freediving helps them establish a better relationship with the sea and themselves, turning every dive into a meditative and empowering encounter. Whether training for your business or seeking to achieve personal bests, this book offers clear practical advice to help you unlock your full potential. With inspiring stories, valuable tips and step-by-step exercises, it's an essential read for anyone drawn to the freedom and beauty of the underwater world.

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

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