

Nutrition - Basic Terms and Dietary Guidelines

Basal Metabolic Rate -

The energy needed at rest to maintain life-sustaining activities

Kilocalories (kcal) -

Unit of food energy

Food

Rat

Carb

Fat

Most calorie-dense nutrient; provides essential fatty acids

9 kcal/g

Water

60 - 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, get

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

ChooseMyPlate

Provides a basic guide to a healthy diet



- appropriate cal
- Maintain body weight in healthy range
- Encourage physical activity and decrease sedentary activity
- Encourage fruits/veget, whole-grain products, 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 fats)
- Limit added sugar to <10% of cal
- Consume <2300mg sodium/day
- Choose/prep foods with little salt
- Limit alcohol to one drink/day for women and 2 drinks/day for men

Non-Functioning GI tract

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

Low Cholesterol

30mg/day

Diabetic

American Diabetes

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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 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 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

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