

## 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 emulsions separate from protein/amino acid solution
- Complications:
  - Catheter problems
  - Metabolic alterations

# Ultimate Guide Nutrition Fundamentals

**National Library of Medicine (U.S.)**

## **Ultimate Guide Nutrition Fundamentals:**

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