

## 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



- Maintain body weight in healthy range
- Encourage physical activity and decrease sedentary activity
- Encourage fruits/vegetables, 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/day
- Consume <2300 mg sodium/day
- Choose/prepares 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

300 mg/day

### Diabetic

American Diabetes Association

# Ultimate Guide Nutrition Fundamentals

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



## **Ultimate Guide Nutrition Fundamentals:**

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