

ATI Nutrition Fundamentals Proctored Final Exam | Questions & Answers (Graded A+)

a nurse is educating a client who has anemia about dietary intake of iron. which of the following is a non-hem source of iron?

- a. ground beef
- b. dried beans
- c. salmon
- d. turkey - ANSWER - b. dried beans

a nurse is discussing foods that are high in vitamin D with a client who is unable to be out in the sunlight. which of the following should be included in the teaching?

- a. 1 cup steamed long-grain brown rice
- b. 6 medium raw strawberries
- c. 1/2 cup boiled brussels sprouts
- d. 2 large, poached eggs - ANSWER - d. 2 large, poached eggs

a nurse is reviewing dietary recommendations with a group of clients at a health fair. which of the following information should the nurse include?

- a. "fats should be 5% - 15% of daily calorie intake."
- b. "make protein 10% - 35% of total calorie intake"
- c. "consume 1,500 mL of water from liquids and solids daily."
- d. "they body needs 40 mcg of iron each day" - ANSWER - b. make protein 10% - 35% of total calorie intake"

fats should be 20-35% of daily caloric intake
iron should be 20mg/day or less
liquids or solids is 2.7-3.7/day

a nurse is conducting a nutritional class on minerals and electrolytes. the nurse should include which of the following foods is a major source of magnesium?

- a. tuna
- b. tomatoes
- c. eggs
- d. oranges - ANSWER - a. tuna

green leafy vegetables, nuts, whole grains, tuna, halibut, chocolate

Award Winning Nutrition Fundamentals

William Swan Sonnenschein



Award Winning Nutrition Fundamentals:

Nutrition Essentials: Practical Applications Dr. Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2022-09-29 This book provides students with a comprehensive current and science based introduction to nutrition concepts guidelines and functions Its student focused approach provides information about topics and issues that concern them a balanced diet nutritional supplements weight management exercise and much more Throughout each chapter readers will engage with the latest dietary guidelines scientific evidence and national standards to help individuals follow a healthy dietary pattern at every life stage Nutrition Essentials and Diet Therapy - E-Book Nancy J. Peckenpaugh, 2009-10-01 Nutrition Essentials and Diet Therapy provides complete coverage of all of the content needed in an LPN LVN curriculum This versatile text concentrates on what is most important for the health care provider to know about the nutrition basics and the application on nutrition knowledge Coverage includes the latest developments in nutrition fundamentals nutrition across the life span nutritional management of chronic and acute illnesses the latest DRI s and expanded coverage of vitamins minerals phytochemicals and herbal remedies An LPN Threads Series title Unique Cultural boxes incorporated throughout each chapter focus on specific ways in which culture affects nutritional concepts in practice and promote a greater cultural awareness and prepares students to work with diverse clients Unique Facts and Fallacies identify common myths about nutrition and then present the facts This feature promotes nutritional education that is based on research and current belief Unique Teaching Pearls provide practical nutritional counseling tips and analogies Critical Thinking Case Studies cover a variety of client teaching considerations related to various nutritional situations Each case study is followed by application questions Chapter Challenge Questions and Classroom Activities appear at the end of each chapter and provide the opportunity to review and discuss the content Additional coverage on women and cardiovascular disease provides insight to the importance of prevention of cardiovascular disease Expanded herbal therapy coverage includes content on potential interactions between herbal medications and other types of medication Information on the role that nutrition plays in the prevention of neurodegenerative diseases has been expanded to address the significant growth in the number of individuals being diagnosed with these problems Expanded content on proteins addresses the increase use of protein powders by athletes and the use of enteral and parenteral supplements during chronic and acute illnesses NEW Online Version of Nutritrac Nutrition Analysis Program provides additional tools for learning with an expanded food database of over 5 000 foods in 18 different categories and a complete listing of more than 150 activities Additional new features for this online version include an ideal body weight IBW calculator a Harris Benedict calculator to estimate total daily energy needs and the complete Exchange Lists for Meal Planning *Nutrition Essentials for Nursing Practice* Susan G. Dudek, 2010 The Sixth Edition of this nursing focused nutrition text has been updated to reflect the latest evidence based practice and nutrition recommendations and streamlined to emphasize what the nurse really needs to know Maintaining its nursing process focus

and emphasis on patient teaching this edition includes new features to help readers integrate nutrition into nursing care These new features include Nursing Process tables Case Studies for every chapter and NCLEX style study questions for every chapter Web addresses at end of each chapter will draw students to the most up to date and reliable resources on the Web

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