

# 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

# Nutrition Fundamentals Award Winning

**D Kirk**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape partially visible behind it.

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