

# NUTRITION



## GOOD SOURCES OF :

Fiber

FRUITS, BEANS, VEGGIES, WHEAT & BRAN  
Soluble Insoluble

Potassium

- SWEET POTATO, TOMATO, SPINACH, YOGURT  
RAISINS, BANANAS

Sodium

- PIZZA, CANNED SOUP, BREAD, COLD CUTS, CHEESE

Vitamin C

- ORANGES, STRAWBERRY, BRUSSELS SPROUTS

Vitamin B<sub>12</sub>

- EGGS, MILK, CHEESE, MEAT, FISH, SHELLFISH

Magnesium

- RHUBARB, SPINACH, AVOCADOS, NUTS, TOFU, SESAME

## Therapeutic Diets

**Clear Liquid**

→ juices w/o pulp, broth, jelly, water

**Full Liquid**

→ ice cream, soup, ice chips, tea, juice

**Mechanical Soft**

→ banana, soft breads, pasta ① Dry or Chewy

**Purée**

→ yogurt, applesauce, mashed potato, pudding ① Lumpy or crunchy

**Low Carb**

↳ sometimes called keto or carb-restricted diet

**No Added Salt**

↳ CHF ↳ arthritis

**Low Fat**

↳ hyperlipidemia ↳ pancreatitis

**Low K+**

↳ Addison's ↳ for spacing diuretics

**High Iron**

↳ anemia

## IMPORTANT THINGS TO REMEMBER

- ★ Patients on Anticoagulants should avoid **Vitamin K** → Green leafy veg, cheese + green tea
- ★ Wound healing is promoted by a diet that is rich in **Protein** + **Vitamin C**
- ★ **Folic Acid** is essential during + before pregnancy to prevent neural tube defects
- ★ **Vitamin A** helps maintain eyesight
- ★ Vegetarians are at risk of deficient **Vitamin D + B12**

## Kcal's per Nutrient

Fat - 9 kcal/g  
Protein - 4 kcal/g  
Carbohydrates - 4 kcal/g

## Vitamins

Fat Soluble - A, D, K, E  
Water Soluble - B, C

# A Study Guide For Nutrition

**Food and Nutrition Information Center  
(U.S.)**



## **A Study Guide For Nutrition:**

Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information and Educational Materials Center (U.S.),1973     **Food and Nutrition Information and Educational Materials Center Catalog** Food and Nutrition Information Center (U.S.),1976     **Study Guide for Nutrition and You** Joan Salge Blake,Charlene Harkins,2007-12-04 The Study Guide is made up of a series of investigations that correspond to concepts in the main text and incorporate questions and exercises that range from definitions fill in the blank labeling and completion study questions to critical thinking questions     *Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975* Food and Nutrition Information and Educational Materials Center (U.S.),1975

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students relate health care changes to changes in social needs Information is arranged in 3 sections 1 a problem solving approach to basic nutrition concepts 2 socioeconomic and cultural influences on the family and community 3 basic clinical and therapeutic guidance to diet therapy A Self Study Guide for Nutrition and Diet Therapy is a companion to this basic text kbc **Studyguide for Nutrition Through the Life Cycle by Brown, Judith E.** Cram101 Textbook Reviews,2013-05 Never HIGHLIGHT a Book Again Includes all testable terms concepts persons places and events Cram101 Just the FACTS101 studyguides gives all of the outlines highlights and quizzes for your textbook with optional online comprehensive practice tests Only Cram101 is Textbook Specific Accompanies 9780872893795 This item is printed on demand **Nutritionist I** National Learning Corporation,2014 The Nutritionist I Passbook R prepares you for your test by allowing you to take practice exams in the subjects you need to study It provides hundreds of questions and answers in the areas that will likely be covered on your upcoming exam including but not limited to Nutrition and dietetics Understanding and interpreting tabular material Preparation of written material Supervision **The New Nutrition** Paul Saltman,Yvonne Baskin,1987 **Books and Pamphlets, Including Serials and Contributions to Periodicals** Library of Congress. Copyright Office,1976-07 *Guide to Literature of Home and Family Life* Annie Isabel Robertson,1924 **Audiovisual guide to the catalog of the Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information Center (U.S.),1975

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