

**NGN ATI RN NUTRITION PROCTORED 2023 EXAM TEST BANK
300 QUESTIONS AND CORRECT DETAILED ANSWERS
(VERIFIED ANSWERS) |ALREADY GRADED A+**

A nurse is educating a client who is taking iron supplements about foods which aid in iron absorption. Which of the following foods is the best choice for the client to make?

- 1 baked potato
- 1/2 cup orange juice
- 1/2 cup low-fat milk
- 2 cups boiled green beans ✓✓B. Vitamin C

Vitamin C aids in the absorption of iron, and 1/2 cup orange juice has 62mg of vitamin C.

This is the best food choice for the client to make.

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

- 1 cup steamed long-grain brown rice
- 6 medium raw strawberries

- 1/2 cup boiled Brussels sprouts
- 2 large poached eggs ✓✓D. 2 large poached eggs

The nurse should include eggs as food that is high in vitamin D.

A nurse is caring for a client who is prescribed warfarin. The nurse should teach the client that which of the following vitamins can interfere with this medication?

- vitamin A
- vitamin D
- vitamin E
- vitamin K ✓✓D. Vitamin K

Vitamin K assists in blood clotting, is used as an antidote for excess anticoagulants, and can interfere w/warfarin. The nurse should instruct the client to avoid increasing sources of vitamin K through supplements or in the diet.

A nurse is conducting a nutritional class on minerals and electrolytes. The nurse should include that 1/2 cup of which of the following foods is the best source of magnesium?

- Whole almonds
- Chopped tomatoes
- Raw spinach
- Low-fat vanilla yogurt ✓✓A. 1/2 cup whole almonds

It is the best source b/c it has 193mg of magnesium.

A nurse is discussing health problems associated w/nutrient deficiencies w/a group of adolescents. The nurse should include that which of the following conditions is associated w/adeiciency of vitamin C?

- Dysrhythmias
- Scurvy
- Pernicious anemia
- Megaloblastic anemia ✓✓B. Scurvy

A nurse is caring for a client who has hypothyroidism. Which of the following is associatedw/this disorder?

- decreased metabolic demand
- weight loss
- increased HR
- Diarrhea ✓✓A. decreased metabolic demand

A nurse is reviewing prescribed medication for a newly admitted client. Which of the following medications decreases the body's rate of metabolism?

- Prednisone
- Levothyroxine
- Amitriptyline
- Epinephrine ✓✓C. Amitriptyline

Amitriptyline is a tricyclic antidepressant used for treating depression and decreases the body's rate of metabolism.

A charge nurse is conducting a nutritional class for a group of newly licensed nurses regarding BMR. The charge nurse should inform the class that which of the following factors increases BMR? (select all that apply)

- lactation
- prolonged stress
- malnutrition
- puberty
- age older than 60 years ✓✓ A. lactation

B. prolonged stress

D. puberty

A school nurse is teaching a high school health class about the possible causes of a negative nitrogen balance. Which of the following causes should the nurse include in the teaching? (select all that apply)

- illness
- malnutrition
- adolescence

- trauma
- pregnancy ✓✓ A. illness

B. malnutrition

D. trauma

A nurse in a nutritional clinic is calculating BMI for several clients. The nurse should recognize which of the following client BMIs as overweight?

- 24
- 30
- 27

D. 32 ✓✓ C. 27

Overweight BMI = 25-29.9

A nurse on an orthopedic unit is reviewing data for a client who sustained trauma in an MVA. Which of the following values indicates the client is in a catabolic state (using protein faster than is being synthesized)?

- Serum albumin 3.5 g/dL
- Negative nitrogen balance
- BMI of 18.5
- Serum albumin 12mg/dL ✓✓B. Negative nitrogen balance

A negative nitrogen balance indicates protein is used at a greater rate than it is synthesized as starvation or a catabolic state following injury or disease

A nurse is performing a nutritional assessment on a client. Which of the following clinical findings are suggestive of malnutrition? (select all that apply)

- poor wound healing
- dry hair
- BP 130/80 mmHg
- weak hand grips
- impaired coordination ✓✓A. poor wound healing

B. dry hair

D. weak hand grips

E. impaired coordination

A nurse is teaching a group of women about risk factors for developing osteoporosis.

Which of the following risk factors should the nurse include? (select all that apply)

- inactivity
- family history
- obesity
- hyperlipidemia
- cigarette smoking ✓✓ A. inactivity

B. family history

E. cigarette smoking

A nurse is assisting a client w/selecting food choices on a menu. Which of the following actions by the nurse demonstrates ethnocentricity?

- asking the client what he likes to eat

- notifying the dietitian to complete the menu
- Recommending one's own favorite foods
- Asking the client's family to fill out the menu ✓✓C. Recommending one's own favorite foods

A nurse is caring for an Asian client who has HTN. Which of the traditional Asian dietary patterns places the client at risk for this condition?

- Incorporation of plant-based foods in the diet
- Consumption of raw fruits
- Preparation of foods using sodium
- Focus on shellfish in the diet ✓✓C. Preparation of foods using sodium

The preparation of foods using sodium places the client at risk for HTN. Many spices in the Asian diet contain sodium, or it is used as a preservative. The client should reduce sodium consumption.

A nurse educator is teaching a class on culture and food to a group of newly hired nurses. Which of the following statements by a nurse indicates an understanding of the teaching?

- Clients who practice Roman Catholicism do not drink caffeinated beverages
- Clients who practice Orthodox Judaism do not eat meat with dairy products
- Clients who are Mormon eat only the protein of animals that are slaughtered under strict guidelines
- Clients who practice Hinduism do not eat dairy products ✓✓B. Clients who practice Orthodox Judaism do not eat meat w/dairy products

A nurse is caring for a client who follows a vegan diet. Which of the following foods should the nurse offer the client?

- bagel w/cream cheese
- fried egg
- fruit w/yogurt
- wheat toast w/peanut butter ✓✓D. wheat toast w/peanut butter

A nurse is discussing use of a low-profile gastrostomy device w/the parent of a child who is receiving an enteral feeding. Which of the following is an appropriate statement by the nurse?