

ATI Nutrition Proctored Exam

Foods high in potassium:

apricots
bananas
potatoes
tomatoes
avocado
fish
spinach
beans

Foods High in Potassium



A nurse is reinforcing diet teaching to a client who has type 2 DM. Which of the following should the nurse include in the teaching? Select all that apply.

- A. Carbs should comprise 55% of daily caloric intake
- B. Use hydrogenated oils for cooking
- C. Table sugar may be added to cereals
- D. Drink an alcoholic beverage w/meals
- E. Protein foods can be substituted for carb foods

A, C, D

Not B-hydrogenated oils contain trans fatty acids & cause hyperlipidemia

Not E-carbs can be exchanged but not w/proteins

A nurse is reviewing dietary guidelines to include in the plan of care for a client who has type 2 DM. Which of the following guidelines should the nurse include? Select all that apply.

- A. Weight management
- B. Lipid profile
- C. Cultural needs
- D. Sleep patterns
- E. Personal preferences

A, B, C, E

To avoid hypoglycemia, the client should consume alcohol: with a meal or immediately after a meal.

_____ can be included in a diabetic diet as long as adequate insulin or other agents are provided to cover the sugar intake.

Sucrose (table sugar)

The nurse should instruct the diabetic client that their intake of carbohydrates should be ___to___% of total daily caloric intake.

45-60%

The lacto-ovo vegetarian diet includes:

dairy products and eggs

A nurse is teaching a client measures for healthy bones. Which of the following statements by the client requires additional teaching?

- A. "I will eat foods high in calcium."
- B. "I will increase my fluid intake."
- C. "I should participate in weight bearing exercises."
- D. "I should get my vitamin D from the sunlight."

B.
increasing fluid does not promote healthy bones

A nurse is conducting a nutritional class to a group of newly licensed nurses. Which of the following should be included in the teaching?

- A. Limit saturated fat to 10% of total caloric intake.
- B. Good bowel function requires 35 g/day of fiber for women.
- C. Limit cholesterol consumption to 400 mg/day
- D. Normal functioning cardiac systems depends on B-complex vitamins

A

A nurse is discussing essential nutrients for normal functioning of the nervous system. Which of the following should be included in the teaching? Select all that apply.

- A. Calcium
- B. Thiamin
- C. Vitamin B6
- D. Sodium
- E. Phosphorus

A, B, C, D

A school nurse is teaching a group of students how to read food labels. Which of the following should be included in the teaching? Select all that apply.

- A. Total carbohydrates
- B. Total fat
- C. Calories
- D. Magnesium
- E. Dietary fiber

A, B, C, E

Normal functioning of the nervous system depends on adequate levels of the B-complex vitamins, especially:

and also adequate levels of ____ and ____ for regulators of nerve responses.
thiamin, niacin, vitamin B6 and B12

calcium and sodium



normal BMI:

18.5-24.9

obesity BMI is classified as:

BMI greater than or equal to 30

Basic food choices for kosher, orthodox Judaism diets:

-meat

-no mixing meat and dairy (cheeseburger)

- no pork or shellfish
- fish must have scales & fins to be kosher

A client who follows seventh-day Adventist dietary laws will eat a strict:

They also avoid:

vegetarian diet, some are lacto-ovo, some are vegan.

they avoid alcohol, coffee, tea and caffeinated beverages.



A nurse is teaching a client who has cancer about appropriate food choices. The nurse determines that the client understands the information when she chooses which of the following snacks? Select all that apply.

- A. Peanut butter sandwich on whole wheat bread w/2% milk
- B. Popcorn w/soda
- C. Yogurt topped w/granola & a banana
- D. Meat lasagna w/buttered garlic bread
- E. Plain baked potato

A, C, D

Three complications of TPN:

Diarrhea

Polyuria

Hypocalcemia

What has more calcium yogurt or cheese?

yogurt

Niacin is found in sources such as:

Beef liver

nuts

legumes

whole-grain enriched breads and cereals

Two medications may be added to PN solutions however administering any IV medication through a PN IV line or port is contraindicated. What are the two medications?

Heparin and insulin

Expected reference range for pre-albumin:

23-43

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Which of the following food choices is appropriate for a pt. with GERD? Select all that apply.

- A. Baked salmon
- B. Skim milk
- C. Orange juice
- D. Decaffeinated tea
- E. Eggs and salsa

A, B, D

For which disease/condition would the nurse teach the client about a gluten-free diet?

- A. A 54 year old man with pancreatitis.
- B. A 32 year old woman with celiac disease.
- C. A 22 year old man with diverticulitis.
- D. A 76 year old woman with breast cancer.

B.

Celiac disease is also known as gluten-sensitive enteropathy (GSE), celiac sprue, and gluten intolerance. It is chronic & hereditary and the client should be instructed to avoid gluten.



Foods/beverages that are gluten-free include: (select all that apply)

- A. Milk, cheese, dairy products
 - B. Beer
 - C. Fried Eggs
 - D. Baked potatoes
 - E. Fruits and vegetables
 - F. Whole wheat bread
- A, C, D, E



A patient who has celiac disease should increase intake of what?
simple carbohydrates (fruits, veggies, milk, etc.)

A nurse is providing instructions to a client who has a new diagnosis of celiac disease. Which of the following food choices by the client indicates a need for further teaching?

- A. Potatoes
 - B. Graham crackers
 - C. Wild rice
 - D. Canned pears
- B.

Graham crackers are made from wheat flour

All others are gluten-free

A client with what disease will be instructed to avoid foods with seeds or husks (corn, popcorn, berries, tomatoes)?
diverticular

A nurse is providing instructions to a client who reports constipation & has a prescription for a high-fiber, low-fat diet. Which of the following food choices by the client indicates understanding of the teaching?

- A. Peanut butter
 - B. Peeled apples
 - C. Hardboiled egg
 - D. Brown rice
- D

A nurse is caring for a client post appy. The nurse verifies the postop prescription, which reads "discontinue NPO status; advance diet as tolerated." Which of the following are appropriate for the nurse to offer the client? Select all that apply.

- A. Applesauce
- B. Chicken broth

- C. Sherbet
 - D. Wheat toast
 - E. Cranberry juice
- B, E

A client postop will be on a clear liquid diet following surgery to transition as tolerated back to normal diet. Cranberry juice and chicken broth are clear liquid selections.

A nurse is caring for a client who is on a full liquid diet due to dysphagia. Which of the following nursing actions is the highest priority?

- A. Add thickener to liquids.
- B. Educate the client about acceptable liquids.
- C. Perform a calorie count of consumed liquids.
- D. Offer high-protein liquid supplements.

A
this is highest priority to reduce the risk of aspiration

A nurse is performing dietary needs assessments for a group of clients. A blenderized liquid diet is appropriate for which of the following clients? Select all that apply.

- A. A client who has a wired jaw due to an MVA
- B. A client who is 24 hr postop following temporomandibular joint repair
- C. A client who has difficulty chewing due to a traumatic brain injury
- D. A client who has hypercholesterolemia due to CAD
- E. A client who is scheduled for a colonoscopy the next morning

A, B, C

A nurse is assessing a client who is postop following a colon resection. Which of the following findings indicates that the client is ready to transition from NPO to oral intake?

- A. Client report of hunger
- B. Urinary output exceeding 30 mL/hr
- C. Decrease in incisional pain
- D. Passage of flatus

D

A nurse is assisting a client who has a prescription for a mechanical soft diet w/food selections. Which of the following are appropriate selections by the client? Select all that apply.

- A. Dried prunes
- B. Ground turkey
- C. Mashed carrots
- D. Fresh strawberries
- E. Cottage cheese

B, C, E

A nurse is teaching a client who is undergoing cancer treatment about interventions to manage stomatitis. Which of the following statements by the client indicates an understanding of the teaching?

- A. "I will try chewing larger pieces of food."
- B. "I will avoid toasting my bread."
- C. "I will consume more food in the morning."
- D. "I will add more citrus foods to my diet."

B.

Dry, coarse foods can increase the incidence/risk of stomatitis

Which of the following food choices by a client undergoing chemotherapy with presence of stomatitis indicates a need for further teaching?