

1. A nurse is providing dietary teaching to a client who has a new diagnosis of gastroesophageal reflux disease. Which of the following foods or beverages should the nurse recommend to minimize heartburn?
 - Orange juice
 - Decaffeinated coffee
 - Peppermint
 - **Potatoes**

2. A nurse is preparing to teach a group of clients about vitamins and minerals. The nurse should include in the teaching that which of the following minerals is necessary for the transmission of nerve impulses?
 - Phosphorus
 - **Calcium**
 - Chloride
 - Zinc

3. A nurse is caring for a client who has a body mass index (BMI) of 30. Four weeks after nutritional counseling, which of the following evaluation findings indicates the plan of care was followed?
 - BMI of 25
 - Weight gain of 1.8kg
 - BMI of 33
 - **Weight loss of 2.7kg**

4. A nurse is caring for a client who follows the dietary laws of Orthodox Judaism. Which of the following meal choices should the nurse request for the client?
 - Turkey and cheese sandwich
 - **Spaghetti with tomato sauce**
 - Pork chop and applesauce
 - Scrambled eggs and bacon

5. A nurse in a long-term care facility is developing strategies to promote increased food intake for an older adult client. Which of the following interventions should the nurse implement?
 - Offer sugar substitutes to increase the client's appetite.
 - Provide opportunities to eat three large meals per day.
 - Provide entertainment while the client is eating.
 - **Offer finger foods at mealtime.**

6. A nurse is caring for four clients. The nurse should plan to administer total parenteral nutrition for which of the following clients?
 - A client who is postoperative following a laminectomy and is receiving IV PCA
 - A client who has dysphagia and does not recognize his family
 - A client who has COPD and is going home with oxygen
 - **A client who has colon cancer and will undergo a hemicolectomy**

7. A nurse is performing a nutritional evaluation for a client who reports paresthesia of the hands and feet. The nurse should identify this manifestation as an indication of which of the following dietary deficiencies?
 - Iron
 - Riboflavin
 - Vitamin C
 - **Vitamin B12**

8. A nurse is caring for a client who reports she is having difficulty losing weight. Which of the following responses by the nurse is appropriate?

- **Eat small portions of the high-calorie foods first.**
- Set a goal and you will be able to attain it.
- It is helpful to self-monitor your eating.
- Taste food while cooking to help curb your appetite.

9. A nurse is providing discharge teaching about food choices to a client who has hypokalemia. Which of the following foods should the nurse identify as the best source of potassium?

- 1 cup grapes
- 1 cup shredded lettuce
- **1 cup cooked tomatoes**
- 1 cup apple slices

10. A nurse is providing teaching to an obese client who has gestational diabetes and is at 25 weeks of gestation. Which of the following statements made by the client indicates a need for further teaching?

- This does not mean that my baby will have this disease.
- **This means that I will have diabetes for the rest of my life.**
- If I feel dizzy, I should drink six ounces of a non-diet soda.
- Being obese might be one reason why I developed diabetes.

11. A nurse is planning care for a client who has ascites secondary to liver disease. Which of the following interventions should the nurse include in the plan of care?

- Reduce complex carbohydrates to 30% of total calories.
- Restrict protein intake to less than 0.8 g/kg/day.
- Decrease daily caloric intake by 20%.
- **Limit sodium to 2000 mg or less per day.**

12. A nurse is planning eating strategies with a client who has nausea from equilibrium imbalance. Which of the following strategies should the nurse recommend?

- Encourage the client to eat even if nauseated.
- **Provide low-fat carbohydrates with meals.**
- Limit fluid intake between meals.
- Serve hot foods at mealtime.

13. A nurse is discussing denture care with the partner of a client who is unable to perform oral hygiene. Which of the following should be included in the discussion?

- Floss dentures as part of daily cleaning.
- Wipe dentures before storing them in a dry container at night.
- **Wrap gloved fingers with gauze to remove dentures.**
- Use a washcloth to clean the denture surfaces.

14. A nurse is caring for a 30-month-old toddler and is preparing a nutritional snack. Which of the following foods is appropriate for the nurse to offer the toddler?

- Plain popcorn
- Grapes
- Raw carrots
- **Cheese**

15. A nurse is assessing the nutritional status of an infant who is 6 months old. The infant weighed 2.7 kg at birth. Which of the following indicate to the nurse that the infant is within expected range?

- **5.5 kg**
- 6.4 kg
- 4.5 kg
- 3.6 kg

16. A nurse is reinforcing dietary teaching with a client who has vitamin A deficiency. Which of the following food choices should the nurse recommend the best source of vitamin A?

- **1 small baked sweet potato**
- 1 cup avocado
- 1 cup green beans
- 1 large apple

17. A nurse is teaching a client who has chronic kidney disease about dietary needs. Which of the following foods should the nurse identify as being the lowest in phosphorus?

- **Medium apple**
- Bran cereal
- Scrambled eggs
- Ground turkey

18. A nurse is caring for a client who is receiving chemotherapy treatments. The client states, "I feel so nauseated after my treatments." Which of the following instructions should the nurse provide the client? (Select all that apply.)

- **Common foods that are served cold.**
- Limit use of antiemetics until after first emesis.
- **Sit up for 1 hr after eating meals.**
- Eat foods low in carbohydrates.
- **Sip fluids slowly throughout the day.**

19. A nurse is providing nutritional education to a client who is obese. The nurse should include in the information that which of the following gastrointestinal disorders is commonly associated with obesity?

- Peptic ulcer disease
- **Gastroesophageal reflux disease**
- Celiac disease
- Crohn's disease

20. A nurse is completing a nutritional assessment of an adult female client. Which of the following findings should indicate to the nurse that the client is at an increased risk of developing cancer?

- Eats at least 5 servings of fruits and vegetables daily.
- Eats 6 servings of whole grains daily.
- **Limits alcohol consumption to 2 drinks per day.**
- Limits red meat intake to 3oz per day.

21. A nurse is providing dietary teaching to a client who has a body mass index of 28. Which of the following actions should the nurse take?

- Encourage the client to continue current daily caloric intake.
- Recommend a total fiber intake of 12g each day.
- Advise the client to add 500 calories per day to the diet.
- **Refer the client to a weight-loss support group.**

22. A nurse is teaching a client about complete and incomplete proteins. Which of the following foods should the nurse include in the teaching as an incomplete protein?