

ATI Nutrition Proctored Exam GRADED A LATEST 2023/2024

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 - CORRECT
- ANSWER 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 - CORRECT ANSWER A, B, C, E

To avoid hypoglycemia, the client should consume alcohol... - CORRECT ANSWER 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. - CORRECT ANSWER Sucrose (table sugar)

The nurse should instruct the diabetic client that their intake of carbohydrates should be ___ to ___% of total daily caloric intake. - CORRECT ANSWER 45-60%

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." - CORRECT ANSWER 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 - CORRECT ANSWER 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 - CORRECT ANSWER 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 - CORRECT ANSWER 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. - CORRECT ANSWER thiamin, niacin, vitamin B6 and B12

calcium and sodium

normal BMI: - CORRECT ANSWER 18.5-24.9

obesity BMI is classified as: - CORRECT ANSWER BMI greater than or equal to 30

Basic food choices for kosher, orthodox Judaism diets: - CORRECT ANSWER -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: - CORRECT ANSWER 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 - CORRECT ANSWER A, C, D

Three complications of TPN: - CORRECT ANSWER Diarrhea

Polyuria

Hypocalcemia

What has more calcium yogurt or cheese? - CORRECT

ANSWER yogurt

Niacin is found in sources such as: - CORRECT ANSWER

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? - CORRECT

ANSWER Heparin and insulin

Expected reference range for pre-albumin: - CORRECT
ANSWER 23-43

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 - CORRECT ANSWER 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. - CORRECT ANSWER 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 - CORRECT ANSWER A, C, D, E