

# ATI Nutrition Proctored Exam GRADED A LATEST 20223/2024 QUESTIONS AND ANSWERS

Foods high in potassium: - CORRECT ANSWER apricots  
bananas  
potatoes  
tomatoes  
avocado  
fish  
spinach  
beans

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%

The lacto-ovo vegetarian diet includes: - CORRECT ANSWER 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." - 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

A patient who has celiac disease should increase intake of what?  
- CORRECT ANSWER 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 - CORRECT ANSWER 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)? - CORRECT ANSWER 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 - CORRECT ANSWER 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 - CORRECT ANSWER 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. - CORRECT ANSWER

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 -
- CORRECT ANSWER 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 - CORRECT ANSWER 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 - CORRECT ANSWER 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." - CORRECT

ANSWER 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?

- A. Small pieces of bananas
- B. Cut up fresh orange & pineapple slices
- C. Yogurt with granola
- D. Meat lasagna - CORRECT ANSWER B

A nurse is caring for a client who has hypoglycemia. Which of the following is an appropriate action by the nurse?

- A. Offer crackers & cheese
- B. Encourage sucking on 8 hard candies
- C. Provide 8 oz of regular soda
- D. Give juice w/table sugar - CORRECT ANSWER B

Which of the following are appropriate dietary choices for a client with cholecystitis? Select all that apply.

- A. Baked lightly-seasoned tilapia
  - B. Buttered steamed broccoli
  - C. Skim or 1% low fat milk
  - D. Whole wheat toast
  - E. Pasta with cream sauce and onions - CORRECT ANSWER
- A, C

Patients with gallstones, also known as cholecystitis, should avoid what in their diet? - CORRECT ANSWER FAT

A nurse is planning for an older adult client who is receiving treatment for malnutrition. The client is scheduled for discharge to his home where he lives alone. Which of the following actions are appropriate to include in the plan of care? (Select all that apply.)

- A. Consult social services to arrange home meal delivery
  - B. Encourage the client to purchase nonperishable boxed meals
  - C. Advise the client to purchase frozen fruits/veggies
  - D. Recommend drinking a supplement between meals
  - E. Educate the client on how to read nutrition labels - CORRECT
- ANSWER A, C, D, E

Older adult clients will need more \_\_\_\_\_ and vitamin \_\_\_\_ to help maintain bone health. They may also be instructed to increase \_\_\_\_\_ in their diet. - CORRECT ANSWER calcium and vitamin D  
increase fiber

Older adults have decreased absorption of what three nutrients? - CORRECT ANSWER

1. Vitamin B12
2. Folic acid
3. Calcium

The soft diet is also known as the bland, low fiber diet and contains foods such as: - CORRECT ANSWER Whole foods that are low in fiber, lightly seasoned and easily digested.

Is it safe to take antibiotics while breastfeeding? - CORRECT ANSWER Yes, PO antibiotics are safe. Notify provider and finish entire course to reduce risk of recurrence. There is a slight transfer between breast milk though.

Food interactions with MAOIs include: - CORRECT ANSWER tyramine-rich foods  
caffeine foods/beverages