

Practice NCLEX Nutrition Questions 1

1. The nurse is teaching a client who has iron deficiency anemia about foods she should include in her diet. The nurse determines that the client understands the dietary modifications if she selects which items from her menu?
 - a. Nuts and ilk
 - b. Coffee and tea
 - c. Cooked rolled oats and fish
 - d. Oranges and dark green leafy vegetables
2. The nurse is planning to teach a client with malabsorption syndrome about the necessity of following a low-fat diet. The nurse develops a list of high-fat foods to avoid and should include which food item on the list?
 - a. Oranges
 - b. Broccoli
 - c. Cream Cheese
 - d. Broiled haddock
3. The nurse instructs a client with chronic kidney disease who is receiving hemodialysis about dietary modifications. the nurse determines that the client understands these dietary modifications if the client selects which items from the dietary menu?
 - a. Cream of wheat, blueberries, coffee
 - b. Sausage and eggs, banana, orange juice
 - c. Bacon, cantaloupe melon, tomato juice
 - d. Cured pork, grits, strawberries, OJ
4. The nurse is conducting a dietary assessment on a client who is on a vegan diet. The nurse provides dietary teaching and should focus on foods high in which vitamin that may be lacking in a vegan diet?
 - a. Vitamin A
 - b. Vitamin B12
 - c. Vitamin C
 - d. Vitamin E
5. A client with hypertension has been told to maintain a diet low in sodium. The nurse who is teaching the client about foods that are allowed should include which food item in a list provided to the client?
 - a. Tomato soup
 - b. Boiled shrimp
 - c. Instant oatmeal
 - d. Summer squash

6. A postoperative client has been placed on a clear liquid diet. The nurse should provide the client with which items that are allowed to be consumed on this diet? Select all that apply.
- a. Broth
 - b. Coffee
 - c. Gelatin
 - d. Pudding
 - e. Vegetable juice
 - f. Pureed vegetables
7. The nurse is instructing a client with hypertension on the importance of choosing foods low in sodium. The nurse should teach the client to limit intake of which food?
- a. Apples
 - b. Bananas
 - c. Smoked sausage
 - d. Steamed vegetables
8. A client receiving abdominal surgery has a large abdominal wound. The nurse should encourage the client to eat which food item that is naturally high in vitamin C to promote wound healing?
- a. Milk
 - b. Oranges
 - c. Bananas
 - d. Chicken
9. The nurse is caring for a client with cirrhosis of the liver. To minimize the effects of the disorder, the nurse teaches the client about foods that are high in thiamine. The nurse determines that the client has the best understanding of the dietary measures to follow if the client states an intention to increase the intake of which food?
- a. Pork
 - b. Milk
 - c. Chicken
 - d. Broccoli
10. A client who is recovering from a surgery has been advanced from a clear liquid diet to a full liquid diet. The client is looking forward to the diet change because he has been bored with the clear liquid diet. The nurse should offer which full liquid item to the client?
- a. Tea
 - b. Gelatin
 - c. Custard
 - d. Ice pop