

ATI nutrition, ATI Nutrition

Proctored Exam Study Set

A patient who has celiac disease should increase intake of what Correct Answer:
Simple carbohydrates

What is an example of an incomplete protein? Correct Answer: Plant proteins such as beans

Lutein slows the progression of macular degeneration and is found in foods such as Correct Answer: Kale, spinach, collard and mustard greens

If a bag of TPN runs out what should be infused until another bag becomes available? Correct Answer: 10% dextrose in water

What kind of carbohydrate should the majority of your diet be Correct Answer: Polysaccharides

How much of your diet should be protein Correct Answer: 10% to 35% a day

How much of your diet should be fat Correct Answer: 20% to 35% a day

What is the recommended amount of cholesterol per day Correct Answer: 200 to 300 mg

When beginning a new prescription for enteral nutrition by intermittent tube feeding how should you first initiate this feeding Correct Answer: Increase the formula over the first 4 to 6 feedings until the prescribed volume is achieved

What is beriberi Correct Answer: A thiamine deficiency (vitamin b)

What is a good source of vitamin B Correct Answer: Whole grains

What are some laboratory findings of acute pancreatitis Correct Answer: Decreased serum calcium

Increased serum glucose, alkaline phosphatase and bilirubin

A high fiber diet can help prevent what Correct Answer: Hyperlipidemia

How many calories equal a weight gain of 1 pound Correct Answer: 3500

What are three complications of TPN Correct Answer: Diarrhea
Polyuria
Hypocalcemia

How long can expressed breastmilk be stored in the refrigerator Correct Answer: 5 to 8 days

What does a low residue diet do Correct Answer: Limits the amount of stool traveling through the intestinal tract (restricts foods that increase bowel activity)

What is a good food to increase zinc intake Correct Answer: Ground beef patty

To help prevent nausea what should a patient do when eating Correct Answer: Eat foods at room temperature

How many calories are there per a gram of fat Correct Answer: Nine

Patients who adhere to a kosher diet do not eat dairy products combined with what Correct Answer: Non-meat products at the same meal (no shellfish or pork)

What has more calcium yogurt or cheese Correct Answer: Yogurt

A patient with a new ileostomy should do what four things Correct Answer: 1. Increase dietary salt intake
2. Increase amount of pasta and other foods that can help thicken the stool
3. Prepare meals on schedule
4. Increase dietary B12

Why should a patient with celiac disease avoid all types of processed foods Correct Answer: Because they contain gluten

What fruit is a high source of potassium Correct Answer: Cantaloupe

Chapter 7 Correct Answer:

How many extra calories a day should a woman in her second trimester consume
Correct Answer: 340

How many extra calories a day should a woman in her third trimester consume
Correct Answer: 452

During pregnancy how much protein, fat, and carbohydrates should a woman consume a day
Correct Answer: 20% of the daily total calorie intake. Fat should be 30% and carbohydrates 50%

What is the phenylketonuria diet
Correct Answer: Foods low in phenylalanine should be included and foods high in protein should be avoided (due to high phenylalanine)

How many ounces a week should an infant gain for the first 5 to 6 months
Correct Answer: 5 to 7 ounces

When should iron fortified cereal be introduced
Correct Answer: 4 months

Cows milk should not be introduced as the diet until after how old
Correct Answer: One year

Breast-feeding teaching points
Correct Answer:

How long can breastmilk be frozen for
Correct Answer: Up to six months

Formula feeding teaching points
Correct Answer:

New foods should be introduced to infants one at a time over a blank day period to observe for signs of allergy or intolerance
Correct Answer: 4 to 5

What are four things that should not be introduced to the infant until after the first year
Correct Answer: Milk, eggs, wheat and citrus fruits

How long can you store an open jar of infant food in the refrigerator
Correct Answer: Up to 24 hours

Suggested introduction of foods
Correct Answer:

Information on colic
Correct Answer:

What are some foods that may cause choking or aspiration in a child Correct Answer: Hot dogs, popcorn, peanuts, grapes, raw carrots, celery, peanut butter, tough meat and candy

What is the appropriate serving size of foods for children Correct Answer: 1 tablespoon per year of age

When is it appropriate to switch to skim or 1% low-fat milk Correct Answer: After two years of age

What should you never use food as Correct Answer: Reward or punishment

How much iron do adolescent males and females require Correct Answer: Females: 15 mg

Males: 11 mg

Older adults have decreased absorption of what three nutrients Correct Answer: Vitamin B 12

Folic acid

Calcium

Fruit juice for toddlers should be limited to how much a day Correct Answer: 4 to 6 ounces

What are four foods that are high in iron Correct Answer: Beans, fish, dairy products and red meats

Chapter 8 Correct Answer:

What are acceptable foods on a clear liquid diet Correct Answer: Water, tea, coffee, fat free broth, carbonated beverages, clear juices, ginger ale and gelatin

What are acceptable foods for full liquid diet Correct Answer: All forms of milk, soup, strained fruits and vegetables, vegetable and fruit juices, eggnog, plain ice cream and sherbet, refined or strained cereals and puddings

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

The mechanical soft diet includes foods that require
Correct Answer: Minimal chewing for swallowing such as ground meats, canned fruits and softly cooked vegetables

A nurse is caring for a patient who is to receive a full liquid diet due to dysphasia.
What is the highest nursing priority
Correct Answer: Add thickener to liquids

Chapter 1
Correct Answer:

Thiamine is widespread in almost all plant and animal tissue and especially blank,
blank and blank
Correct Answer: Meats, grains and legumes

Riboflavin is found in what three sources
Correct Answer: Milk, meats and Green leafy vegetables

Niacin is found in sources such as
Correct Answer: Beef liver, nuts, legumes, whole-grain and enriched breads and cereals

Pantothenic acid, B5, found in organ meats, egg yolk, avocados, cashews, peanuts, brown rice, and what other four things
Correct Answer: Soy, lentils, broccoli and milk

Folate is found naturally in what foods
Correct Answer: Liver, dark green leafy vegetables, citrus fruits, whole-grain products and legumes

B vitamins are generally found in
Correct Answer: Meat and grains

Water-soluble vitamins at a glance
Correct Answer:

Water soluble vitamins at a glance continued
Correct Answer:

What are food sources for vitamin a
Correct Answer: Fish liver oil, egg yolk, butter, cream, dark yellow/orange fruits and vegetables

Fat soluble vitamins at a glance
Correct Answer: