

The client is interested in breastfeeding her infant but has to return to work once her maternity leave is over. How long does the American Academy of Pediatrics (AAP) recommend exclusive breastfeeding for an infant?

A The first 3 months of age

B The first 6 months of age

C The first 12 months of age

D The first 4 months of age

Nausea and vomiting are common complaints during pregnancy. What nutritional action can be used to lessen nausea and vomiting?

A Limiting carbohydrate intake

B Drinking liquids with meals

C Limiting fat intake

D Increasing fluid intake

The client is a healthy 19-year-old college student who is interested in maintaining a healthy weight by following a 2000-calorie diet. How many servings of vegetables should he eat on a daily basis?

A 2½ cups

B 2 cups

C 3 cups

D 3½ cups

Nutrition therapy in the elderly has different goals than at other times across the lifespan. What is a primary goal of diet intervention for the elderly?

A Maintain quality of life

B Treat chronic disease

C Prolong life

D Prevent the development of complications

The client is a 65-year-old male. Approximately, how much longer can he expect to live?

A 19.2 years

- B 15.8 years
- .
- C 16.5 years
- .
- D 17.3 years
- .

The client is concerned that her milk may not be providing adequate nutrition for her infant. The nurse recognizes that an inadequate maternal diet generally decreases what in the breast milk of a lactating mother?

- A Fat
- .
- B Protein
- .
- C Vitamins
- .
- D Calcium
- .

The nurse is preparing the client to make the necessary dietary changes from what she has been doing during her pregnancy to what she should do during lactation. What should breastfeeding mothers be advised?

- A If she does not consume enough calcium, her milk will be calcium deficient.
- .
- B The intake does not need to be restricted because the caffeine does not enter breast milk.
- .
- C Thirst is not a reliable indicator of need.
- .
- D Even if a mother has adequate fat stores, calorie intake should be increased.
- .

Because functional foods appear to enhance health or prevent disease, which natural functional food may help to support normal heart function?

- A Purple grape juice
- .
- B Yogurt
- .
- C Green tea
- .
- D Garlic
- .

Acculturation changes the eating habits of most people from cultures other than American. What statements are true regarding acculturation? Select all that apply.

- A American food undergoes change in response to the influx of groups from other cultures.
- B People with higher education tend to change their eating habits more quickly than people with less education.
- C First-generation Americans tend to adhere more closely to traditional eating patterns than subsequent generations.
- D Second-generation Americans may give up ethnic foods and the traditional ways of preparing them.
- E Adults tend to change their eating habits quicker than children.

A group of nurses go out to eat lunch. Which of the following dinner choices is the healthiest?

- A Lacto-vegetarian pizza
- B Breaded fish fillet, creamed corn, steamed spinach, and a small tossed salad with ranch dressing
- C Baked chicken breast, salad with dressing on the side, steamed broccoli, and fresh fruit cup
- D Angel hair pasta with Alfredo sauce, steamed broccoli, cauliflower, and carrots, dinner roll with low-fat margarine

The client is learning to read the Nutrition Facts label when shopping for food. Information that appears on the Nutrition Facts label is specific for what?

- A Size eaten
- B A 1800-calorie diet
- C A 2500-calorie diet
- D Size listed

The nurse obtains a height and weight at each well-child visit to determine the risk for obesity. All young clients who are not in a healthy weight range should be evaluated for which of the following? Select all that apply.

- A. Behavior risks
- B. Child neglect
- C. Medical risks
- D. Family dynamics

When safely introducing new foods into an infant's diet, the parents should introduce one food at a time in a simple form. What period of time should they wait between introducing new foods so that allergic reactions can be easily identified?

A 2 to 3 days

B 5 to 7 days

C 7 to 14 days

D 3 weeks

To prevent birth defects, it is very important to correctly assess the woman's nutritional status. Studies have shown a correlation with impaired cognitive development and a deficiency of which nutrient?

A Iron

B Calcium

C Iodine

D Omega-3

Most people eat less-than-healthy foods from time to time. What is one of the key strategies to fitting less-than-healthy foods into a healthier lifestyle?

A Eating them at certain times of the day

B Eating them in large amounts

C Eating them frequently

D Eating them by conscious decision

The nurse is discussing with a nutrition class the health risks to infants of women who gain excessive weight during pregnancy. What risks should the nurse discuss with the class?

A Small for gestational age

B High Apgar score

C Seizures

D Hyperglycemia

What are the nutritional recommendations for calcium during a normal pregnancy?

A 1400 mg/day

- . B 1200 mg/day
- . C 800 mg/day
- . D 1000 mg/day
- .

The *Dietary Guidelines for Americans* recommend a heart-healthy diet. What ages are these recommendations for?

- . A 1 year to adult
- . B 5 years to adult
- . C 10 years to adult
- . D 2 years to adult
- .

A liberal diet approach is a holistic approach toward meeting client's nutritional needs. This approach takes into consideration which of the following? Select all that apply.

- . A Risk/benefit ratio
- . B Overall prognosis
- . C Individual personal goals
- . D Family requests
- . E Quantity of life
- .

The client is a 32-year-old female whose prepregnancy weight is considered "normal." She is carrying a single fetus. What is the recommended amount of total weight gain?

- . A 20 to 25 pounds
- . B 25 to 35 pounds
- . C 15 to 20 pounds
- . D 35 to 40 pounds
- .

The nurse is discussing organic labeling with the nutrition class when one of the participants asked about the criterion for labeling organic foods. What would be the best response?

- . A It's based on what natural pesticides are used in the growing of the foods.
- . B It's based on whether it meets criterion that defines the four official organic