

NUTRITION



GOOD SOURCES OF :

Fiber

FRUITS, BEANS, VEGGIES, WHEAT & BRAN
Soluble Insoluble

Potassium

- SWEET POTATO, TOMATO, SPINACH, YOGURT
RAISINS, BANANAS

Sodium

- PIZZA, CANNED SOUP, BREAD, COLD CUTS, CHEESE

Vitamin C

- ORANGES, STRAWBERRY, BRUSSELS SPROUTS

Vitamin B₁₂

- EGGS, MILK, CHEESE, MEAT, FISH, SHELLFISH

Magnesium

- RHUBARB, SPINACH, AVOCADOS, NUTS, TOFU, SESAME

Therapeutic Diets

Clear Liquid → juices w/o pulp, broth, jelly, water

Full Liquid → ice cream, soup, ice chips, tea, juice

Mechanical Soft → banana, soft breads, pasta ① Dry or Chewy

Puree → yogurt, applesauce, mashed potato, pudding ① Lumpy or crunchy

Low Carb
↳ sometimes called keto or carb-reduced diet

No Added Salt
↳ CHF ↳ arthritis

Low Fat
↳ hyperlipidemia ↳ pancreatitis

Low K+
↳ Addison's ↳ for spacing diabetes

High Iron
↳ Anemia

IMPORTANT THINGS TO REMEMBER

- ★ Patients on Anticoagulants should avoid **Vitamin K** → Green leafy veg, cheese + Green Tea
 - ★ Wound healing is promoted by a diet that is rich in **Protein** + **Vitamin C**
 - ★ **Folic Acid** is essential during + before pregnancy to prevent neural tube defects
 - ★ **Vitamin A** helps maintain eyesight
- Vegetarians are at risk of deficient **Vitamin D + B12**

Kcal's per Nutrient

Fat - 9 kcal/g
Protein - 4 kcal/g
Carbohydrates - 4 kcal/g

Vitamins

Fat Soluble - A, D, K, E
Water Soluble - B, C

Nutrition In Nursing

RD Boyd



Nutrition In Nursing:

Nutrition In Nursing Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Nutrition In Nursing**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Table of Contents Nutrition In Nursing

1. Understanding the eBook Nutrition In Nursing
 - The Rise of Digital Reading Nutrition In Nursing
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition In Nursing
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition In Nursing
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition In Nursing
 - Personalized Recommendations
 - Nutrition In Nursing User Reviews and Ratings
 - Nutrition In Nursing and Bestseller Lists
5. Accessing Nutrition In Nursing Free and Paid eBooks

- Nutrition In Nursing Public Domain eBooks
 - Nutrition In Nursing eBook Subscription Services
 - Nutrition In Nursing Budget-Friendly Options
6. Navigating Nutrition In Nursing eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrition In Nursing Compatibility with Devices
 - Nutrition In Nursing Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition In Nursing
 - Highlighting and Note-Taking Nutrition In Nursing
 - Interactive Elements Nutrition In Nursing
 8. Staying Engaged with Nutrition In Nursing
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition In Nursing
 9. Balancing eBooks and Physical Books Nutrition In Nursing
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition In Nursing
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Nutrition In Nursing
 - Setting Reading Goals Nutrition In Nursing
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Nutrition In Nursing
 - Fact-Checking eBook Content of Nutrition In Nursing
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Nutrition In Nursing Introduction

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