

# NUTRITION 101



## GOOD SOURCES OF:

FRUITS, BEANS, VEGGIES, WHEAT & BRAN

SOURCE

INDIRECT

Fiber

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, broths, gelatin, water

Food Required → Ice cream, soup, ice chips, tea, juice

Mechanical Soft → Banana, soft breads, pasta ② Dry or Chewy

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

Low Carb

↳ sometimes cases, coo  
or carburetor cases

No Added Salt

↳ OHF ↳ orthosis

Low Fat

↳ low saturated  
fats

Low K+

↳ additives  
low potassium

High Protein

↳ animal  
proteins

## 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
- 20 Vegetarians are at risk of deficiency **Vitamin D + B12**

## Kcalories 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

# Study Guide For Pearson Nutrition

**Colleen Loveland**

## **Study Guide For Pearson Nutrition:**

*Study Guide for the Science of Nutrition* Colleen Loveland,2008      *National Library of Medicine Current Catalog*

National Library of Medicine (U.S.),1974 First multi year cumulation covers six years 1965-70      **Subject Guide to Books in Print** ,2001      **The Profession of Dietetics** Deborah D. Canter,Rebecca DeYoung-Daniels,2021-02-01 The Profession of Dietetics Seventh Edition offers students a complete toolbox of resources for beginning a career in nutrition and dietetics

Using a student centered approach this text enables readers to easily navigate the highly competitive and often complex path to personal and professional success in the field It features a comprehensive history of the profession a thorough examination of credentialing and education requirements and an analysis of the profession's future      **The American Journal of Clinical Nutrition** ,1997      **Food and Nutrition for You, Student Activity Guide** Pearson Learning Pearson Learning Solutions,2014-05-23      *Pearson's Clinical Medical Assisting* Nina Beaman,Lorraine Fleming-McPhillips,2007 Having a

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## **Table of Contents Study Guide For Pearson Nutrition**

1. Understanding the eBook Study Guide For Pearson Nutrition
  - The Rise of Digital Reading Study Guide For Pearson Nutrition
  - Advantages of eBooks Over Traditional Books
2. Identifying Study Guide For Pearson Nutrition
  - 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 Study Guide For Pearson Nutrition
  - User-Friendly Interface
4. Exploring eBook Recommendations from Study Guide For Pearson Nutrition
  - Personalized Recommendations
  - Study Guide For Pearson Nutrition User Reviews and Ratings
  - Study Guide For Pearson Nutrition and Bestseller Lists
5. Accessing Study Guide For Pearson Nutrition Free and Paid eBooks
  - Study Guide For Pearson Nutrition Public Domain eBooks
  - Study Guide For Pearson Nutrition eBook Subscription Services
  - Study Guide For Pearson Nutrition Budget-Friendly Options

6. Navigating Study Guide For Pearson Nutrition eBook Formats
  - ePUB, PDF, MOBI, and More
  - Study Guide For Pearson Nutrition Compatibility with Devices
  - Study Guide For Pearson Nutrition Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Study Guide For Pearson Nutrition
  - Highlighting and Note-Taking Study Guide For Pearson Nutrition
  - Interactive Elements Study Guide For Pearson Nutrition
8. Staying Engaged with Study Guide For Pearson Nutrition
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Study Guide For Pearson Nutrition
9. Balancing eBooks and Physical Books Study Guide For Pearson Nutrition
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Study Guide For Pearson Nutrition
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Study Guide For Pearson Nutrition
  - Setting Reading Goals Study Guide For Pearson Nutrition
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Study Guide For Pearson Nutrition
  - Fact-Checking eBook Content of Study Guide For Pearson Nutrition
  - 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

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