

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 carbohydrate diet

No Added Salt

↳ CHF ↳ arthritis

Low Fat

↳ gallbladder ↳ pancreas

Low K⁺

↳ Addison's ↳ sparing diuretics

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

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 balanced understanding of legal and ethical concepts and applying them to a multitude of real life clinical and administrative situations is essential to any health professional This text provides this balance by helping health professionals understand both the intention as well as the realities of the law All the while preparing them for the major ethical considerations and dilemmas they may encounter Written in a straightforward manner aimed at health professionals in a variety of settings this book introduces the reader to many topics affecting health care today such as the legal system patient physician relationship professional liability and malpractice prevention confidentiality physician s public duties medical records and bioethical issues Through this introduction healthcare professionals will better understand the ethical obligations to the patient the employer and themselves For Medical Assisting students *The Profession of Dietetics* June R. Payne-Palacio, Deborah D. Canter, 2016-08-09 The Profession of Dietetics A Team Approach Sixth 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 includes a comprehensive history of the profession a thorough examination of credentialing the education requirements and an analysis of the profession s future **Pearson's Magazine**, 1912 Pearson s Magazine 1899 1925 a monthly magazine devoted to literature politics and the arts was founded as a New York affiliate of the London periodical of the same name part of which it reprinted From 1916 to 1923 it was edited by Frank Harris *Eugenics Laboratory Memoirs*, 1907 **The Treasury of Human Inheritance**, 1912 *Medical Books and Serials in Print*, 1979 R. R. Bowker LLC, 1979-05 **Drapers' Company Research Memoirs**, 1913 *Recording for the Blind & Dyslexic, ... Catalog of Books*, 1996 **The Junior College Library Collection**, 1970 **Bowker's Medical Books in Print**, 1975 *South African Journal of Nutrition*, 1966 Includes proceedings of the congress of the society 1965 **The Cumulative Book Index**, 1975 A world list of books in the English language **Subject Catalog** Library of Congress, 1979 **Australian Books in Print 1999** K G Saur

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