

# 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 B<sub>12</sub>**

- 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<sup>+</sup>**

↳ 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**

**June R. Payne-Palacio, Deborah D.  
Canter**



## Study Guide For Pearson Nutrition:

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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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## **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

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