

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

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

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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

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