

NLN nutrition practice exam part A study guide (items in parenthesis are the correct answers)

- 1 – how to calculate fluid intake for renal failure patients (urine output plus insensible water loss)
- 2 – differences between pureed & mechanical soft diets (texture)
- 3 – best diets for niddm patients (a balanced, kcal-controlled diet)
- 4 – pts on hemodialysis – best way to check for dietary compliance (compare the clients present wt to the wt after the last treatment)
- 5 – pts on warfarin should avoid which foods (green, leafy veggies)
- 6 – why are milk products considered the preferred source of calcium? (the calcium in milk products is well-absorbed and utilized)
- 7 – etoh c/ cirrhosis of liver – why should they refrain from etoh – and what are the physiological effects of alcohol on the pt? (increased stress is placed on the liver in detoxifying alcohol)
- 8 – how does alcohol damage the liver?
- 9 – why would a dm1 pt need to have an evening snack c/ protein or milk exchange? (to avoid early morning hypoglycemia)
- 10 – when is tpn the preferred mode of nutritional support? (when a pt requires complete bowel rest)
- 11 – know the gout diet (avoid red meats)
- 12 – know sodium-restricted diets (examples are one tbsp. Of corn oil, one raw apple, one half cup of boiled rice and one cup of milk – milk is the one to be avoided on a low-na diet)
- 13 – know dm diets (meals & snacks must be eaten on a regular schedule)
- 14 – htn, hyperlipid/cholesterol diets – (with elevated cholesterol levels, they should be on a lower cholesterol diet)
- 15 – why/how does radiation therapy impact nutritional status? What conditions may it cause? (anorexia)
- 16 – cholecystitis diet? (low-fat)
- 17 – dysphagia diets (thickened liquids)
- 18 – chf – what are causes of wt gain in one month? (fluid retention)
- 19 – diet modifications to control serum cholesterol levels? (avoid saturated fats)

Nln Nutrition Exam Study Guide

Xiaolong Qi



Nln Nutrition Exam Study Guide:

The Top Books of the Year Nln Nutrition Exam Study Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. Nln Nutrition Exam Study Guide : Colleen Hoover "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Nln Nutrition Exam Study Guide : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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Table of Contents Nln Nutrition Exam Study Guide

1. Understanding the eBook Nln Nutrition Exam Study Guide
 - The Rise of Digital Reading Nln Nutrition Exam Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nln Nutrition Exam Study Guide
 - 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 Nln Nutrition Exam Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nln Nutrition Exam Study Guide
 - Personalized Recommendations
 - Nln Nutrition Exam Study Guide User Reviews and Ratings
 - Nln Nutrition Exam Study Guide and Bestseller Lists
5. Accessing Nln Nutrition Exam Study Guide Free and Paid eBooks
 - Nln Nutrition Exam Study Guide Public Domain eBooks
 - Nln Nutrition Exam Study Guide eBook Subscription Services
 - Nln Nutrition Exam Study Guide Budget-Friendly Options
6. Navigating Nln Nutrition Exam Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Nln Nutrition Exam Study Guide Compatibility with Devices
 - Nln Nutrition Exam Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nln Nutrition Exam Study Guide
 - Highlighting and Note-Taking Nln Nutrition Exam Study Guide
 - Interactive Elements Nln Nutrition Exam Study Guide
8. Staying Engaged with Nln Nutrition Exam Study Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Nln Nutrition Exam Study Guide
- 9. Balancing eBooks and Physical Books Nln Nutrition Exam Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nln Nutrition Exam Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nln Nutrition Exam Study Guide
 - Setting Reading Goals Nln Nutrition Exam Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nln Nutrition Exam Study Guide
 - Fact-Checking eBook Content of Nln Nutrition Exam Study Guide
 - 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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