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 ten 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 thisp. 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 – cholecystrb's 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 Study Guide**

Jianjun Gao

**Nln Nutrition Study Guide:** 

# Nln Nutrition Study Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Nln Nutrition Study Guide**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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