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 Exam Study Guide**

Richard C. Sweetland, Daniel J. Keyser

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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
  - o 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
  - $\,\circ\,$  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
  - o 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
  - o 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
  - o Adjustable Fonts and Text Sizes of Nln Nutrition Exam Study Guide
  - Highlighting and Note-Taking Nln Nutrition Exam Study Guide
  - o 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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