

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 Study Guide

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Table of Contents Nln Nutrition Study Guide

1. Understanding the eBook Nln Nutrition Study Guide
 - The Rise of Digital Reading Nln Nutrition Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nln Nutrition 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 Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nln Nutrition Study Guide
 - Personalized Recommendations
 - Nln Nutrition Study Guide User Reviews and Ratings
 - Nln Nutrition Study Guide and Bestseller Lists
5. Accessing Nln Nutrition Study Guide Free and Paid eBooks

- Nln Nutrition Study Guide Public Domain eBooks
- Nln Nutrition Study Guide eBook Subscription Services
- Nln Nutrition Study Guide Budget-Friendly Options
- 6. Navigating Nln Nutrition Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Nln Nutrition Study Guide Compatibility with Devices
 - Nln Nutrition Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nln Nutrition Study Guide
 - Highlighting and Note-Taking Nln Nutrition Study Guide
 - Interactive Elements Nln Nutrition Study Guide
- 8. Staying Engaged with Nln Nutrition Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nln Nutrition Study Guide
- 9. Balancing eBooks and Physical Books Nln Nutrition Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nln Nutrition Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nln Nutrition Study Guide
 - Setting Reading Goals Nln Nutrition Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nln Nutrition Study Guide
 - Fact-Checking eBook Content of Nln Nutrition 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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