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

Yijin Wang

Nln Nutrition Exam Study Guide:

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

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

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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
 - 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
 - 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
 - o 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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