

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

Judd E. Hollander



Nln Nutrition Study Guide:

This book delves into Nln Nutrition Study Guide. Nln Nutrition Study Guide is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Nln Nutrition Study Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Nln Nutrition Study Guide
- Chapter 2: Essential Elements of Nln Nutrition Study Guide
- Chapter 3: Nln Nutrition Study Guide in Everyday Life
- Chapter 4: Nln Nutrition Study Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Nln Nutrition Study Guide. This chapter will explore what Nln Nutrition Study Guide is, why Nln Nutrition Study Guide is vital, and how to effectively learn about Nln Nutrition Study Guide.
3. In chapter 2, this book will delve into the foundational concepts of Nln Nutrition Study Guide. This chapter will elucidate the essential principles that must be understood to grasp Nln Nutrition Study Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Nln Nutrition Study Guide in daily life. The third chapter will showcase real-world examples of how Nln Nutrition Study Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Nln Nutrition Study Guide in specific contexts. This chapter will explore how Nln Nutrition Study Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Nln Nutrition Study Guide. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Nln Nutrition Study Guide.

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