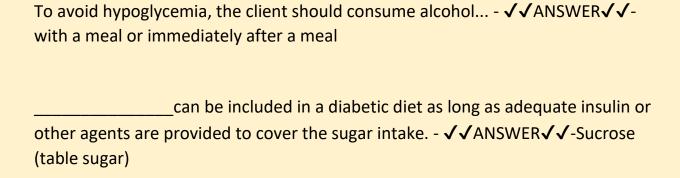
ATI NUTRITION QUESTIONS AND VERIFIED ANSWERS QUESTIONS AND CORRECT DETAILED ANSWERS | ALREADY GRADED A+



The nurse should instruct the diabetic client that their intake of carbohydrates should be ____to___% of total daily caloric intake. - 🗸 🗸 ANSWER 🗸 🗸 -45-60%

A nurse is teaching a client measures for healthy bones. Which of the following statements by the client requires additional teaching?

- A. "I will eat foods high in calcium."
- B. "I will increase my fluid intake."
- C. "I should participate in weight bearing exercises."
- D. "I should get my vitamin D from the sunlight." \checkmark ANSWER \checkmark -B. increasing fluid does not promote healthy bones

A nurse is conducting a nutritional class to a group of newly licensed nurses. Which of the following should be included in the teaching?

- A. Limit saturated fat to 10% of total caloric intake.
- B. Good bowel function requires 35 g/day of fiber for women.
- C. Limit cholesterol consumption to 400 mg/day
- D. Normal functioning cardiac systems depends on B-complex vitamins ✓✓ANSWER✓✓-A

A nurse is reinforcing diet teaching to a client who has type 2 DM. Which of the following should the nurse include in the teaching? Select all that apply.

- A. Carbs should comprise 55% of daily caloric intake
- B. Use hydrogenated oils for cooking
- C. Table sugar may be added to cereals

- D. Drink an alcoholic beverage w/meals
- E. Protein foods can be substituted for carb foods ✓✓ANSWER✓✓-A, C, D

A nurse is discussing essential nutrients for normal functioning of the nervous system. Which of the following should be included in the teaching? Select all that apply.

- A. Calcium
- B. Thiamin
- C. Vitamin B6
- D. Sodium
- E. Phosphorus ✓✓ ANSWER ✓ ✓ -A, B, C, D

A school nurse is teaching a group of students how to read food labels. Which of the following should be included in the teaching? Select all that apply.

- A. Total carbohydrates
- B. Total fat
- C. Calories
- D. Magnesium
- E. Dietary fiber √√ANSWER√√-A, B, C, E

Normal functioning of the nervous system depends on adequate levels of the B-complex vitamins, especially:

and also adequate levels of ____and ____for regulators of nerve responses. - $\checkmark \checkmark$ ANSWER $\checkmark \checkmark$ -thiamin, niacin, vitamin B6 and B12

calcium and sodium

normal BMI: - ✓✓ ANSWER ✓ ✓ -18.5-24.9

obesity BMI is classified as: - ✓✓ ANSWER ✓ ✓ -BMI greater than or equal to 30

Basic food choices for kosher, orthodox Judaism diets: - $\checkmark \checkmark$ ANSWER $\checkmark \checkmark$ --meat

- -no mixing meat and diary (cheeseburger)
- -no pork or shellfish
- -fish must have scales & fins to be kosher

A client who follows seventh-day Adventist dietary laws will eat a strict:

They also avoid: - \checkmark ANSWER \checkmark -vegetarian diet, some are lacto-ovo, some are vegan.

they avoid alcohol, coffee, tea and caffeinated beverages.

A nurse is teaching a client who has cancer about appropriate food choices. The nurse determines that the client understands the information when she chooses which of the following snacks? Select all that apply.

- A. Peanut butter sandwich on whole wheat bread w/2% milk
- B. Popcorn w/soda