

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

To avoid hypoglycemia, the client should consume alcohol... - ✓✓ANSWER✓✓-  
with a meal or immediately after a meal

\_\_\_\_\_ can be included in a diabetic diet as long as adequate insulin or  
other agents are provided to cover the sugar intake. - ✓✓ANSWER✓✓- Sucrose  
(table sugar)

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." - ✓✓ANSWER✓✓-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. -  
✓✓ANSWER✓✓-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: - ✓✓ANSWER✓✓--meat

-no mixing meat and dairy (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: - ✓✓ANSWER✓✓-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