

# NUTRITION



## GOOD SOURCES OF :

Fiber

FRUITS, BEANS, VEGGIES, WHEAT & BRAN  
Soluble Insoluble

Potassium

- SWEET POTATO, TOMATO, SPINACH, YOGURT  
RAISINS, BANANAS

Sodium

- PIZZA, CANNED SOUP, BREAD, COLD CUTS, CHEESE

Vitamin C

- ORANGES, STRAWBERRY, BRUSSELS SPROUTS

Vitamin B<sub>12</sub>

- EGGS, MILK, CHEESE, MEAT, FISH, SHELLFISH

Magnesium

- RHUBARB, SPINACH, AVOCADOS, NUTS, TOFU, SESAME

## Therapeutic Diets

**Clear Liquid**

→ juices w/o pulp, broth, jelly, water

**Dess Liquid**

→ ice cream, soup, ice chips, tea, juice

**Mechanical Soft**

→ banana, soft breads, pasta ① Dry or Chewy

**Puree**

→ yogurt, applesauce, mashed potato, pudding ① Lumpy or crunchy

**Low Carb**

↳ sometimes called keto or carb-restricted diet

**No Added Salt**

↳ CHF ↳ arthritis

**Low Fat**

↳ hyperlipidemia ↳ pancreatitis

**Low K+**

↳ Addison's ↳ for spacing diabetes

**High Iron**

↳ anemia

## IMPORTANT THINGS TO REMEMBER

- ★ Patients on Anticoagulants should avoid **Vitamin K** → Green leafy veg, cheese + green tea
- ★ Wound healing is promoted by a diet that is rich in **Protein** + **Vitamin C**
- ★ **Folic Acid** is essential during + before pregnancy to prevent neural tube defects
- ★ **Vitamin A** helps maintain eyesight
- ★ Vegetarians are at risk of deficient **Vitamin D + B12**

## Kcal's per Nutrient

Fat - 9 kcal/g  
 Protein - 4 kcal/g  
 Carbohydrates - 4 kcal/g

## Vitamins

Fat Soluble - A, D, K, E  
 Water Soluble - B, C

# Guide To Good Food Study Sheet

**M. Robert deJong**



## Guide To Good Food Study Sheet:

**Craig's Essentials of Sonography and Patient Care - E-Book** M. Robert deJong, 2025-12-24 Providing a solid foundation in sonography Craig's Essentials of Sonography and Patient Care Fifth Edition prepares you to succeed in the classroom and in practice Divided into two parts this updated text first describes the origins and evolution of diagnostic medical sonography defines important terminology and provides proven study techniques such as note taking effective listening and test taking strategies The second section prepares you for the clinical environment covering topics from the sonography perspective such as taking a patient's vital signs safety considerations body mechanics patient transfer infection control emergency procedures and assisting patients with special needs Additionally Survival Skills throughout the text seek to build your problem solving skills to help you adjust both academically and in the clinical setting NEW Coverage of aseptic and non aseptic infection control techniques prepares you to safely work with patients in the clinical environment NEW Critical thinking Survival Skills boxes help you adjust your problem solving skills both academically and in the clinical setting NEW Expanded accreditation section guides you through the full process in detail NEW Review questions on the companion Evolve website reinforce your understanding and retention of key concepts JRC DMS content keeps you up to date on the latest standards Step by step presentation of patient care in a sonography setting teaches you how to perform basic medical techniques and interact with patients Safety Issues chapter explains how to scan with proper scanning technique and posture to avoid repetitive motion musculoskeletal injuries Objectives and key terms introduce each chapter's most important content Note boxes offer valuable information on applying concepts to the clinical setting Chapter summaries simplify study and review by recapping the most important points Glossary of Spanish phrases covers common instructions for better communication with patients who speak Spanish as their first language HIPAA information provides the knowledge needed to comply with federal privacy laws

Food for Thought Canada. Health Canada, 1996 This report presents an overview of the findings of a qualitative study of Canadian children's broad perceptions of healthy eating concepts and of their views of their own eating behaviours and the factors that influence their food choices It is intended to provide information for professionals to use in interpreting Canada's Food Guide to Healthy Eating to children Preface *Nutrition Education Printed Materials and Audiovisuals* Shirley King Evans, 1989 *The Good Food Growing Guide* John Bond, 1976 Development and Evaluation of a Programmed Unit at the Beginning Level in Nutrition Joan Marie Niedfeldt Richards, 1967 *National 4-H Club News*, 1942 **Quick Bibliography Series**, 1976 **Resources in Education**, 1979 Study Guide to Accompany Nutrition, Concepts and Controversies Agnes Hartnell, 1985 Abstract Important nutrition facts and principles presented in a comprehensive text on current nutrition concepts and controversies are emphasized in this accompanying study guide For each chapter the study guide includes an overview list of objectives outline and key terms with space for reading and lecture notes definitions and chapter review questions i e short answer matching multiple choice and answer key Chapter topics

include 1 an overview of the human body 2 the problem of food choices 3 nutrient needs and nutrition surveys 4 energy balance overweight and underweight 5 food composition and safety and 6 measures for improving one's diet The following nutrients are examined in detail carbohydrates sugar starch fiber lipids proteins vitamins minerals and water Nutrient requirements throughout the life cycle i e pregnancy infancy childhood adolescence adulthood are also reviewed Supplementary topics include the role of doctors in nutrition the appropriateness of dietary guidelines nutrition and acne and nutrition and cancer Appendices list reliable and unreliable sources of nutrition information and present a series of self study exercises and accompanying forms for evaluating individual dietary and exercise habits aje

*The Pacific Dairy Review*, 1930    **The Ice Cream Review**, 1930    Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), 1976    **Willing's Press Guide**, 2000 A guide to the press of the United Kingdom and to the principal publications of Europe Australia the Far East Gulf States and the U S A    **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.), 1976    Paint, Oil and Chemical Review ..., 1917    The Saturday Review, 1922

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