

# 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

**Full 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 diuretics

**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

# A Study Guide For Nutrition

**Yi-Tong Ma**



## **A Study Guide For Nutrition:**

## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **A Study Guide For Nutrition**

In a global inundated with monitors and the cacophony of instant communication, the profound energy and mental resonance of verbal art frequently disappear into obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, situated within the musical pages of **A Study Guide For Nutrition**, a interesting work of fictional brilliance that impulses with natural emotions, lies an unique journey waiting to be embarked upon. Published by a virtuoso wordsmith, that mesmerizing opus guides readers on a psychological odyssey, delicately revealing the latent possible and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key styles, dissect its charming writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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