

ATI Nutrition Exam Version 1 |Questions and Answers

1. A nurse is teaching a client who is overweight about nutritional recommendations during pregnancy. The nurse should identify that which of the following statements by the client indicates an understanding of the teaching?

- **I should take an iron supplement during pregnancy.**

2. A nurse is providing teaching regarding diet modifications to a client who is at a high risk for cardiovascular disease. The client is accustomed to traditional Mexican foods and wants to continue to include them in her diet. Which of the following recommendations should the nurse give the client?

- **Use canola oil instead of lard for frying.**

3. A nurse in a provider's office is assessing a client who has HIV. The nurse should identify which of the following findings as an indication to increase the client's nutritional intake?

- **Presence of herpes simplex virus infection**

4. A nurse is preparing to administer intermittent enteral tube feedings to a client. In what order should the nurse perform the following actions before beginning the feeding?

- **Place the client in Fowler's position.**
- **Verify tube placement.**
- **Check the residual.**
- **Flush tubing with 30 mL water.**

5. A nurse is providing teaching for a client who has a new prescription for nifedipine. Which of the following foods should the nurse instruct the client to avoid?

- **Grapefruit juice**

6. A nurse is providing information regarding breastfeeding to the parents of a newborn. Which of the following statements should the nurse make?

- **Breast milk is nutritionally complete for an infant up to 6 months of age.**

7. A nurse is teaching a client who is newly diagnosed with type 1 diabetes how to count carbohydrates. Which of the following statements made by the client indicates an understanding of the teaching?

- **I know the serving size can affect the number of carbohydrates I eat.**

8. A nurse in a clinic is providing nutritional counseling to a client who wants to lose weight. The nurse should identify that which of the following statements indicates that the client understands the counseling?

- **I will make a list before I go grocery shopping.**

9. A nurse is planning nutritional teaching for the parents of a toddler who has failure to thrive. Which of the following instructions should the nurse include in the teaching? (SATA)

- **Eliminate environmental disruptions during meals.**

- **Schedule meal times at the same time each day.**

10. A nurse is planning to provide dietary teaching to a client who has chronic kidney disease and is prescribed hemodialysis. Which of the following actions should the nurse plan to take first?

- **Determine whether the client has culture-related food preferences.**

11. A nurse is caring for an adolescent who has type 1 diabetes. Which of the following actions should the nurse take to assess for Somogyi phenomenon?

- **Monitor blood glucose levels during the night.**

12. A nurse is teaching a client about dietary recommendations during pregnancy. Which of the following statements by the client indicates an understanding of the teaching?

- **I should gain 30 pounds during pregnancy, since I am at an average weight.**

13. A client reports constipation during a routine checkup. The client was previously encouraged to increase his intake of mineral supplements. Which of the following minerals should the nurse identify as the cause of the constipation?

- **Calcium**

14. A nurse is planning strategies to reduce the intake of solid fats for a client who has hyperlipidemia. Which of the following strategies should the nurse include in the plan?

- **Limit meat to 5 oz per day.**

15. A nurse is caring for a client who is receiving total parenteral nutrition (TPN) and is prescribed an oral diet. The client asks the nurse why TPN is being continued since he is now eating. Which of the following is an appropriate response by the nurse?

- **You should consume at least 60% of your calories orally before the parenteral nutrition can be discontinued.**

16. A nurse is developing an educational program about the glycemic index of foods for clients who have diabetes. Which of the following foods should the nurse identify as having the highest glycemic index?

- **Baked potato**

17. A nurse is caring for a client who is receiving total parenteral nutrition (TPN). Which of the following laboratory findings indicates that the TPN therapy is effective?

- **Prealbumin 30 mg/Dl**

18. A nurse is caring for a client who has advanced Parkinson's disease and dysphagia. Which of the following actions should the nurse take?

- **Offer the client a high-calorie diet.**

19. A nurse is planning care for a client who has a new prescription for enteral nutrition by intermittent tube feeding. Which of the following actions should the nurse include in the plan of care?

- **Increase the volume of formula over the first 4-6 feedings.**

20. A nurse is planning care for a client who is obese and wants to lose weight. Which of the following actions should the nurse take first?

- **Obtain a 24-hour dietary recall.**

21. A nurse is providing dietary teaching for a client who has osteoporosis. The nurse should instruct the client that which of the following foods has the highest amount of calcium?

- **½ cup roasted almonds**

22. A nurse is teaching a client who has a prescription for ferrous sulfate about food interactions. Which of the following statements indicates that the client understands the teaching?

- **I can take this medication with juice.**

23. A nurse is providing education to an adolescent about making nutrient-dense food choices. Which of the following statements by the client indicates an understanding of the teaching?

- **Canned pinto beans are a better choice than refried beans.**

24. A nurse is performing dietary teaching with a client who has a family history of cardiovascular disease. Which of the following statements should the nurse include in the teaching?

- **Increase your dietary fiber intake. (Increasing dietary fiber decreases LDL and the risk for cardiovascular disease and stroke.)**

25. A nurse is reviewing the laboratory findings of a client who has acute pancreatitis. Which of the following is an expected finding?

- **Increased serum glucose (Decreased insulin production by the pancreas)**

26. A nurse is providing dietary teaching for a client who has COPD. Which of the following instructions should the nurse include in the teaching?

- **Consume foods that are soft in texture and easy to chew.**

27. A nurse is teaching a client about managing irritable bowel syndrome (IBS). Which of the following information should the nurse include in the teaching?

- **Take peppermint oil during exacerbation of manifestations. (Peppermint oil relaxes the smooth muscle of the GI tract.)**

28. A nurse in a long-term care facility is monitoring a client who has Parkinson's disease during mealtime. Which of the following findings should the nurse identify as the priority?

- **The client drools while eating**

29. A nurse is providing teaching to a client who has dumping syndrome and is experiencing weight loss. Which of the following instructions should the nurse include in the teaching?

- **Consume liquids between meals. (Slows movement of food from the stomach)**

30. A nurse is caring for a client who is at 8 weeks of gestation and has a BMI of 34. The client asks about weight goals during her pregnancy. The nurse should advise the client to do which of the following?

- **Gain approximately 6.8 kg/15 lb**

31. A nurse is assessing a client who has an elevated blood pressure, headache, and is sweating. The client recently started taking an MAOI. The nurse should question the client regarding the consumption of which of the following foods?

- **Cheddar cheese (tyramine-rich food that can cause HTN when mixed with MAOI)**

32. A nurse in a clinic is reviewing the laboratory findings of a client who has type 2 diabetes. Which of the following findings indicates the client's plan of care is effective?

- **HbA1c 6.5% (HbA1c <7)**

33. A nurse in an acute care facility is planning care for a client who has chosen to follow Islamic dietary laws during Ramadan. Which of the following actions should the nurse plan to take?

- **Provide a snack for the client after sunset.**

34. A nurse is providing dietary teaching about reducing the risk of infection to a client who has cancer and is receiving chemotherapy. Which of the following statements made by the client indicates an understanding of the teaching?

- **I will discard leftover food after 3 days.**

35. A nurse is reviewing the introduction of solid foods with the parent of a 4-month-old infant. Which of the following statements by the parent indicates an understanding of the teaching?

- **I will introduce a new solid food every 5 days**

36. A nurse is educating a group of women about vitamin and mineral intake during pregnancy. Which of the following should the nurse instruct the women to avoid taking at the same time as iron supplements?

- **Calcium**

37. A nurse is preparing a health promotion seminar for a group of clients about cancer prevention. Which of the following information should the nurse include in the seminar?

- **Eat at least 2.5 cups of fruits and vegetables each day.**

38. A nurse is assessing an older adult client for dysphagia following a stroke. The nurse should identify which of the following findings as a manifestation of dysphagia?

- **The client has a change in his voice after eating.**

39. A nurse is providing discharge teaching to a client who has a new ileostomy. Which of the following dietary guidelines should the nurse include in the teaching?

- **Prepare meals on a schedule. (Promotes regular bowel patterns)**

40. A client is experiencing anorexia related to cancer treatment. Which of the following interventions should the nurse implement to increase the client's nutritional intake?

- **Add extra calories and protein to every meal.**

41. A nurse is assessing a client who has diabetes. Which of the following findings should the nurse identify as a manifestation of hypoglycemia?

- **Diaphoresis**

42. A nurse is reviewing the laboratory results of a client who has a pressure ulcer. Which of the following findings should indicate to the nurse that the client is at risk for impaired wound healing?

- **Serum albumin 3.0 g/dL (Albumin less than 3.5-5 g/dL indication of malnutrition that can lead to poor wound healing.)**

43. A nurse is updating a plan of care for a client who is receiving intermittent enteral feedings and is experiencing diarrhea. Which of the following interventions should the nurse include in the plan?

- **Feed the client in small, frequent volumes.**

44. A nurse is caring for a client who is receiving continuous enteral feedings via an NG tube. Which of the following actions should the nurse do to reduce the risk for aspiration if the client develops abdominal distention?

- **Position the client on his right side.**

45. A home health nurse is providing dietary teaching to the parents of a 3-year-old child. Which of the following statements by the parents should the nurse identify as understanding of the teaching?

- **I will put low-fat milk in her cup for her to drink (Whole milk only appropriate up to 2 years of age; after that, low-fat or skim milk should be given.)**

46. A nurse is caring for a client who is receiving total parenteral nutrition (TPN) through a peripherally inserted central catheter. The pharmacist informs the nurse that there will be a delay in delivering the next bag of TPN solution. Which of the following actions should the nurse take?

- **Infuse dextrose 10% in water when the current infusion ends.**

47. A nurse is teaching a female client about a healthy diet to control hypertension. Which of the following statements indicates an understanding of the teaching?

- **I will eat four servings of unsalted nuts per week.**

48. A nurse is caring for a client who is being treated for cancer using chemotherapy. Which of the following interventions should the nurse suggest to aid in management of treatment-related changes in taste?

- **Use plastic utensils.**

49. A nurse is leading a discussion at a prenatal education class with a group of expectant mothers who plan to breastfeed. Which of the following instructions should the nurse include in the teaching?

- **Plan 5-minute feedings on each breast on the first day after birth. (5-minute nursing on each breast the first day promotes milk production in both breasts.)**

50. A nurse is providing teaching to a client who has Crohn's disease. Which of the following statements by the client indicates an understanding of the teaching?

- **I will eat eggs for breakfast (easy to digest and high in protein; avoid fiber, fats, and fructose)**

51. A nurse is assisting a client who has dysphagia with an oral feeding. Which of the following actions should the nurse take? (SATA)

- **Gently palpate the client's throat during swallowing.**
- **Inspect for food pockets in the mouth before feeding.**
- **Allow the client to rest for 30 minutes before meals.**

52. A nurse is assessing a client who is suspected of having lactose intolerance. Which of the following is an expected finding?

- **Flatulence**

53. A nurse is providing dietary teaching for a client who has chronic skin ulcers of the lower extremities. Which of the following should the nurse recommend as having the highest amount of zinc?

- **4 oz ground beef patty**

54. A nurse is administering a continuous tube feeding and 60 mL/hr with 50 mL of water every 4 hours. What should the nurse document as the total mL of enteral fluid administered during the 8 hour shift?

- **580 mL**

55. A nurse is teaching a client about stress management. Which of the following statements by the client should indicate to the nurse that the client understands the teaching?

- **I will take a long walk every evening.**

56. A nurse is providing teaching to a client who reports nausea during pregnancy. Which of the following statements by the client indicates an understanding of the teaching?

- **I will eat dry cereal before I get out of bed.**

57. A nurse is caring for a client who practices Orthodox Judaism and adheres to a kosher diet. Which of the following food choices would be appropriate for this client?

- **Vegetable salad with cheese**

58. A nurse is planning discharge teaching for a client who is postoperative following placement of a colostomy. Which of the following information should the nurse include?

- **Increase your intake of foods containing pectin.**

59. A nurse is planning dietary teaching for a client who has dumping syndrome following a gastrectomy. Which of the following interventions should the nurse include in the client's plan of care?

- **Select grains with less than 2 g fiber per serving. (Low fiber grains slow gastric emptying.)**

60. A nurse is providing information about cardiovascular risk to a client who has received his lipid panel report. Which of the following is within an expected reference range to include in the information?

- **HDL 79 mg/dL (HDL greater than 45 for male and 55 for female is normal.)**

