

1. A nurse is providing dietary teaching to a client who has a new diagnosis of gastroesophageal reflux disease. Which of the following foods or beverages should the nurse recommend to minimize heartburn?

- Orange juice
- Decaffeinated coffee
- Peppermint
- **Potatoes**

2. A nurse is preparing to teach a group of clients about vitamins and minerals. The nurse should include in the teaching that which of the following minerals is necessary for the transmission of nerve impulses?

- Phosphorus
- **Calcium**
- Chloride
- Zinc

3. A nurse is caring for a client who has a body mass index (BMI) of 30. Four weeks after nutritional counseling, which of the following evaluation findings indicates the plan of care was followed?

- BMI of 25
- Weight gain of 1.8kg
- BMI of 33
- **Weight loss of 2.7kg**

4. A nurse is caring for a client who follows the dietary laws of Orthodox Judaism. Which of the following meal choices should the nurse request for the client?

- Turkey and cheese sandwich
- **Spaghetti with tomato sauce**
- Pork chop and applesauce
- Scrambled eggs and bacon

5. A nurse in a long-term care facility is developing strategies to promote increased food intake for an older adult client. Which of the following interventions should the nurse implement?

- Offer sugar substitutes to increase the client's appetite.
- Provide opportunities to eat three large meals per day.
- Provide entertainment while the client is eating.
- **Offer finger foods at mealtime.**

6. A nurse is caring for four clients. The nurse should plan to administer total parenteral nutrition for which of the following clients?

- A client who is postoperative following a laminectomy and is receiving IV PCA
- A client who has dysphagia and does not recognize his family
- A client who has COPD and is going home with oxygen
- **A client who has colon cancer and will undergo a hemicolectomy**

7. A nurse is performing a nutritional evaluation for a client who reports paresthesia of the hands and feet. The nurse should identify this manifestation as an indication of which of the following dietary deficiencies?

- Iron
- Riboflavin
- Vitamin C
- **Vitamin B12**

8. A nurse is caring for a client who reports she is having difficulty losing weight. Which of the following responses by the nurse is appropriate?

- **Eat small portions of the high-calorie foods first.**
- Set a goal and you will be able to attain it.
- It is helpful to self-monitor your eating.
- Taste food while cooking to help curb your appetite.

9. A nurse is providing discharge teaching about food choices to a client who has hypokalemia. Which of the following foods should the nurse identify as the best source of potassium?

- 1 cup grapes
- 1 cup shredded lettuce
- **1 cup cooked tomatoes**
- 1 cup apple slices

10. A nurse is providing teaching to an obese client who has gestational diabetes and is at 25 weeks of gestation. Which of the following statements made by the client indicates a need for further teaching?

- This does not mean that my baby will have this disease.
- **This means that I will have diabetes for the rest of my life.**
- If I feel dizzy, I should drink six ounces of a non-diet soda.
- Being obese might be one reason why I developed diabetes.

11. A nurse is planning care for a client who has ascites secondary to liver disease. Which of the following interventions should the nurse include in the plan of care?

- Reduce complex carbohydrates to 30% of total calories.
- Restrict protein intake to less than 0.8 g/kg/day.
- Decrease daily caloric intake by 20%.
- **Limit sodium to 2000 mg or less per day.**

12. A nurse is planning eating strategies with a client who has nausea from equilibrium imbalance. Which of the following strategies should the nurse recommend?

- Encourage the client to eat even if nauseated.
- **Provide low-fat carbohydrates with meals.**
- Limit fluid intake between meals.
- Serve hot foods at mealtime.

13. A nurse is discussing denture care with the partner of a client who is unable to perform oral hygiene. Which of the following should be included in the discussion?

- Floss dentures as part of daily cleaning.
- Wipe dentures before storing them in a dry container at night.
- **Wrap gloved fingers with gauze to remove dentures.**
- Use a washcloth to clean the denture surfaces.

14. A nurse is caring for a 30-month-old toddler and is preparing a nutritional snack. Which of the following foods is appropriate for the nurse to offer the toddler?

- Plain popcorn
- Grapes
- Raw carrots
- **Cheese**

15. A nurse is assessing the nutritional status of an infant who is 6 months old. The infant weighed 2.7 kg at birth. Which of the following indicate to the nurse that the infant is within expected range?

- **5.5 kg**
- 6.4 kg
- 4.5 kg
- 3.6 kg

16. A nurse is reinforcing dietary teaching with a client who has vitamin A deficiency. Which of the following food choices should the nurse recommend the best source of vitamin A?

- **1 small baked sweet potato**
- 1 cup avocado
- 1 cup green beans
- 1 large apple

17. A nurse is teaching a client who has chronic kidney disease about dietary needs. Which of the following foods should the nurse identify as being the lowest in phosphorus?

- **Medium apple**
- Bran cereal
- Scrambled eggs
- Ground turkey

18. A nurse is caring for a client who is receiving chemotherapy treatments. The client states, "I feel so nauseated after my treatments." Which of the following instructions should the nurse provide the client? (Select all that apply.)

- **Common foods that are served cold.**
- Limit use of antiemetics until after first emesis.
- **Sit up for 1 hr after eating meals.**
- Eat foods low in carbohydrates.
- **Sip fluids slowly throughout the day.**

19. A nurse is providing nutritional education to a client who is obese. The nurse should include in the information that which of the following gastrointestinal disorders is commonly associated with obesity?

- Peptic ulcer disease
- **Gastroesophageal reflux disease**
- Celiac disease
- Crohn's disease

20. A nurse is completing a nutritional assessment of an adult female client. Which of the following findings should indicate to the nurse that the client is at an increased risk of developing cancer?

- Eats at least 5 servings of fruits and vegetables daily.
- Eats 6 servings of whole grains daily.
- **Limits alcohol consumption to 2 drinks per day.**
- Limits red meat intake to 3oz per day.

21. A nurse is providing dietary teaching to a client who has a body mass index of 28. Which of the following actions should the nurse take?

- Encourage the client to continue current daily caloric intake.
- Recommend a total fiber intake of 12g each day.
- Advise the client to add 500 calories per day to the diet.
- **Refer the client to a weight-loss support group.**

22. A nurse is teaching a client about complete and incomplete proteins. Which of the following foods should the nurse include in the teaching as an incomplete protein?

- **4oz chickpeas**
- 2 poached eggs
- 2oz cheddar cheese
- 4oz salmon fillet

23. A nurse is teaching a client about strategies to prevent constipation. Which of the following statements by the client indicates an understanding of the teaching?

- Drinking four to five glasses of water per day will prevent constipation.
- I should consume mineral oil once per day.
- **Eating foods high in fiber will make elimination easier.**
- I can skip a meal if I feel bloated.

24. A nurse has just inserted an NG tube for a client who is to start enteral tube feedings. Which of the following actions should the nurse take to verify tube placement?

- Measure the tube length.
- **Obtain an abdominal x-ray.**
- Flush the tube with 20 mL of water.
- Auscultate the client's lungs.

25. A nurse is admitting a client who practices Hinduism. The nurse should identify that which of the following foods is prohibited according to Hindu dietary practices?

- Pork
- Chicken
- **Beef**
- Seafood

26. A nurse is developing a plan of care for a client who has anorexia nervosa. Which of the following actions should the nurse include in the plan?

- **Encourage the client to participate in developing a system of rewards.**
- Arrange for someone to remain with the client for 30 min after meals
- Offer the client a selection of beverages at each meal.
- Inform the client that a weight gain of 2.3 kg per week is expected.

27. A client is prescribed a 1500 calorie diet. Thirty percent of the calories are to be derived from fat. How many grams of fat should the nurse tell the client to consume per day? (Round the answer to the nearest whole number. Use a leading zero if it applies. Do not use a trailing zero.)

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28. A home health nurse is conducting an initial visit with an older adult client. The client lives alone and has difficulty preparing his own meals. Which of the following actions should the nurse take first?

- Discuss nutritional requirements with the client.
- Refer the client to a senior citizen center.
- Arrange for a home-delivered meal program.
- **Perform a nutrition screening.**

29. A nurse is providing teaching about formula feeding to the parents of an infant. Which of the following instructions should the nurse include?

- Formula that remains in the bottle should be used for one more feeding.
- Formula should be changed to whole milk when the infant is 9 months old.
- If the infant is gaining weight too rapidly, dilute the formula.
- **If the infant turns away after taking most of the feeding, stop the feeding.**

30. A nurse is teaching about implementing a heart-healthy diet to a client who has coronary artery disease. Which of the following foods should the nurse recommend to the client?

- Baked ham
- Processed cheese
- **Broiled salmon**
- Canned potato soup

31. A nurse is teaching a client about adding more fiber to his diet. The nurse should teach the client that which of the following foods has the highest fiber content?

- **1 cup cooked sweet potato**
- 1 slice rye toast
- 1 cup raw watermelon
- 1 oz cashews

32. A nurse is evaluating the meal choices of a client who has major depressive disorder and a prescription of Phenelzine. Which of the following selections should the nurse identify as appropriate?

- Cheddar cheese
- Smoked salmon
- **Strawberry yogurt**
- Pepperoni pizza

33. A nurse is providing teaching about food allergies to the parents of a toddler. Which of the following foods should the nurse identify as highest risk for allergies in toddlers?

- **Eggs**
- Milk
- Bananas
- Citrus fruits

34. A nurse is preparing to administer a gavage feeding via nasogastric tube to a preterm newborn who is receiving supplemental oxygen. Which of the following actions should the nurse take?

- Stabilize the tube with tape to the newborn's forehead.
- Remove supplemental oxygen during the feeding.
- **Measure the stomach aspirate prior to the feeding.**
- Place the newborn on her left side for 30 min after the feeding.

35. A nurse is providing education to a client who is experiencing dumping syndrome following gastric surgery. Which of the following statements by the client indicates an understanding of the teaching?

- I should drink additional fluids with my meals.
- I should eat high-fiber snacks between meals.
- **I should eat a protein source with each meal.**
- I can have caffeinated beverages in small amounts.

36. A nurse is initiating continuous enteral feedings for a client who has a new gastrostomy tube. Which of the following actions should the nurse take?

- Measure the client's gastric residual every 12 hr.
- Obtain the client's electrolyte levels every 4 hr.
- Keep the client's head elevated at 15° during feedings.
- **Flush the client's tube with 30 mL of water every 4 hr.**

37. A nurse is teaching an in-service about manifestations of hypoglycemia to a group of newly licensed nurses. Which of the following should the nurse include in the teaching?

- **Blurred vision**
- Vomiting
- Kussmaul respirations
- Bradycardia

38. A nurse is assessing a client who has a stage III pressure ulcer that is healing poorly. The nurse should identify that which of the following vitamin deficiencies increases the client's risk for delayed wound healing?

- **Vitamin C**
- Vitamin D
- Vitamin E
- Vitamin B6

39. A nurse is providing teaching to a client who has type 1 diabetes mellitus. Which of the following statements by the client indicates an understanding of the teaching?

- Albumin in my urine is an indication of normal kidney function.
- **I will keep my HbA1c at five percent.**
- I will have ketones in my urine if my blood glucose is maintained at 190 milligrams per deciliter.
- I will keep my blood glucose levels between 200 and 212 milligrams per deciliter.

40. A nurse is caring for a client who is receiving parenteral nutrition. Which of the following findings indicates the therapy is effective?

- **Client has soft, formed bowel movements.**
- Client's mucous membranes are pink.
- Client reports ability to complete ADLs.
- Client's blood glucose level is within the expected reference range.

41. A nurse is teaching a client about dietary changes needed for weight loss. Which of the following actions should the nurse perform first?

- Educate the client about daily caloric requirements.
- **Determine the client's daily caloric intake.**
- Provide the client with meal planning information.
- Show the client how to identify the fat content of packaged foods.

42. A nurse is teaching a group of clients about stress. Which of the following should the nurse include in the teaching?

- Protein requirements decrease in times of stress.
- **Acute stress causes an increase in metabolism.**
- Stress causes a positive nitrogen balance in the body.
- Glucose is broken down more slowly during times of stress.

43. A nurse is reviewing the medication administration record for a client who is 2 days postoperative following abdominal surgery. The nurse should recognize that which of the following medications places the client at risk for wound dehiscence?

- Omeprazole
- Zolmitriptan
- **Prednisone**
- Verapamil

44. A nurse is caring for an older adult client who reports difficulty chewing due to ill-fitting dentures. Which of the following foods should the nurse recommend for the client?

- Dried fruit
- Roast beef
- **Tuna fish**
- Apple slices

45. A nurse is planning care for a client who reports increasing difficulty swallowing food. Which of the following interventions should the nurse plan to take?

- Turn on the client's television during meals.
- Place the client into a semi-reclining position for meals.
- **Encourage the client to rest prior to mealtimes.**
- Encourage the client to use a straw when drinking liquids.

46. A nurse is caring for a client who is receiving a continuous enteral tube feeding and reports cramping and abdominal distention. Which of the following actions should the nurse take?

- **Check for gastric residual.**
- Apply low intermittent suction.
- Increase the rate of the feeding.
- Request of higher-fat formula.

47. A nurse is reviewing the laboratory findings of a client who has heart failure. Which of the following findings indicates that the client is experiencing fluid volume excess?

- **BUN 8 mg/dL**
- Hgb 15 g/dL
- Creatinine 0.8 mg/dL
- Sodium 140 mEq/L

48. A nurse is preparing to remove a client's clogged NG tube prior to re-inserting a new tube. Which of the following actions should the nurse take first?

- Assist the client to blow her nose.
- Ask the client to take a deep breath and hold it.
- Pinch the proximal end of the tube.
- **Disconnect the tube from suction source.**

49. A nurse is teaching a parent about appropriate snack choices for her 9-month-old infant. Which of the following food choices should the nurse recommend?

- Skim milk
- Unsalted popcorn
- **Graham crackers**
- Raw carrots

50. A nurse is caring for a client who is lactose intolerant. Which of the following clinical manifestations should the nurse assess be?

- Fever
- Blood stools
- **Cramping**
- Steatorrhea

51. A nurse is planning care for a client who reports following **Seventh-Day Adventist dietary laws**. Which of the following dietary guidelines should the nurse include in the plan of care?

- Replace salt with pepper when seasoning water.
- **Request that coffee is removed from meal trays.**
- Offer pork with two meals per week.
- Provide a high-protein snack between meals.
- <https://quizlet.com/460706574/nutrition-ati-ch-6-flash-cards/>

52. A nurse is assessing a client who reports muscle spasms in his calves and tingling in his hands. The client indicates consuming a low intake of milk products and green leafy vegetables. The nurse should identify that the clients findings indicate a deficiency in which of the following sources of nutrition?

- Iron
- Omega 3 fatty acids
- Vitamin C
- **Calcium**

53. A nurse is teaching a nutrition class for clients who have type 2 diabetes mellitus. Which of the following statements should the nurse include about management of acute illness?

- **Consume carbs every 3-4 hrs**
- Decrease fluid intake to 1000 mL per day
- Monitor blood glucose twice per day
- Check urine for ketones every 24 hrs

54. A nurse is caring for a client who is taking antibiotics and develops diarrhea. Which of the following foods should the nurse recommend to include in the client's diet?

- Whole wheat bread
- Fresh orange sections
- Ice cream
- **Yogurt**

55. A nurse is teaching a group of clients who are at risk for heart disease decreasing saturated fats in their diet. Which of the ff fats should the nurse rec the clients use when cooking?

- Palm oil
- Peanut oil
- **Canola oil**
- Stick margarine

56. A nurse is caring for a client who has a small-bore jejunostomy and is receiving a continuous tube feeding with a high-viscosity formula. Which of the ff actions should the nurse take to prevent the tubing from clogging?

- **Replace the bag and tubing every 24 hr**
- Flush the tubing with 10 mL water every 6 hr
- Admin the feeding by gravity drip
- Heat the formula prior to infusion

57. A nurse is teaching about diet modification to a client who is breastfeeding. Which of the following statements by the client indicates an understanding of the teaching?

- **I should drink an 8 ounce glass of water each time my baby nurses.**
- I should take a 1500 milligram iron supplement daily.
- I can eat a 2500 calorie daily diet lose 1 lb per week.
- I can eat ounces of swordfish daily.

58. A nurse is teaching a parent about recommended protein intake for a toddler. The nurse should identify that which of the following food selections is equivalent to 1 oz of protein?

- 2 tbsp peanut butter
- $\frac{1}{2}$ cup peas
- 1 slice of bread
- **1 scrambled egg**

59. A nurse is on med-surg unit caring for a client who follows the dietary laws of Orthodox Judaism. Which of the following menu selections should the nurse recommendation for this client?

- Fried catfish
- Broiled shrimp
- Pork sausage
- **Grilled vegetables**

60. A nurse is caring for a client who has stomatitis following radiation treatment. Which of the following is an appropriate interventions for the nurse to take?

- Serve foods without sauces or gravies
- **Offer mouth rinses with normal saline & water**
- Serve foods while still at a hot temperature
- Instruct the client to drink liquids without a straw

61. A nurse is reviewing the lab findings of a client who has Clostridium Difficile. Which of the following findings should indicate to the nurse that the client is experiencing Fluid Volume Deficit?

- **Hct 53%**
- Potassium 3.5
- Sodium 145
- HbA1c 5

62. A nurse is teaching about nutrition to a client who has a new diagnosis of chronic kidney disease. Which of the following recommend should the nurse include in the teaching?

- Increase phosphorus intake
- **Limit calcium intake**
- **Limit protein intake**
- Increase potassium intake

63. A nurse is caring for a client a major burn injury and is receiving TPN. Which of the following lab tests is the priority for the nurse to use to confirm the client is receiving adequate nutrition?

- Iron
- Magnesium
- Folic acid
- **Prealbumin**

64. A nurse is teaching a client who has hypertension about a heart healthy diet which of the following statements indicates that the client understands the teaching?

- I will get 15% of my total daily calories from saturated fats.
- I will decrease the potassium in my diet.
- I will limit my daily sodium intake to 3 grams.
- **I will eat five 8-ounce servings of fruit daily.**

65. A nurse is reviewing the lab results of a client who has bulimia nervosa. The nurse should notify the provider of which of the following results?

- White Blood Cells 5,200/mm³
- Hemoglobin 14
- Magnesium 1.6
- **Potassium 3.2**

66. A nurse is teaching a client ways to manage anorexia while receiving radiation therapy. Which of the following instructions should the nurse include in the teaching?

- Limit high kilo-calorie supplements to between meals
- Avoid overeating during your “good” days
- Eat hot foods rather than cold foods
- **Consume nutrient-dense foods first**

67. A nurse is providing anticipatory guidance to client who has Phenylketonuria (PKU) and planning a pregnancy. Which of the following information should the nurse include in the discussion?

- Diet sodas should not be consumed more than two or three times per week.
- Serum bilirubin should be monitored one or two times per month during pregnancy
- Breastfeeding will prevent your baby from developing PKU.
- **A low-protein diet should be followed for three months prior to conception.**

68. A nurse is planning care for a client who practices Islam and is currently observing dietary restrictions for the month of Ramadan. Which of the following interventions should the nurse include in the plan of care?

- Remove beef products from the dietary plan
- **Facilitate fasting during daylight hours**
- Serve meat and dairy items separately
- Provide a strictly vegetarian diet on Fridays

69. A nurse is reviewing blood glucose values for a client who is at risk for Diabetes Mellitus. Which of the following findings should the nurse report to the provider?

- **2 hr glucose tolerance test level 150 mg/dL**
- Fasting blood glucose 70 mg
- Glycosylated hemoglobin 5%
- Casual blood glucose 90 mg/dL

70. A nurse is planning care for a toddler who has burns over 50% total body surface area. Which of the following actions should the nurse include in the plan of care?

- **Administer enteral feedings**
- Limit intake of vitamin C
- Limit dietary protein
- Administer insulin prior to meals