



NURS 225 NUTRITION ATI PROCTORED EXAM

Nutrition (West Coast University)

The client is interested in breastfeeding her infant but has to return to work once her maternity leave is over. How long does the American Academy of Pediatrics (AAP) recommend exclusive breastfeeding for an infant?

- A The first 3 months of age
- B The first 6 months of age
- C The first 12 months of age
- D The first 4 months of age

Nausea and vomiting are common complaints during pregnancy. What nutritional action can be used to lessen nausea and vomiting?

- A Limiting carbohydrate intake
- B Drinking liquids with meals
- C Limiting fat intake
- D Increasing fluid intake

The client is a healthy 19-year-old college student who is interested in maintaining a healthy weight by following a 2000-calorie diet. How many servings of vegetables should he eat on a daily basis?

- A 2½ cups
- B 2 cups
- C 3 cups
- D 3½ cups

Nutrition therapy in the elderly has different goals than at other times across the lifespan. What is a primary goal of diet intervention for the elderly?

- A Maintain quality of life
- B Treat chronic disease
- C Prolong life
- D Prevent the development of complications

The client is a 65-year-old male. Approximately, how much longer can he expect to live?

- A 19.2 years

- B 15.8 years
- C 16.5 years
- D 17.3 years

The client is concerned that her milk may not be providing adequate nutrition for her infant. The nurse recognizes that an inadequate maternal diet generally decreases what in the breast milk of a lactating mother?

- A Fat
- B Protein
- C Vitamins
- D Calcium

The nurse is preparing the client to make the necessary dietary changes from what she has been doing during her pregnancy to what she should do during lactation. What should breastfeeding mothers be advised?

- A If she does not consume enough calcium, her milk will be calcium deficient.
- B The intake does not need to be restricted because the caffeine does not enter breast milk.
- C Thirst is not a reliable indicator of need.
- D Even if a mother has adequate fat stores, calorie intake should be increased.

Because functional foods appear to enhance health or prevent disease, which natural functional food may help to support normal heart function?

- A Purple grape juice
- B Yogurt
- C Green tea
- D Garlic

Acculturation changes the eating habits of most people from cultures other than American. What statements are true regarding acculturation? Select all that apply.

- A American food undergoes change in response to the influx of groups from other cultures.
- B People with higher education tend to change their eating habits more quickly than people with less education.
- C First-generation Americans tend to adhere more closely to traditional eating patterns than subsequent generations.
- D Second-generation Americans may give up ethnic foods and the traditional ways of preparing them.
- E Adults tend to change their eating habits quicker than children.

A group of nurses go out to eat lunch. Which of the following dinner choices is the healthiest?

- A Lacto-vegetarian pizza
- B Breaded fish fillet, creamed corn, steamed spinach, and a small tossed salad with ranch dressing
- C Baked chicken breast, salad with dressing on the side, steamed broccoli, and fresh fruit cup
- D Angel hair pasta with Alfredo sauce, steamed broccoli, cauliflower, and carrots, dinner roll with low-fat margarine

The client is learning to read the Nutrition Facts label when shopping for food.

Information that appears on the Nutrition Facts label is specific for what?

- A Size eaten
- B A 1800-calorie diet
- C A 2500-calorie diet
- D Size listed

The nurse obtains a height and weight at each well-child visit to determine the risk for obesity. All young clients who are not in a healthy weight range should be evaluated for which of the following? Select all that apply.

- A. Behavior risks
- B. Child neglect
- C. Medical risks
- D. Family dynamics

When safely introducing new foods into an infant's diet, the parents should introduce one food at a time in a simple form. What period of time should they wait between introducing new foods so that allergic reactions can be easily identified?

A 2 to 3 days

B 5 to 7 days

C 7 to 14 days

D 3 weeks

To prevent birth defects, it is very important to correctly assess the woman's nutritional status. Studies have shown a correlation with impaired cognitive development and a deficiency of which nutrient?

A Iron

B Calcium

C Iodine

D Omega-3

Most people eat less-than-healthful foods from time to time. What is one of the key strategies to fitting less-than-healthful foods into a healthier lifestyle?

A Eating them at certain times of the day

B Eating them in large amounts

C Eating them frequently

D Eating them by conscious decision

The nurse is discussing with a nutrition class the health risks to infants of women who gain excessive weight during pregnancy. What risks should the nurse discuss with the class?

A Small for gestational age

B High Apgar score

C Seizures

D Hyperglycemia

What are the nutritional recommendations for calcium during a normal pregnancy?

A 1400 mg/day

- B 1200 mg/day
- C 800 mg/day
- D 1000 mg/day

The *Dietary Guidelines for Americans* recommend a heart-healthy diet. What ages are these recommendations for?

- A 1 year to adult
- B 5 years to adult
- C 10 years to adult
- D 2 years to adult

A liberal diet approach is a holistic approach toward meeting client's nutritional needs. This approach takes into consideration which of the following? Select all that apply.

- A Risk/benefit ratio
- B Overall prognosis
- C Individual personal goals
- D Family requests
- E Quantity of life

The client is a 32-year-old female whose prepregnancy weight is considered "normal." She is carrying a single fetus. What is the recommended amount of total weight gain?

- A 20 to 25 pounds
- B 25 to 35 pounds
- C 15 to 20 pounds
- D 35 to 40 pounds

The nurse is discussing organic labeling with the nutrition class when one of the participants asked about the criterion for labeling organic foods. What would be the best response?

- A It's based on what natural pesticides are used in the growing of the foods.
- B It's based on whether it meets criterion that defines the four official organic

- A categories.
- C It's based on the number of natural fertilizers used to produce the food.
- D It's based on whether the farm that produces the food has been certified organic.

To be awarded the USDA organic seal, a food must adhere to strict national standards. What criterion must organic labeling meet?

- A Criterion that define the two official organic categories
- B Criterion that define the one official organic category
- C Criterion that define the four official organic categories
- D Criterion that define the three official organic categories

Most children do not follow the “ideal” of eating breakfast, dinner, and a snack at home along with a healthy brown-bag lunch at school. How do many children eat today? Select all that apply.

- A Obtain a significant portion of their calories from sweetened beverages
- B Skip breakfast
- C Eat less protein than meets their needs
- D Get one third of their calories from snacks
- E Eat at least two heart-healthy meals per day

The nurse is doing nutritional screening on older adults at a health fair. What would be an important question to ask while screening an older person for nutritional risk?

- A About the use of three or more prescribed or over-the-counter daily medications
- B If they are living in a household with more than one older adult member
- C If the person is over 62 years old
- D If they had an unintentional weight loss of 3% or more in 60 days

The nurse is discussing anorexia with the nutrition class. What is the best strategy for combating anorexia?

- A Withhold beverages for 30 minutes before and after meals.
- B Serve food attractively and season according to individual taste.
- C Control pain, nausea, or depression with medications.

D Offer liquid supplements between meals.

Refeeding syndrome is a potentially fatal complication of overfeeding. Why is refeeding syndrome so dangerous?

A There is an abrupt change from a catabolic state to an anabolic state.

B It occurs as a result of a low-calorie diet.

C It results in a decrease in insulin.

D It improves the client's chance of survival after multiple organ failures.

PARENTERAL NUTRITION (PN) CAN BE INFUSED INTO EITHER A CENTRAL OR PERIPHERAL VEIN. WHAT TYPE OF PARENTERAL SOLUTION IS INFUSED INTO A CENTRAL VEIN?

A Hypotonic

B Isotonic

C Hypertonic

D 40% isotonic, 50% hypotonic

The nurse is helping the client prepare for discharge after a severe case of food poisoning. The client has been tolerating his feedings and the physician would like for him to advance to a soft diet for the next week until his next office visit. Which of the following would be a possible reason for this?

A Ensure adequate hydration

B Minimize intestinal activity for healing purposes

C To prevent rebound constipation

D Slowly replace intestinal flora

The nurse is assessing a client who presents with symptoms that are suspicious for type 2 diabetes. During the discussion of the past medical history, which past diagnosis should the nurse recognize as a potential risk factor?

A A great-grandparent with diabetes

B Yo-yo dieting with weight fluctuations

C Hypertension

D Gestational diabetes 7 years ago

The nurse is caring for a client who has been on parenteral nutrition (PN) for 5 days. The nurse is constantly monitoring the client's status to ensure he is doing well. Which of the following are possible side effects of PN that will require immediate attention? Select all that apply.

- A Jaundice
- B Drop in blood glucose levels
- C Elevated temperature
- D Tightness of chest
- E Shortness of breath

Full liquid diets have been traditionally used between clear liquid diets and soft diets as diet therapy is advanced after surgery. What does the scientific evidence show about this practice?

- A There is a lot of scientific evidence to support it.
- B There is little scientific evidence to support it.
- C It is a necessary nutritional step in progressive refeeding of the client.
- D Skipping this step in refeeding puts the client at risk for nutritional complications.

The nurse is admitting to the unit a client who is a 42-year-old female with a diagnosis of pancreatic cyst. Her orders include enteral nutrition. What kind of enteral formula would you expect to be ordered by the physician?

- A Standard high protein
- B Hydrolyzed
- C Hydrolyzed high fiber
- D Standard

The nurse is counseling a group of clients who have recently been diagnosed with celiac disease. One of the members in the group wants to know what is safe to use as a thickening agent in cooking. Which of the following would be a safe substitute?

- A Farina

B Arrowroot starch

C Cracked germ

D Durum flour

Ulcers in the stomach and duodenum are referred to as peptic ulcers. What is the leading cause of peptic ulcers?

A Nonsteroidal anti-inflammatories

B *H. pylori* infection

C Alcohol

D Spicy foods

The nurse is admitting to the unit a client who is a 42-year-old female with dysphagia following a head trauma. What fluid would be the best choice for this client if she were on the nectarlike stage of the National Dysphagia Diet?

A Iced coffee

B Bottled water

C Vegetable juices

D Fruit juice

Primary and secondary prevention of diabetes is consistent with the recommendations for the primary and secondary prevention of coronary heart disease. Which of the following are people with diabetes urged to limit their intake of?

A Sucrose

B Fiber

C Nonnutritive sweeteners

D Saturated fat

Clients with bulimia nervosa are not as undernourished as clients who have anorexia nervosa. They are, however, a challenge for nutrition therapy. What eating strategy may be appropriate for clients with bulimia nervosa?

A Use finger foods.

B Record intake before eating.

- C Eat quickly.
- D Avoid “forbidden” or problem foods associated with bingeing.

The nurse is counseling a clinic client with dumping syndrome who asks if there is anything he can do to help control the symptoms. What would be the best response?

- A Eat small, frequent meals.

- B Limit fat intake.
- C Choose high-fiber cereals.
- D Drink fluids with meals.

Body mass index (BMI) is a ratio of weight to height and is used for assessing the relative health status of the person. What is a disadvantage of assessing weight with BMI?

- A Special equipment is needed.
- B Measuring BMI requires skill and time.
- C BMI can be elevated for reasons other than excess fat.
- D Measuring BMI is invasive to the client.

People who have lactose intolerance suffer from bloating, gas, and diarrhea. What type of diarrhea is caused by lactose intolerance?

- A Secretory diarrhea
- B Watery
- C Osmotic diarrhea
- D No diarrhea

The client has come to the office with an exacerbation of his celiac disease. He says he has been reading the labels and making sure he avoids wheat, barley, and rye. After reviewing the labels with the client, the nurse recognizes which listed ingredient as a suspected culprit?

- A Sorghum

- B Carrageenan
- C Millet
- D Malt flavoring

The nurse has been discussing parenteral nutrition (PN) with a group of student nurses. After the discussion, the nurse realizes more discussion is necessary when she hears one say which of the following?

- A "A central line is the best method for delivery."
- B "Parenteral nutrition should be discounted as soon as feasible."
- C "Parenteral nutrition is an emergency procedure."
- D "Parenteral nutrition formula is compounded by the pharmacy."

The nurse is helping a client plan menu choices. The client is currently recovering from dehydration from severe diarrhea. The client laboratory results showed hyponatremia and hypokalemia on admission. The client is now eating but refusing to eat bananas. The nurse suggests which of the following as a possible alternative?

- A Pears
- B Blueberries
- C Cantaloupe
- D Strawberries

Potential complications of parenteral nutrition (PN) include which of the following?

Select all that apply.

- A Electrolyte disturbance
- B Rebound hypoglycemia
- C Hyperglycemia
- D Infectious
- E Trace element toxicity

The nurse is admitting a new client to the unit who is complaining of diarrhea. The client is dehydrated and will be receiving hydration. Which of the components of the blood will the nurse expect to see below normal limits? Select all that apply.

- A Potassium

- B Calcium
- .
- C Phosphorus
- .
- D Sodium
- .

The nurse is conducting discharge teaching with a client who is going home with an ileostomy. What will the nurse teach the client to consume more of?

- A Vitamin B₁₂
- .
- B Fat
- .
- C Salt
- .
- D Fiber
- .

The clinic nurse is caring for a diabetic client who has frequent episodes of hypoglycemia. What would be the best intervention for this client?

- A Counsel the client to limit total carbohydrate intake to less than 100 g/day.
- .
- B Encourage the client to gain weight.
- .
- C Counsel the client to encourage better compliance.
- .
- D Encourage the client to eat three large meals per day.
- .

A newly diagnosed diabetic tells the nurse she is using the *Exchange Lists for Meal Planning* but is having difficulty remembering when a food or beverage is considered to be free. What would be the best response?

- A A good guide is the "free food list."
- .
- B When the client has consumed the recommended number of daily servings from each exchange list
- .
- C When it is a nonfat product
- .
- D When the portion size is less than 1 oz
- .

The nurse is talking with the client who was admitted for surgery due to duodenal ulcer disease. The client asks what can be done to reduce the risk of getting more ulcer. What would be the best response?

- A Limit the intake of alcohol.
- .
- B There is evidence that a diet high in soluble fiber may reduce the risk of duodenal ulcers.

- C Leave chocolate out of the diet.
- D There is evidence that a diet without caffeine may reduce the risk of duodenal ulcers.

- **Question 1**

2 out of 2 points

Bovine spongiform encephalopathy (BSE) is a slowly progressive, degenerative, fatal disease affecting the central nervous system of adult cattle. It can be transmitted to humans when the infected flesh of cattle is ingested. What is BSE thought to be caused by?

- **Question 2**

2 out of 2 points

The client is interested in breastfeeding her infant but has to return to work once her maternity leave is over. How long does the American Academy of Pediatrics (AAP) recommend exclusive breastfeeding for an infant?

- **Question 3**

2 out of 2 points

Nausea and vomiting are common complaints during pregnancy. What nutritional action can be used to lessen nausea and vomiting?

- **Question 4**

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The client is a healthy 19-year-old college student who is interested in maintaining a healthy weight by following a 2000-calorie diet. How many servings of vegetables should he eat on a daily basis?

- **Question 5**

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Nutrition therapy in the elderly has different goals than at other times across the lifespan. What is a primary goal of diet intervention for the elderly?

- **Question 6**

2 out of 2 points

The client is a 65-year-old male. Approximately, how much longer can he expect to live?

- **Question 7**

2 out of 2 points

The client is concerned that her milk may not be providing adequate nutrition for her infant. The nurse recognizes that an inadequate maternal diet generally decreases what in the breast milk of a lactating mother?

• **Question 8**

2 out of 2 points

The nurse is preparing the client to make the necessary dietary changes from what she has been doing during her pregnancy to what she should do during lactation. What should breastfeeding mothers be advised?

• **Question 9**

2 out of 2 points

Because functional foods appear to enhance health or prevent disease, which natural functional food may help to support normal heart function?

• **Question 10**

2 out of 2 points

Acculturation changes the eating habits of most people from cultures other than American. What statements are true regarding acculturation? Select all that apply.

• **Question 11**

2 out of 2 points

A group of nurses go out to eat lunch. Which of the following dinner choices is the healthiest?

• **Question 12**

2 out of 2 points

The client is learning to read the Nutrition Facts label when shopping for food. Information that appears on the Nutrition Facts label is specific for what?

• **Question 13**

2 out of 2 points

The nurse obtains a height and weight at each well-child visit to determine the risk for obesity. All young clients who are not in a healthy weight range should be evaluated for which of the following? Select all that apply.

• **Question 14**

2 out of 2 points

When safely introducing new foods into an infant's diet, the parents should introduce one food at a time in a simple form. What period of time should they wait between introducing new foods so that allergic reactions can be easily identified?

• **Question 15**

2 out of 2 points

To prevent birth defects, it is very important to correctly assess the woman's nutritional status. Studies have shown a correlation with impaired cognitive development and a deficiency of which nutrient?

- **Question 16** 2 out of 2 points
Most people eat less-than-healthful foods from time to time. What is one of the key strategies to fitting less-than-healthful foods into a healthier lifestyle?
- **Question 17** 2 out of 2 points
The nurse is discussing with a nutrition class the health risks to infants of women who gain excessive weight during pregnancy. What risks should the nurse discuss with the class?
- **Question 18** 2 out of 2 points
What are the nutritional recommendations for calcium during a normal pregnancy?
- **Question 19** 2 out of 2 points
The *Dietary Guidelines for Americans* recommend a heart-healthy diet. What ages are these recommendations for?
- **Question 20** 2 out of 2 points
A liberal diet approach is a holistic approach toward meeting client's nutritional needs. This approach takes into consideration which of the following? Select all that apply.
- **Question 21** 2 out of 2 points
The client is a 32-year-old female whose prepregnancy weight is considered "normal." She is carrying a single fetus. What is the recommended amount of total weight gain?
- **Question 22** 2 out of 2 points
The nurse is discussing organic labeling with the nutrition class when one of the participants asked about the criterion for labeling organic foods. What would be the best response?
- **Question 23** 2 out of 2 points
To be awarded the USDA organic seal, a food must adhere to strict national

standards. What criterion must organic labeling meet?

- **Question 24**

2 out of 2 points

Most children do not follow the “ideal” of eating breakfast, dinner, and a snack at home along with a healthy brown-bag lunch at school. How do many children eat today? Select all that apply.

- **Question 25**

2 out of 2 points

The nurse is doing nutritional screening on older adults at a health fair. What would be an important question to ask while screening an older person for nutritional risk?