ATI Nutrition Proctored Exam Study Guide

Part 1: General Notes Part 2: Focused Review Notes Part 3: ATI Rational with Additional/Supported Information

PART 1: GENERAL NOTES (Important Facts)

- Be wary of questions regarding children drinking too much milk i.e. more than 3-4 cups of milk each day. Too much milk intake reduces intake of other essential nutrients, especially iron. Watchfor anemia with milk-aholics.
- · Vitamin D's presence is required by the parathyroid gland, in order for it to function.
- If the patient is taking digoxin or K-supplements, avoid salt substitutes because many arepotassium based
- Potassium Sources: bananas, potatoes, citrus fruits, tomatoes
- No milk (as well as fresh fruit or veggies) on neutropenic precautions.
- Nondairy (lactose intolerant) sources of calcium include RHUBARB, SARDINES, COLLARD GREENS 24
- Nonfat milk reduces reflux by increasing lower esophageal sphincter pressure
- Yogurt has live cultures, so do not give to immunosuppressed patients helps with constipation
- No phenylalanine with a kid positive for PKU (no meat, no dairy, no aspartame). 2x month (bilirubin
- Pernicious Anemia: b12
- · Digestion enzyme : pepcin
- Dry mouth : offer citrus
- Hummas has more protein then PB
- Acid Ash diet: cheese, corn, cranberries, plums, prunes, meat, poultry, pastry, bread
- Alk Ash diet: milk, veggies, rhubarb, salmon
- Glycogen is the stored carbohydrate energy source found in the liver and muscles. It is a
 vital source of back up energy but is only available in limited supply. Break down of
 liver Glycogen.
- Gallbladder and liver : digesting fats
- Fat provides energy
- Malnourishment ankle edema

Ati Nutrition Study Guide

Liying Dong



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