
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. Watch for 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 are potassium 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 : pepsin
- **Dry mouth** : offer citrus
- **Hummas has more protein than 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

Sabine Zange



Ati Nutrition Study Guide:

Adopting the Tune of Expression: An Psychological Symphony within **Ati Nutrition Study Guide**

In some sort of consumed by screens and the ceaseless chatter of instantaneous connection, the melodic elegance and mental symphony created by the written term usually fade in to the back ground, eclipsed by the persistent noise and distractions that permeate our lives. But, nestled within the pages of **Ati Nutrition Study Guide** a marvelous fictional value filled with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that fascinating masterpiece conducts viewers on a psychological trip, well unraveling the concealed tunes and profound influence resonating within each cautiously crafted phrase. Within the depths of the moving evaluation, we shall explore the book is key harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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