

Chapter 14

Mechanically altered diets can include pureed, ground/minced, or soft foods. They are primarily used for patients with _____ and _____ problems.

Modified diets are tailored to the patient's individual preferences and can be altered in consistency or nutrition content. We should think of them in terms of the problems they address, not a particular disease or organ they are related to.

Modified diet orders should specify amounts, must be precise.

Diet manuals include the following information about a diet that may be helpful to the nurse:

- types of foods appropriate for the diet
- sample menus
- foods allowed and not allowed

Name criteria for foods included on a clear liquid diet.

- minimal digestion
- liquid at room temp
- leave little residue after digestion
- does not upset the GI tract

What are the guidelines for foods included in a soft diet? Does this diet include all food groups?

- moist
- soft texture
- easily form a bolus
- yes this diet includes all food groups

Name two types of patients for which a progressive diet would be appropriate.

- severe nausea and vomiting
- post surgery (especially GI surgery)
- NPO refeeding

Name 3 ways to estimate energy needs of hospitalized patients.

- indirect calorimetry (measure O₂ and CO₂)
- kcal/kg - usually 25-30
- calculate RMR and apply stress factor

Compared to a clear liquid diet, the advantage of a pureed diet is that it provides foods that are nutritious. If followed for long periods, however, it can be monotonous.

Study Guide Nutrition Ch 14 Answers

Richard O. Straub, David G. Myers



Study Guide Nutrition Ch 14 Answers:

The Developing Person Through the Life Span Study Guide Richard O. Straub, 2004-04-30 This study guide is designed for use with The Developing Person Through the Life Span Sixth Edition by Katleen Stassen Berger It is intended to help students evaluate their understanding of that material and to review any problem areas Sections such as How to Manage Your Time Efficiently Study more effectively and Think Critically provide detailed instructions on how to use the textbook Each chapter includes a Chapter Overview a set of Guided Study questions a Chapter Review section and three review tests Preface

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