

# WGU Nutrition D440 Competed Study Guide 2024 Questions & Answers Already Passed!!

## Terms in this set (135)

|                                                    |                                                                                                                                 |
|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| What two work together?                            | Calcium and vitamin D                                                                                                           |
| Calcium deficiency can cause what?                 | Rickets, osteoporosis, chvostek's sign, trousseau's sign                                                                        |
| Foods high in calcium                              | Milk and milk products, orange juice, salmon, sardines, soybeans, tofu, collard greens, beets, kale, broccoli, cream of wheat   |
| Food sources of phosphorous                        | High protein food like milk, yogurt, cheese, eggs, meat, and fish                                                               |
| High sodium=                                       | Low potassium                                                                                                                   |
| Avoid what while increasing sodium?                | k <sup>+</sup> foods                                                                                                            |
| Food sources of potassium                          | Bananas, oranges, dried prunes, sweet potatoes, spinach, avocado, raisins, milk, yogurt, beans, clams, halibut and kidney beans |
| Food sources of magnesium                          | Nuts, soybeans, legumes, whole grains, cocoa, spinach, oats                                                                     |
| Low Sodium (Hyponatremia) is seen in patients with | Kidney disease, adrenal crisis, heart failure, diuretics                                                                        |
| Foods high in sodium                               | Processed foods, fast food, junk, packaged food, and dressing and condiments                                                    |

# Wgu Nutrition Csc1 Study Guides

**Colleen G. Dick, Brigham Young  
University. Food Science and Nutrition  
Department**



## **Wgu Nutrition Csc1 Study Guides:**

Essentials of Nutrition Colleen G. Dick, Brigham Young University. Food Science and Nutrition Department, 1973

**Food and Nutrition Study Guide No. 1 [Teacher's Guide]** Janet Plowman, 1968\*      Study Guide for the Science of Nutrition Colleen Loveland, 2008      *Introductory Nutrition* Katherine Ogilvie Musgrave, 1980      **The New Nutrition** Paul Saltman, Yvonne Baskin, 1987      **Nutrition Study Guide** Victoria Ann Newman, 1974      *Nutritional Sciences* Michelle McGuire, Kathy A. Beerman, 2011-12-28 This handy guide will assist students in preparing for exams Sample test questions fill in the blank summaries practice problems matching and labeling exercises discussion questions learning objectives and chapter outlines provide a varied and in depth review of the key concepts from each chapter of the text Answers and page references allow students to check their work and brush up as necessary using the textbook All items and answers have been updated to correspond with the third edition of the text      Study Guide for Nutrition and You Joan Salge Blake, Charlene Harkins, 2007-12-04 The Study Guide is made up of a series of investigations that correspond to concepts in the main text and incorporate questions and exercises that range from definitions fill in the blank labeling and completion study questions to critical thinking questions      **Fundamentals of Nutrition** Kay Burta Franz, Ruth T. Walker, Brigham Young University. Food Science and Nutrition Department,      **Nutrition Study Guide for Culinary Students** Melissa Heilman,

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