

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

Brigitte Niedzwiecki, Julie Pepper



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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Study Guide for Psychology, Seventh Edition Richard O. Straub, David G. Myers, 2003-06-20 This new edition continues the story of psychology with added research and enhanced content from the most dynamic areas of the field cognition gender and diversity studies neuroscience and more while at the same time using the most effective teaching approaches and learning tools

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Table of Contents Study Guide Nutrition Ch 14 Answers

1. Understanding the eBook Study Guide Nutrition Ch 14 Answers
 - The Rise of Digital Reading Study Guide Nutrition Ch 14 Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Study Guide Nutrition Ch 14 Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Study Guide Nutrition Ch 14 Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Study Guide Nutrition Ch 14 Answers
 - Personalized Recommendations
 - Study Guide Nutrition Ch 14 Answers User Reviews and Ratings
 - Study Guide Nutrition Ch 14 Answers and Bestseller Lists
5. Accessing Study Guide Nutrition Ch 14 Answers Free and Paid eBooks
 - Study Guide Nutrition Ch 14 Answers Public Domain eBooks
 - Study Guide Nutrition Ch 14 Answers eBook Subscription Services
 - Study Guide Nutrition Ch 14 Answers Budget-Friendly Options

6. Navigating Study Guide Nutrition Ch 14 Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Study Guide Nutrition Ch 14 Answers Compatibility with Devices
 - Study Guide Nutrition Ch 14 Answers Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Study Guide Nutrition Ch 14 Answers
 - Highlighting and Note-Taking Study Guide Nutrition Ch 14 Answers
 - Interactive Elements Study Guide Nutrition Ch 14 Answers
8. Staying Engaged with Study Guide Nutrition Ch 14 Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Study Guide Nutrition Ch 14 Answers
9. Balancing eBooks and Physical Books Study Guide Nutrition Ch 14 Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Study Guide Nutrition Ch 14 Answers
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Study Guide Nutrition Ch 14 Answers
 - Setting Reading Goals Study Guide Nutrition Ch 14 Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Study Guide Nutrition Ch 14 Answers
 - Fact-Checking eBook Content of Study Guide Nutrition Ch 14 Answers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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