

-
1. A nurse is teaching a client who has gastroesophageal reflux disease about managing his illness. Which of the following recommendations should the nurse include in the teaching?
 - A. Limit fluid intake not related to meals.
 - B. Chew on mint leaves to relieve indigestion.
 - C. Avoid eating within 3 hr of bedtime.
 - D. Season foods with black pepper.

 2. A nurse is caring for a client who is well-hydrated and who demonstrates no evidence of anemia. Which of the following laboratory values gives the nurse an assessment of the adequacy of the client's protein uptake and synthesis?
 - A. Albumin
 - B. Calcium
 - C. Sodium
 - D. Potassium

 3. A nurse is teaching a client about nutritional requirements necessary to promote wound healing. Which of the following nutrients should the nurse include in the teaching?
 - A. Protein
 - B. Calcium
 - C. Vitamin B1
 - D. Vitamin D

 4. A nurse is instructing a group of clients regarding nutrition. Which of the following is a good source of omega-3 fatty acids that the nurse should include in the teaching?
 - A. Fish
 - B. Corn oil
 - C. Dietary supplements
 - D. Leafy green vegetables
-

-
5. A nurse is instructing a group of clients regarding calcium rich foods. Which of the following foods should the nurse include in the teaching as the best source of calcium?
- A. ½ cup ice cream
 - B. 1 ounce swiss cheese
 - C. 1 cup milk
 - D. 1 cup cottage cheese
-
6. A nurse is instructing a group of clients regarding nutrition. The teaching should state that which of the following groups of foods contains the highest level of carbohydrates?
- A. Milk, eggs, and cheese
 - B. Butter, oils, and avocados
 - C. Rice, potatoes, and oranges
 - D. Chicken, green beans, and apples
-
7. A nurse is instructing a group of clients about nutrition. The nurse's teaching plan should state that in order to limit saturated fat intake, the client should limit total fat intake to what percentage of total calories per day?
- A. 20%
 - B. 25%
 - C. 30%
 - D. 33%
-
8. A nurse is instructing a group of clients about nutrition and eating foods high in iron. The nurse should include that which of the following aids in the absorption of iron?
- A. Fiber
 - B. Vitamin A
 - C. Vitamin C
 - D. Oxalates
-

9. How many calories are contained in a food item that has 15 g of carbohydrates, 4 g of protein, and 10 g of fat?

_____ calories

10. A nurse is providing teaching about nutrition to a group of clients. The nurse should include that which of the following foods contains the highest level of thiamine per serving?

- A. 1 hard-boiled egg
- B. 1 cup dried pears
- C. 1 cup whole grain wheat flour
- D. 1 cup brussel sprouts

11. A nurse is instructing a group of clients about nutrition. The nurse should include that which of the following foods is a good source of high-quality protein?

- A. Soybeans
- B. Grains
- C. Legumes
- D. Green vegetables

12. A nurse is instructing a group of clients about nutrition. The nurse should include that which of the following is a trigger for the formation of vitamin D in the body?

- A. Calcium
 - B. Vitamin A depletion
 - C. Exposure to sunlight
 - D. Weight-bearing exercise
-

13. A nurse is teaching a client about preparing low-fat meals. The nurse should include that which of the following oils contains saturated fat?

- A. Corn
- B. Olive
- C. Canola
- D. Coconut

14. A nurse is teaching a group of adults about nutrition. The nurse should include which of the following amounts as an appropriate daily intake of fiber for adult women?

- A. 5 to 10 g
- B. 10 to 15 g
- C. 20 to 35 g
- D. 40 to 50 g

15. A nurse is instructing a group of adult clients about nutrition. The nurse should include which of the following as the recommended amount of vegetables servings per day?

- A. 1/2 cup
- B. 1 cup
- C. 2 cups
- D. 2 1/2 cups

16. A nurse is teaching a client who is postpartum and has been diagnosed with iron deficiency anemia. Which of the following dietary recommendations should the nurse include in the teaching plan?

- A. Yogurt and mozzarella
 - B. Spinach and beef
 - C. Milk and turkey slices
 - D. Fish and cottage cheese
-

17. A nurse is educating a group of older adults in a community center on weight management using the BMI scale. Using the client's height and weight to calculate BMI, which of the following clients has a healthy BMI?

- A. A client with a weight of 128 lb and height of 70 inches
- B. A client with a weight of 150 lb and height of 68 inches
- C. A client with a weight of 200 lb and height of 72 inches
- D. A client with a weight of 133 lb and a height of 60 inches

18. A nurse is discussing good food choices with a client who is recovering from an exacerbation of inflammatory bowel disease and is to start a low-lactose diet. Which of the following foods is the best choice for the client?

- A. Soy milk
- B. Cheddar cheese
- C. Low-fat yogurt
- D. Cottage cheese

19. A nurse is providing nutritional teaching to a client who has dumping syndrome following a hemi-colectomy. Which of the following foods should the nurse instruct the client to avoid?

- A. Rice
- B. Poached eggs
- C. Fresh apples
- D. White bread

20. A nurse is reviewing the laboratory results for a client who has a history of atherosclerosis and notes elevated cholesterol levels. Which of the following statements by the client indicates the nurse should plan follow-up teaching on a low-cholesterol diet?

- A. "I flavor my meat with lemon juice."
- B. "I eat two eggs for breakfast each morning."
- C. "I cook my food with canola oil."
- D. "I take an omega-3 supplement daily."

21. A nurse is caring for a client who has cancer and is receiving total parenteral nutrition (TPN). Which of the following lab values indicates the treatment is effective?

- A. Hct 43%
- B. WBC 8,000/uL
- C. Albumin 4.2 g/dL
- D. Calcium 9.4 mg/dL

22. A nurse is providing dietary teaching to client who has calcium oxalate kidney stones. Which of the following statements indicates an understanding of the teaching?

- A. "I can have almonds as a snack."
- B. "I can use soy milk with my cereal."
- C. "I may eat a sweet potato for dinner."
- D. "I may eat a banana with my breakfast."

23. A nurse is teaching a client about snacks that are appropriate on a low-fat, low-sodium, and low-cholesterol diet. Which of the following food choices by the client indicates the need for further teaching?

- A. A slice of cheese
- B. A jam sandwich
- C. A cup of plain popcorn
- D. A small container of applesauce

24. A nurse is providing teaching about the Mediterranean diet to a client newly who has a new diagnosis of hypertension. Which of the following statements by the client indicates a need for further teaching?

- A. "I will limit my intake of red meat to twice weekly."
 - B. "I can have dairy in moderate portions daily."
 - C. "I can have fish two times a week."
 - D. "I can drink wine in moderation."
-

25. A nurse is providing teaching to a group of older adults about oil-rich foods. Which of the following foods should be included as the equivalent of 6 tsp of oil?

- A. 1 tbsp soft margarine
- B. ½ oz of nuts
- C. 2tbsp peanut butter
- D. 1 oz sunflower seeds

26. A nurse is preparing an education program for a group of parents of adolescents. Which of the following should be included as indicators of nutritional risk among adolescents? (Select all that apply.)

- A. Skipping more than three meals per week
- B. Eating fast food once weekly
- C. Hearty appetite
- D. Eating without family supervision frequently
- E. Frequently skipping breakfast

27. A nurse is providing teaching to a group of adult athletes about prevention the effects of dehydration on the body. Which of the following manifestations should the nurse include in the teaching?

- A. Impaired motor control
- B. Drop in body temperature during exercise
- C. Increase in appetite.
- D. Decreased resting heart rate

28. A nurse is providing teaching to a group of parents of newborns who are planning to formula feed. Which of the following statements by a parent indicates a need for further teaching?

- A. "I will give formula to my baby at room temperature."
- B. "I will ensure my baby's feedings last 10 to 15 minutes."
- C. "I will burp my baby half way through each feeding."
- D. "I will watch for signs my baby is full and stop the feeding."

29. A nurse is providing anticipatory guidance to the parents of a newborn about feeding skills. Place the following feeding skills in the order the newborn should develop them. (Move the steps into the box on the right, placing them in the selected order of performance. All steps must be used.)

- A. Eats pieces of soft, cooked food
- B. Drinks from a cup held by another person
- C. Begins experimenting with spoon
- D. Pushes solid objects from mouth

30. A nurse is providing teaching to the parent of an infant about introducing solid foods. The nurse should recommend that which of the following foods be introduced first?

- A. Strained fruits
 - B. pureed meats
 - C. Cooked egg whites
 - D. Iron-fortified cereal
-