

# CONTENT MASTERY SERIES®

## REVIEW MODULE

### NUTRITION FOR NURSING

#### EDITION 6.0



**Donation of Books from the People of North Carolina, with the support of the North Carolina - Moldova Bilateral Partnership, the U.S. Embassy in Moldova, AO CICD "PHOENIX", Moldova World Children's Fund and other partners.**



U.S. Embassy Moldova



# *Nutrition for Nursing*

## REVIEW MODULE EDITION 6.0

### *Contributors*

---

Norma Jean E. Henry, MSN/Ed, RN  
Mendy McMichael, DNP, MSN  
Janean Johnson, MSN, RN, CNE  
Agnes DiStasi, DNP, RN, CNE  
Honey C. Holman, MSN, RN  
Robin A. Hertel, EdS, MSN, RN, CMSRN  
Kellie L. Wilford, MSN, RN  
Peggy Leehy, MSN, RN  
Terri Lemon, DNP, MSN, RN

### *Consultants*

---

Tracey Bousquet, BSN, RN  
Penny Fauber, RN, BSN, MS, PhD  
Donna Russo, RN, MSN, CCRN, CNE  
Betty Daniel, MSN Nursing Education, RN  
Pam DeMoss, MSN, RN

### INTELLECTUAL PROPERTY NOTICE

ATI Nursing is a division of Assessment Technologies Institute®, LLC.

Copyright © 2016 Assessment Technologies Institute, LLC. All rights reserved.

The reproduction of this work in any electronic, mechanical or other means, now known or hereafter invented, is forbidden without the written permission of Assessment Technologies Institute, LLC. All of the content in this publication, including, for example, the cover, all of the page headers, images, illustrations, graphics, and text, are subject to trademark, service mark, trade dress, copyright, and/or other intellectual property rights or licenses held by Assessment Technologies Institute, LLC, one of its affiliates, or by third parties who have licensed their materials to Assessment Technologies Institute, LLC.

771286



SL3

# Table of Contents

NCLEX® Connections 1

UNIT 1	<i>Principles of Nutrition</i>	
CHAPTER 1	Sources of Nutrition	3
	<i>Carbohydrates and fiber</i>	3
	<i>Proteins</i>	4
	<i>Lipids</i>	4
	<i>Vitamins</i>	5
	<i>Minerals and electrolytes</i>	7
	<i>Water</i>	8
CHAPTER 2	Ingestion, Digestion, Absorption, and Metabolism	11
CHAPTER 3	Nutrition Assessment/Data Collection	15
CHAPTER 4	Guidelines for Healthy Eating	19
CHAPTER 5	Food Safety	25
CHAPTER 6	Cultural, Ethnic, and Religious Influences	29
CHAPTER 7	Nutrition Across the Lifespan	33
	<i>Pregnancy and lactation</i>	33
	<i>Infancy</i>	34
	<i>Childhood</i>	38
	<i>Adolescence</i>	39
	<i>Adulthood and older adulthood</i>	41

NCLEX® Connections 45

UNIT 2	<i>Clinical Nutrition</i>	
CHAPTER 8	Modified Diets	47
CHAPTER 9	Enteral Nutrition	51
CHAPTER 10	Total Parenteral Nutrition	57

UNIT 3	<i>Alterations in Nutrition</i>	
CHAPTER 11	Barriers to Adequate Nutrition	63
CHAPTER 12	Cardiovascular and Hematologic Disorders	67
CHAPTER 13	Gastrointestinal Disorders	73
CHAPTER 14	Renal Disorders	81
CHAPTER 15	Diabetes Mellitus	87
CHAPTER 16	Cancer and Immunosuppression Disorders	93

<i>References</i>	<i>99</i>
-------------------	-----------

<i>Active Learning Templates</i>	<i>A1</i>
----------------------------------	-----------

<i>Basic Concept</i>	<i>A1</i>
<i>Diagnostic Procedure</i>	<i>A3</i>
<i>Growth and Development</i>	<i>A5</i>
<i>Medication</i>	<i>A7</i>
<i>Nursing Skill</i>	<i>A9</i>
<i>System Disorder</i>	<i>A11</i>
<i>Therapeutic Procedure</i>	<i>A13</i>