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High-Protein Diet

Patient name: _____ Admission: _____

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I. The client/caregiver can state benefits of a high-protein diet.

- A. Essential to growth and maintenance of body tissues
- B. Essential in maintenance of water balance
- C. Essential in formation of antibodies to resist disease
- D. Essential in formation of body secretions, such as hormones, enzymes, and milk
- E. Source of energy if intake of carbohydrates and fat is deficient

II. The client/caregiver can list conditions requiring increased protein.

- A. Rapid growth periods
- B. Pregnancy
- C. Lactation
- D. Convalescence
- E. Fever and infections
- F. Pressure ulcers and wounds
- G. Severe stress
- H. Burns
- I. Diseases such as cancer, AIDS, hyperthyroidism, malabsorption syndrome, celiac disease, inflammatory bowel disease, and renal failure

III. The client/caregiver can list foods high in protein.

- A. Meat
- B. Milk
- C. Cheese
- D. Eggs
- E. Fish
- F. Nuts
- G. Peanut butter
- H. Legumes (dried peas and beans)
- I. Fish

IV. The client/caregiver can list measures to increase protein in diet.

- A. Add nonfat dry milk to regular milk.

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- B. Add milk powder to hot or cold cereals, scrambled eggs, soups, gravies, ground meats, and casseroles.
- C. Use milk or half-and-half instead of water.
- D. Add diced or ground meat to soups and casseroles.
- E. Add grated cheese to sauces, vegetables, soups, and casseroles.
- F. Make desserts with eggs, such as sponge cake, egg custard, bread, or rice pudding.
- G. Drink instant breakfast products.
- H. Drink milkshakes with powdered eggs or egg substitute.

V. The client/caregiver can list signs and symptoms of protein deficiency.

- A. Weight loss
- B. Decreased resistance to disease
- C. Impaired healing of wounds
- D. Weakness and fatigue
- E. Dry, brittle hair
- F. Mental depression

RESOURCE

My Pyramid—United States Department of Agriculture
www.mypyramid.gov

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