

## 1

## Basic Nutrition

Patient name: \_\_\_\_\_

Admission: \_\_\_\_\_

NRS  
DATE INITIAL

--

**I. The client/caregiver can list reasons to eat a well-balanced diet.**

- A. It provides energy, builds and repairs body tissues, and regulates body processes.
- B. It is essential for preventing disease and for healing of disease.
- C. It is essential for emotional and physical well-being.

**II. The client/caregiver can explain the MyPyramid program.**

- A. The U.S. Department of Agriculture introduced this program in 2006.
- B. It offers a personal eating plan with suggested foods and amount of food intake.
- C. They are not therapeutic diets for specific health conditions (see therapeutic diets teaching guides for specific health conditions).
- D. The program can track your food intake and physical activity level.
- E. They offer some basic advice when starting the program:
  - 1. Make wise choices from every food group.
  - 2. Find a balance between food and physical activity.
  - 3. Get the most nutrition out of your calories. Avoid empty calories.
  - 4. Stay within your daily calorie needs.
  - 5. Make half your grains whole.
  - 6. Vary your vegetables.
  - 7. Focus on fruit selections.
  - 8. Use calcium-rich foods.
  - 9. Use lean proteins.
  - 10. Find a balance between food intake and physical activity.

**III. The client/caregiver can list methods to evaluate healthy weight.**

- A. Body mass index was created to provide a measurement of weight that is not related to height.

NRS  
DATE INITIAL

--

**B. It is often used as an indicator of obesity.**

- 1. BMI of 25 to 29.5 is considered overweight.
- 2. BMI over 30 is considered obese.

**C. Another method to evaluate a healthy weight is to use one of the height–weight tables. Adults and older children are measured standing. Infants and small children are measured lying on a flat surface.****IV. The client/caregiver can list the Dietary Guidelines presented by the Surgeon General of the United States, the U.S. Department of Agriculture, and the U.S. Department of Human Resources (2005).**

- A. Eat a variety of foods.
- B. Balance the food you eat with physical activity. Maintain or improve your weight.
  - Engage in 30 minutes of moderate-intensity activity most days of the week.
- C. Choose a diet with plenty of grain products, vegetables, and fruits. Daily suggested amounts per a 2000 calorie diet are
  - 2 cups of fruit
  - 2.5 cups of vegetables
  - 3 or more servings of whole-grain products
  - 3 cups of fat-free or low-fat milk or milk products
- D. Choose a diet low in fat, saturated fat, and cholesterol.
  - 1. Consume less than 10% of calories from saturated fatty acids.
  - 2. Consume less than 300 mg/day of cholesterol.
  - 3. Limit intake of fats and oils high in saturated or trans fatty acids.
- E. Choose a diet moderate in sugars.
  - 1. Choose and prepare foods/beverages with little added sugars.
- F. Choose a diet moderate in salt and sugars.
  - 1. Consume less than 2300 mg (approximately 1 teaspoon of salt) of sodium per day.

(Continued)

NRS  
DATE INITIAL

--	--

- 2. Choose and prepare foods with little salt.
- G. If you drink alcoholic beverages, do so in moderation. Moderate consumption is considered
  - 1. One drink per day for women
  - 2. Up to two drinks per day for men
- H. Avoid foods that are contaminated with bacteria, viruses, parasites, toxins, and chemical or physical contaminants.

V. The client/caregiver can list general nutritional tips for different ages thru the lifespan.

- A. Recommendations for children are
  - 1. Engage in 60 minutes of physical activity most days of the week.
  - 2. At least half of grains consumed should be whole grains.
  - 3. Children 2 to 8 years old should consume 2 cups of fat-free or low-fat milk products. Children over 9 years old should consume 3 cups of milk or milk products daily.
  - 4. Consume most fats coming from polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
  - 5. Obtain sufficient amounts of fiber, but avoid excessive amounts of added sugars.
  - 6. Do not eat or drink raw milk or raw milk products, raw eggs, raw or undercooked meats, poultry or fish, unpasteurized juice, or raw sprouts.
- B. Women of childbearing age who may become pregnant or are pregnant and breastfeeding women should
  - 1. Eat foods high in heme iron, iron-rich plant foods, or iron-fortified foods.
  - 2. Include vitamin C-rich foods to aid in iron absorption.
  - 3. Consume adequate amounts of folic acid from fortified foods or supplements.

NRS  
DATE INITIAL

--	--

- 4. Eat only certain deli meats and frankfurters that have been reheated to steaming hot.
- 5. Avoid raw milk or raw milk products.
- C. Older adults should
  - 1. Consume extra vitamin D from fortified foods.
  - 2. Increase dietary fiber to prevent constipation.
  - 3. Limit intake of sodium per day to no more than 1500 mg.
  - 4. Eat foods with potassium recommendations of 4700 mg/day.

RESOURCES

National Institutes of Health/National Heart, Lung and Blood Institute  
[www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/)

U.S. Department of Agriculture. MyPyramid/Steps to a Better Healthier You  
[www.mypyramid.gov/](http://www.mypyramid.gov/)

USDA Dietary Guidelines for Americans 2005  
[www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

Nutritionist

Dietician

REFERENCES

Ackley, B. J., & Ladwig, G. B. (2006). *Nursing diagnosis handbook: A guide to planning care*. St. Louis: Mosby Inc.

Canobbio, M. M. (2006). *Mosby's handbook of patient teaching*. St. Louis: Mosby Inc.

Hitchcock, J. E., Schubert, P. E., & Thomas, S. A. (2003). *Community health nursing: Caring in action*. Clifton Park, NY: Thomson Delmar Learning.

Lutz, C., & Przytulski, K. (2001). *Nutrition and diet therapy*. Philadelphia: F. A. Davis Company.

*Nutrition made incredibly easy*. (2003). Philadelphia: Lippincott Williams & Wilkins.

Timby, B. K. (2005). *Fundamental nursing skills and concepts*. Philadelphia: J. B. Lippincott Williams & Wilkins.