

NUTRITION



GOOD SOURCES OF :

Fiber

FRUITS, BEANS, VEGGIES, WHEAT & BRAN
Soluble Insoluble

Potassium

- SWEET POTATO, TOMATO, SPINACH, YOGURT
RAISINS, BANANAS

Sodium

- PIZZA, CANNED SOUP, BREAD, COLD CUTS, CHEESE

Vitamin C

- ORANGES, STRAWBERRY, BRUSSELS SPROUTS

Vitamin B₁₂

- EGGS, MILK, CHEESE, MEAT, FISH, SHELLFISH

Magnesium

- RHUBARB, SPINACH, AVOCADOS, NUTS, TOFU, SESAME

Therapeutic Diets

Clear Liquid

→ juices w/o pulp, broth, jelly, water

Dess Liquid

→ ice cream, soup, ice chips, tea, juice

Mechanical Soft

→ banana, soft breads, pasta ① Dry or Chewy

Purée

→ yogurt, applesauce, mashed potato, pudding ① Lumpy or crunchy

Low Carb

↳ sometimes called keto or carb-restricted diet

No Added Salt

↳ CHF ↳ arthritis

Low Fat

↳ hyperlipidemia ↳ pancreatitis

Low K+

↳ Addison's ↳ for spacing diabetes

High Iron

↳ anemia

IMPORTANT THINGS TO REMEMBER

- ★ Patients on Anticoagulants should avoid **Vitamin K** → Green Leafy veg, cheese + Green Tea
- ★ Wound healing is promoted by a diet that is rich in **Protein** + **Vitamin C**
- ★ **Folic Acid** is essential during + before pregnancy to prevent neural tube defects
- ★ **Vitamin A** helps maintain eyesight
- ★ Vegetarians are at risk of deficient **Vitamin D + B12**

Kcal's per Nutrient

Fat - 9 kcal/g
 Protein - 4 kcal/g
 Carbohydrates - 4 kcal/g

Vitamins

Fat Soluble - A, D, K, E
 Water Soluble - B, C

Guide To Good Food Study Sheet

Karin Nielsen-Saines



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