
ATI Nutrition Proctored Exam Study Guide

Part 1: General Notes

Part 2: Focused Review Notes

Part 3: ATI Rational with Additional/Supported Information

PART 1: GENERAL NOTES (Important Facts)

- Be wary of questions regarding children drinking too much milk i.e. more than 3-4 cups of milk each day. Too much milk intake reduces intake of other essential nutrients, especially iron. Watch for anemia with milk-aholics.
- Vitamin D's presence is required by the parathyroid gland, in order for it to function.
- If the patient is taking digoxin or K-supplements, avoid salt substitutes because many are potassium based
- **Potassium Sources:** bananas, potatoes, citrus fruits, **tomatoes**
- No milk (as well as fresh fruit or veggies) on neutropenic precautions.
- Nondairy (**lactose intolerant**) sources of calcium include RHUBARB, SARDINES, COLLARD GREENS 24
- Nonfat milk reduces reflux by increasing lower esophageal sphincter pressure
- **Yogurt** has live cultures, so do not give to immunosuppressed patients helps with **constipation**
- No **phenylalanine** with a kid positive for PKU (no meat, no dairy, no aspartame). **2x month** (bilirubin)
- Pernicious Anemia : b12
- Digestion enzyme : pepsin
- **Dry mouth** : offer citrus
- **Hummas has more protein than PB**
- Acid Ash diet: cheese, corn, cranberries, plums, prunes, meat, poultry, pastry, bread
- Alk Ash diet: milk, veggies, rhubarb, salmon
- **Glycogen** is the stored carbohydrate energy source found in the liver and muscles. It is a vital source of back up energy but is only available in limited supply. Break down of liver Glycogen.
- **Gallbladder and liver : digesting fats**
- **Fat provides energy**
- Malnourishment: ankle edema

Ati Nutrition Study Guide

Yijin Wang

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