

Nutrition and Diet Therapy for Nurses, 2e (Tucker)
Chapter 2 Nutrition Recommendations and Standards

2.1 To define the basic components of a healthy diet.

1) The nurse observes a client make menu selections that include all major food groups for each meal. Which aspect of a healthy diet is this client demonstrating?

1. Balance
2. Preference
3. Moderation
4. Concentrated

Answer: 1

Explanation: A balanced diet contains a sufficient quantity of each type of food. Balance means consuming all of the essential macronutrients and micronutrients in the recommended quantity through a combination of different food types. Moderation refers to the practice of regularly eating foods high in nutrient content while limiting the frequency and portion of foods with little nutrient value. Preference is a characteristic of food choices but not necessarily an aspect of a healthy diet. Concentrated is not an aspect of a healthy diet.

Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive Level: Analyzing

2) An older person reports eating a small amount of meat for lunch and dinner with a salad and baked potato but only eats dessert on Sunday. Which aspect of a healthy diet is this client describing to the nurse?

1. Habit
2. Balance
3. Moderation
4. Nutrient dense

Answer: 3

Explanation: Moderation refers to the practice of regularly eating foods high in nutrient content while limiting the frequency and portion of foods with little nutrient value. Habit is a characteristic of food choices but not necessarily an aspect of a healthy diet. Balance means consuming all of the essential macronutrients and micronutrients in the recommended quantity through a combination of different food types. A food is nutrient dense if it contains a significant amount of nutrients for the least amount of calories.

Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive Level: Analyzing

3) The nurse prepares educational material on the impact of nutrient excess for a client. Which client health problem caused the nurse to focus on this instructional topic?

1. Diabetes
2. Osteoporosis
3. Diverticulitis
4. Osteoarthritis

Answer: 1

Explanation: Diet is implicated in the development and progression of diabetes. Diet is not implicated in the development progression of osteoporosis, diverticulitis, or osteoarthritis.

Nursing Process: Assessment

Client Need: Reduction of Risk Potential

Cognitive Level: Analyzing

2.2 To describe dietary reference intakes and how they are used by health care professionals.

1) The nurse consults the Dietary Reference Index after completing an assessment on an older client. What should the nurse keep in mind when using this index?

1. Only medical providers are trained to use the index.
2. It is easy to use and is individualized for clients based on medical problems.
3. The values are intended as general guidelines for a population group rather than an individual.
4. Age and gender are the two variables needed to individualize recommendations to an individual.

Answer: 3

Explanation: DRI values can be confusing to health-care personnel because they specify levels of nutrients rather than food choices. The recommendations are intended for use with healthy individuals. Five variables must be accommodated in order to successfully translate population suggestion into food choices for an individual: age, body size, daily energy expenditure, any relevant medical conditions, and dietary habits. DRI values are intended as general guidelines for a population group rather than an individual.

Nursing Process: Planning

Client Need: Health Promotion and Maintenance

Cognitive Level: Applying

- 2) After completing a nutritional assessment, the nurse compares a client's intake with the estimated average requirements (EAR). What should the nurse keep in mind about the EAR?
1. It was designed for use with populations and not individuals.
 2. It estimates the amount of nutrients needed to meet average daily energy needs.
 3. It provides average daily amount of a given nutrient sufficient to meet the nutrient requirement of 97-98% of healthy individuals.
 4. It provides average daily nutrient intake amounts to meet the requirements of 50% or more of healthy individuals in a life stage and gender group.

Answer: 4

Explanation: The EAR is the average daily nutrient intake value that is estimated to meet the requirements of 50% or more of healthy individuals in a life stage and gender group. The estimated amount of nutrients needed to meet average daily energy needs is the estimated energy requirement (EER). The average daily amount of a given nutrient sufficient to meet the nutrient requirement of 97-98% of healthy individuals is found in the recommended daily requirement (RDA) of the DRI. The DRI are guidelines for a population rather than an individual.

Nursing Process: Planning

Client Need: Health Promotion and Maintenance

Cognitive Level: Applying

- 3) When planning a diet for a client who wants to lose weight, the nurse refers to the Dietary Reference Index for recommendations. According to the DRI, what amount of carbohydrates should the nurse instruct the client to consume each day?

1. 5-10% of total daily calories.
2. 10-35% of total daily calories.
3. 20-35% of total daily calories.
4. 45-65% of total daily calories.

Answer: 4

Explanation: The DRI recommends that the daily caloric intake include about 45—65% of carbohydrates. Ten to 35% of daily nutrients should be from proteins, 20—35% from fat, and 5-10% from linoleic acid.

Nursing Process: Planning

Client Need: Health Promotion and Maintenance

Cognitive Level: Applying

2.3 To summarize the existing diet-based nutrition recommendations for health, including Dietary Guidelines for Americans.

1) A client is upset about gaining weight and believes it is caused by eating out often because of work. Which information from the Dietary Guidelines for Americans should the nurse review with the client? (Select all that apply.)

1. Healthy snacks.
2. Calories for individual foods.
3. Healthier food choices when eating out.
4. Optimizing intake of nutrient dense foods.
5. Proper transporting of food purchased at take-out restaurants.

Answer: 1, 3, 4

Explanation: The Dietary Guidelines for Americans provides suggestions including: how to choose healthy snacks, optimizing nutrient dense foods, healthier food choices when eating out, and food safety tips. It does not include information on proper processes for transporting food purchased at take-out restaurants or calories for individual foods.

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Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Applying

2) A healthy young adult asks what can be done to improve eating habits. Which information should the nurse emphasize from the U.S. Dietary Guidelines with this client? (Select all that apply.)

1. Limit sodium intake to 2,300 mg/day.
2. Limit alcoholic beverages to 4 drinks/day.
3. Only drink beer on the weekends and avoid liquor.
4. Choose fiber rich fruits, vegetables, and grains often.
5. Consume less than 10% of calories from saturated fatty acids.

Answer: 1, 4, 5

Explanation: Key recommendations in the U.S. Dietary Guidelines include: consuming less than 10% of calories/day from saturated fatty acids; limiting sodium intake to 2,300 mg/day; and choosing fiber rich fruits, vegetables, and grains often. Recommendations for consumption of alcoholic beverages are one per day for women and two per day for men. Drinking more than one beer per day is not recommended.

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Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Applying

3) The nurse prepares education material on nutrition for a group of community members. Which tools should the nurse use when conducting this teaching? (Select all that apply.)

- 1. My Plate
- 2. Dietary Reference Intakes
- 3. Recommended Daily Allowance
- 4. Estimated Average Requirements
- 5. Dietary Guidelines for Americans

Answer: 1, 5

Explanation: Rationale: The nurse should combine the key messages from the Dietary Guidelines for Americans with education that uses the MyPlate icon and its accompanying resources. Together, these guidelines emphasize the crucial point that healthy dietary patterns consumed over time are what positively affect health rather than any impact from a single nutrient, food, or meal. The Dietary Reference Intakes, Recommended Daily Allowance, and Estimated Average Requirements are not recommended to be used a community education session.

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Nursing Process: Planning

Client Need: Health Promotion and Maintenance

Cognitive Level: Applying

2.4 To interpret how to read a food label and decipher nutrient content claims

1) The nurse prepares to review reading a food label with a client. Which areas should the nurse include with this teaching? (Select all that apply.)

1. Ingredient list.
2. Nutritional claims.
3. Distribution company.
4. Nutritional facts panel.
5. Amount of food coloring contained in the product.

Answer: 1, 2, 4

Explanation: The nurse should discuss how to read the ingredient list, the nutritional facts panel, and any nutritional claims when providing education on food labels to a client. The distribution company is only significant during a food recall. The addition of food coloring is not a major component of reading a food label.

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Nursing Process: Planning

Client Need: Health Promotion and Maintenance

Cognitive Level: Applying

2) Each year the school nurse demonstrates how to read the label on a can of carrots to a group of students. Which ingredient should the nurse expect to be listed first on the food label?

1. Water
2. Carrots
3. Sodium
4. Food coloring

Answer: 2

Explanation: Ingredients on a food label must be listed in descending order according to weight. Since the primary ingredient in the can is carrots, they should appear first on the label. Other ingredients would be listed according to weight.

Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive Level: Applying

3) The nurse plans to review food labels with a client who has type 2 diabetes mellitus. Why should the nurse emphasize the nutrition facts panel with the client?

1. Explains the nutritional claims
2. Specifies food dyes in the item
3. Lists the amount of calories per serving
4. Identifies ingredients associated with food allergies

Answer: 3

Explanation: The nutritional facts panel contains information on serving size, calories, and key nutrients. Information on ingredients identified as common food allergens and dyes are listed as ingredients. Nutritional content claim terms often appear in bold or colorful letters in advertisements and on the packaging of common food items.

Nursing Process: Implementation

Client Need: Reduction of Risk Potential

Cognitive Level: Applying

4) A client reports only eating food items that are identified as "reduced fat." What should the nurse explain about the "reduced fat" designation?

1. The product has very low amounts of fat.
2. The product has less fat than a similar product, but still is high in fat.
3. The product has less than the recommended daily requirement of fat.
4. The product may have more of different types of fat than similar products.

Answer: 2

Explanation: Reduced refers to at least 25% less of a given nutrient or calories than the comparison food. This characteristic is also listed as "less" and "fewer." A product labeled as reduced fat has less fat than a similar product, but may still have a significant fat content. Less of an ingredient does not necessarily translate as "little" or "none," only as less. References to the amount of fat contained in a product are in comparison to similar products and do not refer to the U.S. RDA.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Applying

2.5 To formulate nursing interventions that target nutrition misinformation.

1) A client with a body mass index of 32 purchased a weight loss supplement that guarantees a 15-lb. weight loss in 1 week or the money for the supplement will be refunded. Which information should the nurse include when responding to this client's plan to use this weight loss supplement?

1. "It sounds like a good supplement."
2. "Let me know how it works and I might try it too."
3. "Unfortunately claims that sound too good to be true most often are not true."
4. "It is important to have a guarantee for a refund if the product does not work."

Answer: 3

Explanation: If it sounds too good to be true, it probably is. The client should be wary of weight loss products that promise results with no changes needed in diet or exercise or that claim permanent weight loss even when no longer using the product. The product does not sound like a good supplement. The nurse should not reinforce the client's plan to use the product. Having a guarantee for a refund is not a reason to use the product.

Nursing Process: Implementation

Client Need: Reduction of Risk Potential

Cognitive Level: Applying

2) A client who has been using a "spray product" to reduce appetite as a method to lose weight is disappointed after gaining two lbs. over the last week. Which action should the nurse take with this client?

1. Encourage to stick with the spray product
2. Suggest getting a refund for the cost of the product
3. Provide scientific information about appetite control
4. Remind that there is no such thing as a quick fix for weight loss

Answer: 3

Explanation: When encountering nutritional misinformation, an idea is to say to the patient: "I have some information about that idea/diet/product. Would you like me to share it with you?"

Providing scientific information about appetite control is the best action for the nurse to take.

The product most likely is not going to work and the client should not be encouraged to continue to use it. Suggest getting a refund or saying that there is no such thing as a quick fix for weight loss may upset the client and hinder further communication between the client and the nurse.

Nursing Process: Implementation

Client Need: Reduction of Risk Potential

Cognitive Level: Applying