

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 diuretics

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

BM King



Guide To Good Food Study Sheet:

Enjoying the Song of Term: An Psychological Symphony within **Guide To Good Food Study Sheet**

In some sort of consumed by screens and the ceaseless chatter of immediate conversation, the melodic elegance and mental symphony produced by the written word often diminish in to the background, eclipsed by the persistent sound and disturbances that permeate our lives. However, located within the pages of **Guide To Good Food Study Sheet** a charming fictional prize brimming with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this charming masterpiece conducts visitors on a mental trip, well unraveling the concealed songs and profound affect resonating within each carefully constructed phrase. Within the depths of the moving assessment, we will discover the book is central harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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