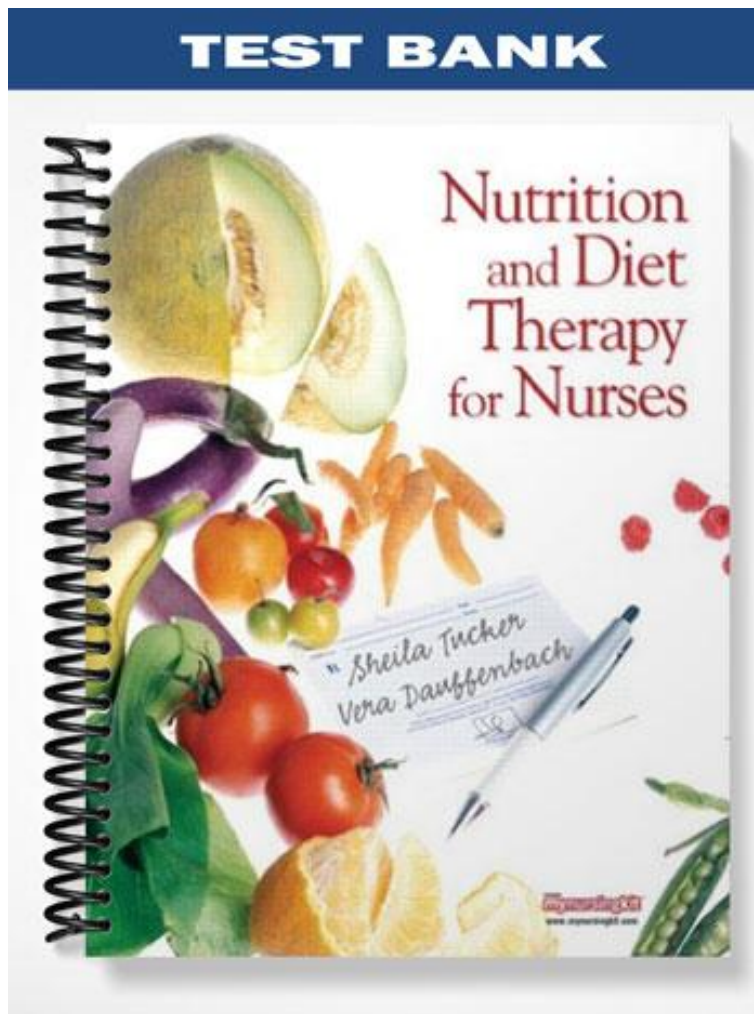


TEST BANK



**Nutrition
and Diet
Therapy
for Nurses**

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Springer
www.springer.com

Learning Outcome 1

To differentiate the types of carbohydrates and list dietary sources of each.

1. A client, who is trying to decrease carbohydrate intake, wonders how that is possible since sweets have already been eliminated from the diet and there can't be anything left to reduce. What is the best explanation the nurse can give to explain the difference between sugar and carbohydrates?
 1. All carbohydrates are sugar in their simplest form.
 2. Carbohydrates are harder to digest than sugar.
 3. All sugars are very sweet.
 4. Carbohydrates are made of carbon, hydrogen, and oxygen and sugars are not.

Answer: 1

Rationale: The nurse should explain that carbohydrates are classified as simple and complex, and what is commonly thought of as sugar is an example of a simple carbohydrate. Sugars, as a form of carbohydrates, are made of carbon, hydrogen, and oxygen. Not all sugars are sweet; only the simple sugars are sweet. Carbohydrates are not harder to digest than sugars because sugars are a form of carbohydrate.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Comprehension

2. A client asks the nurse why fiber is a carbohydrate that is good for people and high fructose corn syrup as a carbohydrate is not. The nurse explains that:
 1. Fiber digests slowly and slows the absorption of sugars.
 2. Fiber is a great source of energy.
 3. Sugar, in the form of high fructose corn syrup, contributes to weight gain.
 4. High fructose corn syrup is only found in soft drink beverages.

Answer: 1

Rationale: Fiber moves through the GI tract slowly, reducing the rate of sugar absorption, which is one of the reasons it is beneficial. Fiber is, therefore, a slow form of energy. Sugar contributes

to weight gain only if consumed in excess; small amounts are acceptable for any diet. High fructose corn syrup is found in many foods besides soft drinks.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

3. A client wants to know what why it is good to include starches in the diet. The nurse responds that starches:
 1. Are good only when consumed in moderation.
 2. Make you feel full faster.
 3. Are stored in the liver and can be used for energy.
 4. Provide the quickest form of energy

Answer: 3

Rationale: Starches are stored in the liver in the form of glycogen, which can be used for energy when glucose levels fall. Starches do not lead to satiety as well as proteins and fats. Glucose is the quickest form of energy. Starches, in the form of fiber, can be consumed liberally.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Learning Outcome 2

To relate the functions of carbohydrates to the body.

1. The nurse knows teaching about carbohydrates to an adult client has been effective when the client states:
 1. "I need to cut back on carbohydrates because they are not good for me."
 2. "Certain ones can be useful in helping to lower cholesterol levels."
 3. "I know a food has too much carbohydrate if it is sweet."
 4. "Eating excess carbohydrates is the surest way to get sick."

Answer: 2

Rationale: Carbohydrates, in the form of fiber, may be useful in reducing cholesterol levels. Carbohydrates are necessary as an energy source for the body and a balanced diet should include about 50% carbohydrates. A sweet food has carbohydrates, but that does not mean that it has too many carbohydrates; a peach and sweet potatoes have carbohydrates, but only the peach is sweet

to taste. There are many reasons for sickness, but excess carbohydrate consumption is not among them.

Nursing Process: Evaluation

Client Need: Health Promotion and Maintenance

Cognitive Level: Analysis

2. A client asks the nurse why the IV bag contains glucose. The nurse responds by saying:
 1. “Glucose is an energy source for the body.”
 2. “Glucose aids in the prevention of dehydration.”
 3. “It will help you feel better faster.”
 4. “It is easily digested.”

Answer: 1

Rationale: Glucose provides energy for the body and prevents fats and proteins from being used as an energy source. Water prevents dehydration, not glucose. Glucose moves directly into the blood stream where it can be metabolized as an energy source; it does not move to the intestine so it is not digested. The glucose does not in and of itself help one feel better.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

3. The nurse is teaching a client about low glycemic index foods. Good examples of foods with a low glycemic index that the nurse would recommend include the following: Select all that apply.
 1. Potatoes
 2. Whole grain spaghetti
 3. Oatmeal
 4. Sesame seed bagels
 5. Corn flake cereals

Answer: 2, Whole grain spaghetti; 3, Oatmeal

Rationale: High glycemic index foods like potatoes are made of higher amounts of simple carbohydrates that cause a more rapid rise in blood glucose. Whole wheat spaghetti is an example of a complex carbohydrate that causes a slower elevation in blood glucose after it is eaten. Oatmeal is an example of a complex carbohydrate that causes a slower elevation in blood glucose after it is eaten. Bagels are a high glycemic index food that is made of higher amounts of simple carbohydrates that cause a more rapid rise in blood glucose. Corn flake cereal is a high

glycemic index food that is made of higher amounts of simple carbohydrates that cause a more rapid rise in blood glucose.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

Learning Outcome 3

To counsel individuals about the dietary recommendations for carbohydrate intake.

1. A client asks the nurse how dairy products and meat can contain carbohydrates. The nurse explains that:
 1. “All foods have some combination of carbohydrate, protein, and fat.”
 2. “Carbohydrates are the main source of energy for the body, so food has to have some carbohydrates for it to provide energy.”
 3. “Plants are the main source of food for animals that provide us with meat and dairy products.”
 4. “They are added in small amounts during processing.”

Answer: 3

Rationale: Dairy products and meats contain varying amounts of carbohydrates, but in much smaller quantities than plant-based foods. Dairy products and meats contain carbohydrates because the animal sources they are from consume plants. Carbohydrates are the preferred source of energy, but protein or fats can be used for energy if needed. Some foods do not contain all macronutrients; fruit, for example. Vitamins or minerals may be added during processing of dairy products, but they are not added to raw meat.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

2. Which of the following foods would the nurse suggest for a client who wants to increase consumption of complex carbohydrates? Select all that apply.
 1. Sourdough rolls
 2. Peaches
 3. Broccoli
 4. Fruit yogurt

5. Fresh apples

Answer: 3, Broccoli; 5, Fresh apples

Rationale: Sourdough rolls have more simple carbohydrates than complex carbohydrates, which have soluble and insoluble fibers, so the nurse would not make this suggestion. Peaches do not have large amounts of soluble or insoluble fiber so they are considered simple carbohydrates; therefore the nurse would not make this suggestion. Broccoli contains soluble and insoluble fibers that move slowly through the intestines and cannot be easily digested, so this is a good example of a complex carbohydrate. Yogurt may be plain or have some fruit added, but it is composed of simple carbohydrates which do not have soluble or insoluble fiber; therefore the nurse would not suggest this as a good source of complex carbohydrates. Apples, with skins, have soluble fiber so they are considered a good source of complex carbohydrates.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

3. How should the nurse respond to the pregnant client who says that “since I am eating for two, I need to eat nearly twice as many carbohydrates”?
 1. “That is correct; just make sure it is mostly complex carbohydrates.”
 2. “That is correct for later in the pregnancy.”
 3. “Carbohydrate needs increase, but not by that amount.”
 4. “Space your carbohydrate intake throughout the day to avoid spikes in blood glucose.”

Answer: 3

Rationale: Carbohydrate needs increase throughout pregnancy, but never achieve a doubling of the recommended amount of a non-pregnant female. The pregnant woman should increase consumption of complex carbohydrates to prevent constipation. It is wise to prevent spikes in blood glucose by consuming more complex carbohydrates; however, that does not address the correct amount of carbohydrates for a pregnant female.

Nursing Process: Evaluation

Client Need: Health Promotion and Maintenance

Cognitive Level: Analysis

Learning Outcome 4

To examine the appropriateness of the use of nutritive and non-nutritive sweeteners.

1. A client asks the nurse which of the artificial sweeteners is the best. The nurse responds that:
 1. “There are many kinds of sweeteners at varying prices; select the one that best fits your budget.”
 2. “The sweeteners have different amounts of sweetness; you will need to experiment to see which you prefer.”
 3. “All of them have very few calories so it doesn’t matter which you choose.”
 4. “A dietician is the best person to answer that question.”

Answer: 2

Rationale: The artificial sweeteners have varying intensity of sweetness so, depending on the client’s planned use, the client will need to try different products to achieve the desired sweetness of a food or beverage. Artificial sweeteners have few calories and the cost for each is not significantly different; the level of sweetness should be the deciding factor for the client. This is a question that the nurse should be able to answer.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

2. The client tells the nurse that it is impossible to use artificial sweeteners because they are far too sweet and don’t taste natural. What advice can the nurse give the client?
 1. “That is the nature of artificial sweeteners and you will get used to it.”
 2. “The chemicals contribute to the unnatural taste; try a different formulation to see if the taste improves.”
 3. “You may use natural sugar unless there is a medical reason to do otherwise.”
 4. “Try experimenting with different amounts of the sweeteners to see what works best for you.”

Answer: 4

Rationale: Each artificial sweetener has a different intensity of sweetness. If a client uses artificial sweeteners, it is important to experiment with each one to achieve the desired level of sweetness. The nurse should never suggest that a client does not have options, even with artificial sweeteners. The chemical contribution does not contribute to the unnatural taste; it is the amount of the sweetener that is used. It is unwise to suggest use of natural sugar when the client is asking about artificial sweeteners.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

3. What should the nurse tell the client about the safety of non-nutritive sweeteners?
 1. “They have been around for years and caused no health problems.”
 2. “They are approved by the FDA.”
 3. “When consumed in appropriate amounts, they are not a health problem.”
 4. “They should not be used by children.”

Answer: 2

Rationale: The Food and Drug Administration (FDA) approves non-nutritive sweeteners. Non-nutritive sweeteners have been used for years; however, they have been and continue to be scrutinized for safety and risks. They may be used by children, for example in sugar-free beverages.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Comprehension

Learning Outcome 5

To formulate nursing interventions that will assist individuals in improving intake of dietary fiber.

1. The nurse knows teaching about fiber intake has been effective when the client states:
 1. “The more the better.”
 2. “If I eat fiber, I won’t get constipated.”
 3. “A bowl of oatmeal for breakfast and an apple with lunch will provide almost all the fiber I need for a day.”
 4. “Fiber causes diarrhea.”

Answer: 1

Rationale: The client should consume as much fiber as possible each day; at least 25 grams for females and 35 grams for males. Fiber in the diet helps prevent constipation, but it is not a function of merely consuming fiber-rich foods; it is a function of the quantity that is consumed. Oatmeal and an apple will contribute less than 10 grams of fiber to the diet, well under the minimum recommended daily amount. Fiber does not cause diarrhea when consumed in

recommended amounts, although the amount should be increased gradually in those who are not used to consuming the recommended amount.

Nursing Process: Evaluation

Client Need: Health Promotion and Maintenance

Cognitive Level: Analysis

2. A client asks the nurse if it is true that a diet high in fiber can help lower cholesterol. The nurse responds that:
 1. “It is true for only some people.”
 2. “Soluble fiber may help lower cholesterol.”
 3. “Research has been inconclusive about the role of fiber in lowering cholesterol.”
 4. “It is effective only when increased fiber consumption starts in young adulthood.”

Answer: 2

Rationale: Soluble fiber has been shown effective in lowering cholesterol and the American Heart Association endorses consumption of a diet high in soluble to lower cholesterol. It is never too late to increase consumption of a diet higher in fiber, especially soluble fiber.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Application

3. Which of the following foods would the nurse suggest is high in soluble fiber?
 1. English muffins
 2. Puffed rice cereal
 3. Pita bread
 4. Oat bran cereal

Answer: 4

Rationale: Foods that are made mostly from oats are high in soluble fiber. Examples are oat bran and oatmeal. English muffins, puffed rice, and pita bread are typically made from wheat.

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Application