

Nutrition Exam 3 Study Guide

Who on the health care team has the responsibility of prescribing the diet and writing the diet order? -
Physicians

Name three limitations of using a 24 hour recall to obtain patient food intake data -

1. Very limited and may not represent an adequate food intake for the patient
2. May not represent the long-term dietary habits of the patient
3. Estimating food quantities and food ingredients may be difficult especially if the patient ate in restaurants
4. Doesnt take into account fluctuations in food intake or seasonal variations
5. Relies on an individual's memory-- may forget to mention drinks, snacks, and desserts
6. Food items that cause embarrassment may be omitted

If you want to help a client become aware of what they are eating and see if they are complying with medical nutrition therapy, you would have them do a _____. This is particularly helpful for _____ patients in modifying their eating habits -

Food record
Obese

If the nurse obtains an estimate of the patient's food intake through direct observation, it is called a _____ -
Kcalorie count

IBW for men -

106 lbs (first 5 feet) + 6lbs (per inch over)

IBW for women -

100 lbs (first five feet)+ 5 lbs (per inch over)

Calculate IBW -

Current body weight / ideal body weight

Calculate % IBW -

(Actual weight x 100) / ideal body weight

Practice calculating IBW for a man who is 5 feet 10 inches, using the quick estimate method. Then calculate his %IBW if his current weight is 150 lbs -

166 pounds

90.36%

How should height be accurately measured? -

Measure next to a wall with a nonstretchable measuring tape or board
Stand erect, no shoes, heels together; make sure their eyes and head are facing forward with heels, buttocks, and shoulder blades touching the wall
Place a ruler or other flat stiff object on top of the head at a right angle

Excelsior College Nutrition Study Guide

Yi-Tong Ma



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