

**NCLEX nutrition questions, fundamentals of nursing  
macronutrients, micronutrients, enteral feeding, parenteral  
nutrition, vitamin sources, mineral intake, special diets, nursing  
exam prep**

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Which statement made by an adult patient demonstrates understanding of healthy nutrition teaching?

- A. I need to stop eating red meat.
- B. I will increase the servings of fruit juice to four a day.
- C. I will make sure that I eat a balanced diet and exercise regularly.
- D. I will not eat so many dark green vegetables and eat more yellow vegetables. - ansC

Monosaccharides - ansSimple carbohydrates (glucose, fructose, galactose)

The nurse teaches a patient who has had surgery to increase which nutrient to help with tissue repair?

- A. Fat
- B. Protein
- C. Vitamin
- D. Carbohydrate - ansB

Disaccharides - ansSimple carbohydrates (sucrose, lactose, maltose)

The nurse is caring for a patient experiencing dysphagia. Which interventions help decrease the risk of aspiration during feeding? (Select all that apply.)

- A. Sit the patient upright in a chair.
- B. Give liquids at the end of the meal.
- C. Place food in the strong side of the mouth.
- D. Provide thin foods to make it easier to swallow.
- E. Feed the patient slowly, allowing time to chew and swallow.
- F. Encourage patient to lie down to rest for 30 minutes after eating. - ansA, C, E

Polysaccharides - ansComplex carbohydrates (starch, fiber, glycogen)

The nurse suspects that the patient receiving parenteral nutrition (PN) through a central venous catheter (CVC) has an air embolus. What action does the nurse need to take first?

- A. Raise head of bed to 90 degrees
- B. Turn patient to left lateral decubitus position
- C. Notify health care provider immediately
- D. Have patient perform the Valsalva maneuver - ansB

The acceptable macronutrient distribution range for carbohydrates is

- a. 20-30% of cal
- b. 45-65% of cal
- c. 10-25% of cal
- d. 30-45% of cal - ansb. 45-65% of cal

Which action is initially taken by the nurse to verify correct position of a newly placed small-bore feeding tube?

- A. Placing an order for x-ray film examination to check position
- B. Confirming the distal mark on the feeding tube after taping
- C. Testing the pH of the gastric contents and observing the color
- D. Auscultating over the gastric area as air is injected into the tube - ansA

After the liver converts fructose and galactose into glucose, it is released into the bloodstream, elevating blood glucose levels. This causes the release of \_\_\_\_\_ from the pancreas - ansinsulin

# Nutrition Fundamentals 2026 Guide

**Xiang Xie**



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