

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

Latest Updated Exam Study Guide 2025/2026

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

Elliot Spencer



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Table of Contents Nutrition Fundamentals 2026 Guide

1. Understanding the eBook Nutrition Fundamentals 2026 Guide
 - The Rise of Digital Reading Nutrition Fundamentals 2026 Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Fundamentals 2026 Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition Fundamentals 2026 Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Fundamentals 2026 Guide
 - Personalized Recommendations
 - Nutrition Fundamentals 2026 Guide User Reviews and Ratings
 - Nutrition Fundamentals 2026 Guide and Bestseller Lists
5. Accessing Nutrition Fundamentals 2026 Guide Free and Paid eBooks

- Nutrition Fundamentals 2026 Guide Public Domain eBooks
- Nutrition Fundamentals 2026 Guide eBook Subscription Services
- Nutrition Fundamentals 2026 Guide Budget-Friendly Options
- 6. Navigating Nutrition Fundamentals 2026 Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrition Fundamentals 2026 Guide Compatibility with Devices
 - Nutrition Fundamentals 2026 Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition Fundamentals 2026 Guide
 - Highlighting and Note-Taking Nutrition Fundamentals 2026 Guide
 - Interactive Elements Nutrition Fundamentals 2026 Guide
- 8. Staying Engaged with Nutrition Fundamentals 2026 Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition Fundamentals 2026 Guide
- 9. Balancing eBooks and Physical Books Nutrition Fundamentals 2026 Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition Fundamentals 2026 Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nutrition Fundamentals 2026 Guide
 - Setting Reading Goals Nutrition Fundamentals 2026 Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nutrition Fundamentals 2026 Guide
 - Fact-Checking eBook Content of Nutrition Fundamentals 2026 Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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