

**NLEBX 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

Michael Rajnik



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Patricia A. Williams, 2025-05-15 Reinforce your understanding of basic nursing concepts and skills Corresponding to the chapters in Fundamental Concepts and Skills for Nursing 7th Edition this study guide provides the review and practice you need to master essential LPN LVN knowledge Engaging exercises and questions help you learn to apply the nursing process set priorities practice critical thinking make good decisions and communicate effectively With this practical review you will get more out of your textbook and prepare for success on the Next Generation NCLEX PN exam Updated exercises reflect content in the new edition of the Fundamental Concepts and Skills for Nursing textbook NEW Sexuality and Patient Care chapter provides exercises and questions to help reinforce socially competent care Review Questions for the NCLEX PN Examination help you review textbook content and practice for the exam with multiple choice and alternate item format

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Mastery of key nutrition concepts across all exam domains Increased test taking speed confidence and decision making ability Real world understanding of dietetics applications in clinical foodservice and community settings A solid foundation to not only pass the RD exam but also thrive in your professional role Translator Brittany Deaton PUBLISHER TEKTIME

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