NOLEX nutrition questions, fundamentals of nursing macronutrients, micronutrients, enteral feeding, parenteral nutrition, vitamin sources, mineral intake, special diets, nursing examprep

# 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 smallbore 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

# **2026 Guide Nutrition Fundamentals**

**Brigitte Niedzwiecki** 

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