

**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

Geralyn Ochs



Nutrition Fundamentals 2026 Guide:

Nutrition Fundamentals 2026 Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Nutrition Fundamentals 2026 Guide**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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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 a 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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