

**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

Elliot Spencer



Nutrition Fundamentals 2026 Guide:

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questions based on real life situations Clinical Situations use realistic sample practice situations to stimulate clinical judgment and practical application of nursing concepts Critical Thinking Activities provide nursing scenarios and questions to help build your problem solving skills Developing Clinical Judgment activities help you meet the clinical practice objectives of the corresponding chapter Communication Exercises give you practice using realistic nurse patient dialogues and are especially useful when paired with a partner Word Attack Skills offer practice in pronouncing difficult terms and phrases with emphasis on stress and intonation

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Registered dietitian exam pathway 2025/2026 version Brittany Deaton,2025-07-28 Built for the latest Commission on Dietetic Registration CDR exam framework this all in one guide equips aspiring Registered Dietitians with the tools strategies and practice needed to pass the exam with confidence Key Features Fully aligned with the 2025 2026 Registered Dietitian exam blueprint covering all four domain areas Principles of Dietetics Nutrition Care for Individuals and Groups Management of Food and Nutrition Programs and Services and Foodservice Systems 600 exam style practice questions with comprehensive answer explanations to reinforce core concepts and prepare you for exam day challenges Evidence based content reflecting the most current guidelines clinical practices and nutrition science Designed to suit diverse learning styles with structured content reviews application exercises and test taking strategies Why This Guide

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

In an electronic 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**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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