

NUTRITION



GOOD SOURCES OF :

Fiber

FRUITS, BEANS, VEGGIES, WHEAT & BRAN
Soluble Insoluble

Potassium

- SWEET POTATO, TOMATO, SPINACH, YOGURT
 RAISINS, BANANAS

Sodium

- PIZZA, CANNED SOUP, BREAD, COLD CUTS, CHEESE

Vitamin C

- ORANGES, STRAWBERRY, BRUSSELS SPROUTS

Vitamin B₁₂

- EGGS, MILK, CHEESE, MEAT, FISH, SHELLFISH

Magnesium

- RHUBARB, SPINACH, AVOCADOS, NUTS, TOFU, SESAME

Therapeutic Diets

Clear Liquid

→ juices w/o pulp, broth, jelly, water

Full Liquid

→ ice cream, soup, ice chips, tea, juice

Mechanical Soft

→ banana, soft breads, pasta ① Dry or Chewy

Puree

→ yogurt, applesauce, mashed potato, pudding ① Lumpy or crunchy

Low Carb

↳ sometimes called keto or carbohydrate diet

No Added Salt

↳ CHF ↳ arthritis

Low Fat

↳ gallbladder ↳ pancreas

Low K⁺

↳ Addison's ↳ sparing diuretics

High Iron

↳ anemia

IMPORTANT THINGS TO REMEMBER

- ★ Patients on Anticoagulants should avoid **Vitamin K** → Green leafy veg, cheese + Green Tea
- ★ Wound healing is promoted by a diet that is rich in **Protein** + **Vitamin C**
- ★ **Folic Acid** is essential during + before pregnancy to prevent neural tube defects
- ★ **Vitamin A** helps maintain eyesight
- ★ Vegetarians are at risk of deficient **Vitamin D + B12**

Kcal's per Nutrient

Fat - 9 kcal/g
 Protein - 4 kcal/g
 Carbohydrates - 4 kcal/g

Vitamins

Fat Soluble - A, D, K, E
 Water Soluble - B, C

Really Simple Nononsense Nutrition Guide

Zhe Xu



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Table of Contents Really Simple Nononsense Nutrition Guide

1. Understanding the eBook Really Simple Nononsense Nutrition Guide
 - The Rise of Digital Reading Really Simple Nononsense Nutrition Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Really Simple Nononsense Nutrition 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 Really Simple Nononsense Nutrition Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Really Simple Nononsense Nutrition Guide
 - Personalized Recommendations
 - Really Simple Nononsense Nutrition Guide User Reviews and Ratings
 - Really Simple Nononsense Nutrition Guide and Bestseller Lists
5. Accessing Really Simple Nononsense Nutrition Guide Free and Paid eBooks
 - Really Simple Nononsense Nutrition Guide Public Domain eBooks
 - Really Simple Nononsense Nutrition Guide eBook Subscription Services
 - Really Simple Nononsense Nutrition Guide Budget-Friendly Options

6. Navigating Really Simple Nonsense Nutrition Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Really Simple Nonsense Nutrition Guide Compatibility with Devices
 - Really Simple Nonsense Nutrition Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Really Simple Nonsense Nutrition Guide
 - Highlighting and Note-Taking Really Simple Nonsense Nutrition Guide
 - Interactive Elements Really Simple Nonsense Nutrition Guide
8. Staying Engaged with Really Simple Nonsense Nutrition Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Really Simple Nonsense Nutrition Guide
9. Balancing eBooks and Physical Books Really Simple Nonsense Nutrition Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Really Simple Nonsense Nutrition Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Really Simple Nonsense Nutrition Guide
 - Setting Reading Goals Really Simple Nonsense Nutrition Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Really Simple Nonsense Nutrition Guide
 - Fact-Checking eBook Content of Really Simple Nonsense Nutrition 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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