

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

Guide To Good Food Study Sheet

**Young Men's Christian Associations.
United Y.M.C.A. Schools. Extension
Division**

Guide To Good Food Study Sheet:

The Good Food Growing Guide John Bond,1976 *Food for Thought* Canada. Health Canada,1996 This report presents an overview of the findings of a qualitative study of Canadian children s broad perceptions of healthy eating concepts and of their views of their own eating behaviours and the factors that influence their food choices It is intended to provide information for professionals to use in interpreting Canada s Food Guide to Healthy Eating to children Preface Nutrition Education Printed Materials and Audiovisuals Shirley King Evans,1989 Development and Evaluation of a Programed Unit at the Beginning Level in Nutrition Joan Marie Niedfeldt Richards,1967 *National 4-H Club News* ,1942 **Quick Bibliography Series** ,1976 Resources in Education ,1979 **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.),1976 **Catalog. Supplement - Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.),1976 Catalog Food and Nutrition Information Center (U.S.),1974 *The Pacific Dairy Review* ,1930 **Practical Home Economics** ,1929 The Sept issue contains the annual Teaching aids section *Better Food* ,1946 **Willing's Press Guide** ,2002 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts **Interstate Poultry School Course** Young Men's Christian Associations. United Y.M.C.A. Schools. Extension Division,1920 **New York Hotel Review** ,1929 **The National Provisioner** ,1930 *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office,1948 Includes Part 1A Books and Part 1B Pamphlets Serials and Contributions to Periodicals *The Electrical Review* ,1916 Musical Record and Review Dexter Smith,Lorin Fuller Deland,Philip Hale,Thomas Tapper,1883

Reviewing **Guide To Good Food Study Sheet**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Guide To Good Food Study Sheet**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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