



# NutriNotes: Nutrition and Diet Therapy Pocket Guide

*Carroll A. Lutz MA RN, Karen Rutherford Przytulski MS RD*

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Do your students need to calculate someone's body mass, but can't remember the formula? What should your students suggest when a diabetic patient wants a piece of fruit? This scrub-pocket-sized reference offers at-your-fingertips nutritional facts and important-to-know-but-rarely-memorized formulas. It contains nutrition assessment tools that can be written on with an ordinary ballpoint pen and easily wiped clean with alcohol to reuse again and again. Plus, it makes a great reference when a full nutrition text is not required.

"Whether a student is in beginning courses, a graduate student is working in nurse practitioner programs, or a nurse is currently working in a multitude of clinical settings, this book has merit. The book relates information that is needed in everyday life within clinical environments. It is a very compact reference, with an easy design for use. More importantly, the fact that it is waterproof and reusable makes this book a worthwhile resource. I intend to recommend this book for my students." *Joyce M. Miller, MSN, WHCNP (Texax Tech University Health Sciences Center)*

"A wealth of nutrition information is packed into this practical, pocket-sized resource tool." *Canadian Nurse, Volume 101, No. 2, February 2005*

Eight sections cover:

**BASIC** -- tips for safe food, vitamins and minerals by food groups, vitamin/mineral supplements, food label (sodium, fats, cholesterol, fiber), selected DRIs, RDAs, and AIs, cultural and religious eating patterns, English-Spanish assessment translation

**ASSESS** -- body mass index, signs/symptoms of fluid volume excess/deficit (normals), signs of hypocalcemia (Chvostek and Trousseau signs), signs/symptoms of low and high sodium and potassium, reusable assessment forms

**DIETS** -- specialized diets and recommendations for particular health concerns, such as osteoporosis, renal disease, and weight management

**INTERACTIONS** -- cautions for unregulated supplements; interactions of food, drugs, nutraceuticals and supplements; oral anticoagulants, monoamine oxidase inhibitors, preparations for diagnostic procedures

**SYMPTOM MANAGEMENT** -- dietary management for symptom control

**IV /ENTERAL** -- central IV solutions, peripheral IV solutions, calculating IV solutions, oral supplemental feedings, tube feedings, meds and tube feedings, refeeding syndrome

**MATH** -- cubic centimeters of fluid in household measures, kilocalories per gram of fat, CHO, protein, IBW, UBW, protein allowance, milligrams to milliequivalent, international units, urine output in children, F to C degrees and vice versa, weight gain in pregnancy

**TOOLS** -- admission screening, mini-nutritional assessment, pick of pregnancy pyramid, PEACH survey (children), CAGE (alcoholism), D-E-N-T-A-L (screening tool for dental care), eating behavior scale (dementia), screen for client with terminal illness

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