

WGU Nutrition D440 Competed Study Guide 2024 Questions & Answers Already Passed!!

Terms in this set (135)

What two work together?	Calcium and vitamin D
Calcium deficiency can cause what?	Rickets, osteoporosis, chvostek's sign, trousseau's sign
Foods high in calcium	Milk and milk products, orange juice, salmon, sardines, soybeans, tofu, collard greens, beets, kale, broccoli, cream of wheat
Food sources of phosphorous	High protein food like milk, yogurt, cheese, eggs, meat, and fish
High sodium=	Low potassium
Avoid what while increasing sodium?	k ⁺ foods
Food sources of potassium	Bananas, oranges, dried prunes, sweet potatoes, spinach, avocado, raisins, milk, yogurt, beans, clams, halibut and kidney beans
Food sources of magnesium	Nuts, soybeans, legumes, whole grains, cocoa, spinach, oats
Low Sodium (Hyponatremia) is seen in patients with	Kidney disease, adrenal crisis, heart failure, diuretics
Foods high in sodium	Processed foods, fast food, junk, packaged food, and dressing and condiments

Wgu Nutrition Csc1 Study Guides

Colleen Loveland



Wgu Nutrition Csc1 Study Guides:

Study Guide for the Science of Nutrition Colleen Loveland, 2008

Food and Nutrition Study Guide No. 1

[Teacher's Guide] Janet Plowman, 1968*

Study Guide for Nutrition and You Joan Salge Blake, Charlene

Harkins, 2007-12-04 The Study Guide is made up of a series of investigations that correspond to concepts in the main text and incorporate questions and exercises that range from definitions fill in the blank labeling and completion study questions to critical thinking questions

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