

## ATI Nutrition Proctored Exam Study Guide Questions and Answers 2025

Question 1: A nurse is providing dietary teaching about prevention of neural tube defects in the fetus to a client who is pregnant. Which of the following nutrients should the nurse recommend?

- Calcium
- Folate
- Vitamin B12
- Magnesium -Correct Answer ✓ • folate

Question 2: A nurse is caring for a client who had a stroke and has manifestations of dysphagia.

Which of the following interventions should the nurse take?

- Tilt the client's head backward to facilitate swallowing.
- Use liquids to clear food from the client's mouth.
- Add a thickening agent to liquids.
- Place the client in a semi-Fowler's position. -Correct Answer ✓ • Add a thickening agent to liquids

Question 3: A nurse is providing discharge teaching to an older adult client who lives alone.

Which of the following strategies should the nurse include to address the client's decreased sense of taste and smell?

- Maintain consistent food textures at mealtimes.
- Use kosher salt in place of table salt.
- Label and date food in the refrigerator.
- Wait 1 hour after eating to consume fluids. -Correct Answer ✓ • Maintain consistent food textures at mealtimes

Question 4: A nurse is teaching a client who has a goiter appropriate food choices related to dietary needs.

Which of the following client statements indicates an understanding of the teaching?

- "I will eat more tuna"
- "I will eat more red meat"
- "I will eat bananas for a snack"
- "I would eat blueberries every morning" -Correct Answer ✓ • "I will eat more tuna"

Question 5: A nurse is reviewing the laboratory findings of a client who has *Clostridium difficile*.

# Ati Nutrition Study Guide

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## **Ati Nutrition Study Guide:**

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