

Chapter Review

1. What are the five categories of nutrients?
2. What is the importance of fiber and water in the diet?
3. What foods are included in each of the USDA food categories?
4. What are some commonly seen diets?
5. What are two methods of providing a nutritionally complete liquid diet?
6. How do the nutritional needs of the elderly client differ from those of a younger adult?
7. What age-related changes affect the digestive system?
8. What age-related changes affect the endocrine system?
9. What are signs/symptoms of hyperglycemia and hypoglycemia?