

Caring for Patients with Special Diets
Satellite Webcast
June 22, 2011
Social Worker Exam

Select only the one best answer)

1. The most common diet restrictions are:
 - A) Total calorie restriction
 - B) Change in % of energy nutrients (– Carbohydrates protein fat)
 - C) Mineral and/or vitamin restriction
 - D) Specific food restrictions/allergies
 - E) Alternate feeding
 - F) All of the above

2. Some reasons for changes or restrictions in diet are:
 - A) Need for weight loss
 - B) To reduce the risk for developing health problems
 - C) To minimize disease progression
 - D) To prolong life
 - E) All of the above

3. Calorie restrictions are divided into these groups:
 - A) Carbohydrates, protein, and fat
 - B) Oils, sodium, and fat
 - C) Calcium, iron, and protein
 - D) Whole grains, gluten, and cholesterol

4. Sodium restrictions are a very common mineral restriction:
 - A) True
 - B) False

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____