

1: Numbers You will eat it not for one or two days, nor for five or ten or twenty days,

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These are intense or uncontrollable desires for specific foods, stronger than normal hunger. The types of foods that people crave are highly variable, but these are often processed junk foods that are high in sugar. Cravings are one of the biggest reasons why people have problems losing weight and keeping it off. Here are 11 simple ways to prevent or stop unhealthy food and sugar cravings. Drink Water Thirst is often confused with hunger or food cravings. If you feel a sudden urge for a specific food, try drinking a large glass of water and wait a few minutes. You may find that the craving fades away, because your body was actually just thirsty. Furthermore, drinking plenty of water may have many health benefits. In middle-aged and older people, drinking water before meals can reduce appetite and help with weight loss 1 , 2 , 3. Drinking water before meals may reduce cravings and appetite, as well as help with weight loss. Eating more protein may reduce your appetite and keep you from overeating. It also reduces cravings, and helps you feel full and satisfied for longer 4. One study of overweight teenage girls showed that eating a high-protein breakfast reduced cravings significantly 5. Distance Yourself From the Craving When you feel a craving, try to distance yourself from it. For example, you can take a brisk walk or a shower to shift your mind onto something else. A change in thought and environment may help stop the craving. Some studies have also shown that chewing gum can help reduce appetite and cravings 7 , 8. Try to distance yourself from the craving by chewing gum, going on a walk or taking a shower. If possible, try to plan your meals for the day or upcoming week. Planning your meals for the day or upcoming week eliminates spontaneity and uncertainty, both of which can cause cravings. Avoid Getting Extremely Hungry Hunger is one of the biggest reasons why we experience cravings. To avoid getting extremely hungry, it may be a good idea to eat regularly and have healthy snacks close at hand. By being prepared, and avoiding long periods of hunger, you may be able to prevent the craving from showing up at all. Hunger is a big reason for cravings. Avoid extreme hunger by always having a healthy snack ready. Fight Stress Stress may induce food cravings and influence eating behaviors, especially for women 9 , 10 , Women under stress have been shown to eat significantly more calories and experience more cravings than non-stressed women Furthermore, stress raises your blood levels of cortisol, a hormone that can make you gain weight , especially in the belly area 13 , Try to minimize stress in your environment by planning ahead, meditating and generally slowing down. Being under stress may induce cravings, eating and weight gain, especially in women. Take Spinach Extract Spinach extract is a "new" supplement on the market, made from spinach leaves. It helps delay fat digestion, which increases the levels of hormones that reduce appetite and hunger, such as GLP Studies show that taking 3. Spinach extract delays the digestion of fat and increases the levels of hormones that can reduce appetite and cravings. Practice Mindful Eating Mindful eating is about practicing mindfulness, a type of meditation, in relation to foods and eating. It teaches you to develop awareness of your eating habits, emotions, hunger, cravings and physical sensations 19 , Mindful eating teaches you to distinguish between cravings and actual physical hunger. It helps you choose your response, instead of acting thoughtlessly or impulsively Eating mindfully involves being present while you eat, slowing down and chewing thoroughly. It is also important to avoid distractions, like the TV or your smartphone. One 6-week study in binge eaters found that mindful eating reduced binge eating episodes from 4 to 1. It also reduced the severity of each binge Mindful eating is about learning to recognize the difference between cravings and actual hunger, helping you choose your response. Your appetite is largely affected by hormones that fluctuate throughout the day. Sleep deprivation disrupts the fluctuations, and may lead to poor appetite regulation and strong cravings 23 , For this reason, getting good sleep may be one of the most powerful ways to prevent cravings from showing up. Sleep deprivation may disrupt normal fluctuations in appetite hormones, leading to cravings and poor appetite control. Eat Proper Meals Hunger and a lack of key nutrients can both cause certain cravings. Reach for whole foods, such as fruits , nuts, vegetables or seeds. Eating proper meals helps prevent hunger and cravings, while also ensuring that your body gets the nutrients it needs. First, they

give you easy access to pretty much any food you could think of. Second, supermarkets usually place the unhealthiest foods at eye level. Never -- ever -- go to the supermarket hungry. Eating before you go to the supermarket helps reduce the risk of unwanted cravings and impulsive buying. Cravings are very common. They play a major role in weight gain, food addiction and binge eating. Being aware of your cravings and their triggers makes them much easier to avoid. It also makes it a lot easier to eat healthy and lose weight.

2: Leviticus - Chapter 11 - Bible - Catholic Online

The person feels irritable, "unreal," and powerless to control an overwhelming need to eat "forbidden" foods. During, the person feels unable to stop eating. Although the act itself may be experienced as pleasurable in the sense that it relieves the unbearable tension.

Having given these illustrations of animals which comply with the first condition only--i. Here, too, the description is according to appearance. The feet of the pig tribe generally have four toes enclosed in separate hoofs. The two middle hoofs, however, are much larger, and are divided by a deep cleft, and hence to all appearances the swine is bisulcous. Though the law before us simply describes the swine as wanting in one of the two criteria, like the camel, the coney, and the hare, yet the abhorrence which the Jews, as a nation, have always had of this animal, and the impurity which they have ascribed to it infinitely surpass their repulsion of any other unclean beast. For this reason it became the symbol of defilement and the badge of insult Psalm The eating of pork was regarded as renouncing the Law, and as a sign of apostasy. Hence Antiochus Epiphanes adopted it as a test that those Jews who ate it had forsaken their religion and submitted to his rule. During the time of the commonwealth there were no swine in Judea. Hence it was in a "far country" that the prodigal son was sent into the field to feed the swine Luke The very name of swine chazir was discarded, and the animal was designated by the euphemistic expression, "the other thing. The Talmud declares that "ten measures of pestilential diseases were spread over the earth, and nine of them fell to the share of pigs. Hence they sacrificed them to those deities to whom they ascribed the fertility of the soil, and the fruitfulness of cattle. Thus, the Egyptians offered them in honour of Isis and Osiris once a year at the festival of the full moon. The Athenians, too, offered the swine in their mysteries; so did the Boetians and the early Romans. Pulpit Commentary Verse 7. Here, again, the description is not according to anatomical analysis, but to ordinary appearance. The pig appears to be cloven-footed, and it would be misleading to give any other account of his foot in ordinary speech, but scientifically speaking, he has four toes. Matthew Henry Commentary To keep the Israelites distinct from other nations. Many also of these forbidden animals were objects of superstition and idolatry to the heathen. The people were taught to make distinctions between the holy and unholy in their companions and intimate connexions. The law forbid, not only the eating of the unclean beasts, but the touching of them. Those who would be kept from any sin, must be careful to avoid all temptations to it, or coming near it. The exceptions are very minute, and all were designed to call forth constant care and exactness in their obedience; and to teach us to obey. Whilst we enjoy our Christian liberty, and are free from such burdensome observances, we must be careful not to abuse our liberty. For the Lord hath redeemed and called his people, that they may be holy, even as he is holy. We must come out, and be separate from the world; we must leave the company of the ungodly, and all needless connexions with those who are dead in sin; we must be zealous of good works devoted followers of God, and companions of his people.

3: A Healthier You - Chapter Healthier Older Adults

Eat Stop Eat hour fast, 1 or 2 times per week On this plan, you fast for a full 24 hours once or twice per week, eating sensibly (higher protein, minimizing processed foods, etc.) the rest of the week.

What is strength training and why do it? Another benefit is that fiber promotes regularity. Constipation may affect older adults for many reasons—from taking certain medications to drinking less fluid. How much fiber do you need? The recommended dietary fiber intake is 14 grams per 1,000 calories consumed. So, the more calories you eat, the more fiber your body needs. Now, figure out your fiber needs from your estimated calorie needs in your Personal Profile. Good sources of dietary fiber include: Consuming at least 3 or more ounces of whole grains can reduce the risk of several chronic diseases and may help with weight maintenance. Older adults should pay special attention to certain nutrient needs. Many people over 50 years old have reduced absorption of vitamin B. Therefore, they should consume vitamin B12 from fortified foods or a dietary supplement. Drinking vitamin D-fortified fat-free or low-fat milk, or fortified orange juice, is a good way to get your vitamin D. Lifestyle changes can prevent or delay the onset of high blood pressure and can lower elevated blood pressure. These changes include increasing potassium intake, reducing salt intake, eating an overall healthful diet, engaging in regular physical activity, and achieving a healthy weight. Fats and your heart Many of us, especially if we are older, have been told to eat less fat. Fat can impact the health of our heart and arteries in positive and negative ways, depending on the type of fat. All the more reason to stay away from saturated fats, trans fats, and cholesterol. Eating too much saturated and trans fats, the type of fats that are solid at room temperature, may increase the risk of heart disease. Saturated fats can be found in animal-based products such as milk and milk products, butter, meat, and poultry. And eating too much cholesterol, a fatty substance found only in animal-based products, may also increase the risk of heart disease. And, remember, this is a limit, not a goal, meaning you do not need to achieve your DV for saturated fat! Maybe you are someone who has an elevated LDL bad cholesterol level. Now, a few words about making wise fat choices: In fact, to help reduce the risk of heart disease, some evidence suggests eating approximately 2 servings of fish per week a total of about 8 ounces for people who have already had a heart attack. It may reduce their risk of death from cardiovascular disease. For more information on fats and using the Nutrition Facts label to help choose them wisely, turn to chapter 8, "Fats, Added Sugars, and Salt,". The relationship between sodium and potassium Nearly all of us eat too much salt sodium. As a matter of fact, on average, the more salt we eat, the higher our blood pressure—and most of the salt we eat comes from processed foods, not necessarily from the salt shaker. Eating less salt is an important way to reduce the risk of high blood pressure, which may in turn reduce the risk of heart disease, stroke, congestive heart failure, and kidney damage. Other lifestyle changes may prevent or delay getting high blood pressure. These include eating more foods rich in potassium, losing excess weight, being more physically active, and eating an overall healthy diet. When choosing packaged foods, check the sodium content on the Nutrition Facts label. Keeping your food safe Did you know that, every year, an estimated 76 million people in the United States become ill from food that contains harmful bacteria? Older adults are at higher risk. Perhaps, foodborne illness has affected you, and you did not even recognize the common symptoms—an upset stomach, diarrhea, a fever, vomiting, abdominal cramps, and dehydration. It can also result in more severe illness, such as paralysis and meningitis, or even death. Here are simple steps that you and your family can take to minimize the risk—four key words: See part IV, "Play it Safe With Food," for details on each step, as well as proper temperatures to keep food safe when you store it, thaw it, prepare it, cook it, serve it, and save leftovers. Older adults should be particularly careful. In addition, older adults need to avoid eating or drinking raw unpasteurized milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, raw or undercooked fish or shellfish, unpasteurized juices, and raw sprouts. Coles from Atlanta, Georgia At the age of forty, my health was something that I took for granted. I was 150 pounds and I wore a size 10. I was eating whatever I wanted to eat without any thought of how my eating habits were affecting my health. However, all of that changed with an office visit that I scheduled with a new physician. He explained to me

what cholesterol and heart disease were, as well as other health problems that develop as we age. My test results indicated a cholesterol level of , and my blood pressure was elevated as well as my sugar level. I was shocked to learn that all of this was going on at the same time, and I was determined that I was going to follow the lifestyle changes that my doctor recommended. He added that making these changes would lead to a healthier and happier way of living. My doctor advised me to begin an exercise program that I could enjoy so that I could remain motivated enough to stick with it. The next day, I began to run on a nearby high school track. When I first began, I ran only as far as I felt comfortable running, then I would stop and start to walk. I gradually increased my distance to 3 miles. I always made sure that I had plenty of water to drink after my run. The next change I had to make was my diet. When my doctor explained the changes that I had to make, I thought he was joking. It turns out that he was quite serious. He recommended chicken and fish, which had to be broiled or baked without the skin. I could eat lean cuts of beef twice a week prepared the same way as the skinless chicken and fish. I also had to learn to eliminate some of the fat from my foods. I became conscious of how much fat I was consuming. I also began to read the labels on the food I bought and began making better choices. Of course, I complained because I missed my old way of preparing my meals. You see, I loved fried fish and chicken and fresh collards, turnips, cabbage, and green beans prepared with salt pork. I must admit that I was truly amazed when, at the end of 6 weeks, I noticed that I was actually losing weight as a result of my lifestyle change. I realized 6 months later that this new lifestyle change would become a permanent way of living because one of the benefits was my changed attitude toward life. I began to develop a positive attitude toward life. I also became more outgoing and ready to face new challenges. After 1 year, my blood pressure drastically declined and so did my sugar level. My weight returned to normal, and I learned to enjoy my new way of eating. I looked and felt younger, and I noticed that I had more energy. Last year, I experienced an illness that was potentially fatal. I was told by my doctor that my survival was possibly due to the diet and exercise changes that I had made many years ago and maintained throughout the years. By the time I became an older American, I was celebrating a new body with a transformed mind. I feel that the changes that I was determined to make in my younger years have greatly affected my health and appearance today. Thanks to the lifestyle changes that I made nearly 30 years ago, today I feel great and I am blessed to be an active, healthy, and productive older American.

4: Lev. 11 - King James Version - SpeedBible by www.enganchecubano.com

A person states to the nurse, The guidelines for what we should eat as Americans is constantly changing, just when I got used to using MyPyramid they changed it to MyPlate. I wonder what will be next and if they really know what they are doing with all of this change.

Chapter 11 And the LORD spake unto Moses and to Aaron, saying unto them, Speak unto the children of Israel, saying, These are the beasts which ye shall eat among all the beasts that are on the earth. Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: And the coney, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. And the hare, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. And the swine, though he divide the hoof, and be cloven-footed, yet he cheweth not the cud; he is unclean to you. Of their flesh shall ye not eat, and their carcass shall ye not touch; they are unclean to you. These shall ye eat of all that are in the waters: And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you: They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcasses in abomination. Whatsoever hath no fins nor scales in the waters, that shall be an abomination unto you. And these are they which ye shall have in abomination among the fowls; they shall not be eaten, they are an abomination: All fowls that creep, going upon all four, shall be an abomination unto you. Yet these may ye eat of every flying creeping thing that goeth upon all four, which have legs above their feet, to leap withal upon the earth; Even these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind. And for these ye shall be unclean: And whosoever beareth ought of the carcass of them shall wash his clothes, and be unclean until the even. The carcasses of every beast which divideth the hoof, and is not cloven-footed, nor cheweth the cud, are unclean unto you: And whatsoever goeth upon his paws, among all manner of beasts that go on all four, those are unclean unto you: And he that beareth the carcass of them shall wash his clothes, and be unclean until the even: These also shall be unclean unto you among the creeping things that creep upon the earth; the weasel, and the mouse, and the tortoise after his kind, And the ferret, and the chameleon, and the lizard, and the snail, and the mole. These are unclean to you among all that creep: And upon whatsoever any of them, when they are dead, doth fall, it shall be unclean; whether it be any vessel of wood, or raiment, or skin, or sack, whatsoever vessel it be, wherein any work is done, it must be put into water, and it shall be unclean until the even; so it shall be cleansed. And every earthen vessel, whereinto any of them falleth, whatsoever is in it shall be unclean; and ye shall break it. Of all meat which may be eaten, that on which such water cometh shall be unclean: And every thing whereupon any part of their carcass falleth shall be unclean; whether it be oven, or ranges for pots, they shall be broken down: Nevertheless a fountain or pit, wherein there is plenty of water, shall be clean: And if any part of their carcass fall upon any sowing seed which is to be sown, it shall be clean. But if any water be put upon the seed, and any part of their carcass fall thereon, it shall be unclean unto you. And if any beast, of which ye may eat, die; he that toucheth the carcass thereof shall be unclean until the even. And he that eateth of the carcass of it shall wash his clothes, and be unclean until the even: And every creeping thing that creepeth upon the earth shall be an abomination; it shall not be eaten. Whatsoever goeth upon the belly, and whatsoever goeth upon all four, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they are an abomination. Ye shall not make yourselves abominable with any creeping thing that creepeth, neither shall ye make yourselves unclean with them, that ye should be defiled thereby. This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth: To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten.

5: A Lesson Before Dying Chapter 11 Summary & Analysis from LitCharts | The creators of SparkNotes

New International Version You will not eat it for just one day, or two days, or five, ten or twenty days, New Living Translation And it won't be for just a day or two, or for five or ten or even twenty.

But when he finally comes by, his fanciful joking—he pretends to play an imaginary guitar—immediately makes Janie smile. They flirt and play checkers again, and then Tea Cake walks Janie home. They sit on her porch and talk for hours, eating cake and drinking fresh lemonade. As late as it is, Tea Cake proposes that they go fishing. They stay out the rest of the night at the lake, and in the morning, Janie has to sneak Tea Cake out of town to avoid gossip. She loves the impetuous adventure of the whole evening. Tea Cake returns that night and they eat a dinner of fresh fish. They talk for a while, and Tea Cake says that he fears that Janie thinks that he is a scoundrel. Janie tells him that she likes him, but as a good friend, not as a lover. Crushed, Tea Cake says that he feels more strongly about her than she apparently does about him. She tells him that he will feel different in the morning. Tea Cake leaves abruptly. The day after that, however, he wakes her up by knocking on her door. He says that he has to leave for work but that he wanted to let her know that his feelings for her are real. That night, Janie finds Tea Cake waiting for her in her hammock. They eat dinner and he spends the night. The next morning, he leaves. Janie is again filled with desperate fears that Tea Cake has simply taken advantage of her. But he returns after three days, driving a beat-up car, and says that he wants to make their relationship public; he bought the car because he wants to take her to the big town picnic. Chapter 12 After the picnic, Tea Cake and Janie become the topic of scandalous gossip. Tyler, an old widow who was cheated by a younger man. Pheoby tells Janie that Tea Cake is too low for her, but Janie replies that while Jody wanted her to act pretentious and high-class, Tea Cake treats her as she wants to be treated. Pheoby warns that Tea Cake may be using her for her money and tells Janie that she has stopped mourning for Jody too soon. Janie then reveals that she plans to sell the store, leave town, and marry Tea Cake. She adds that augmented status seemed like the ultimate achievement to a former slave like Nanny but that she, Janie, is searching for something deeper. By the end of this chapter, Janie has begun to see him in mystical terms and has developed a conscious sense that he is the partner that she needs in order to travel to the horizon. Through her conversation with Pheoby Watson, we see that Janie has a clearer idea now than ever before of who she is and what she wants. In Chapter 6, when Janie hungers to join the world of the porch-talkers, the community life of the town seems to offer the interaction missing from her isolated life with Jody. But Tea Cake now shows her an intimacy that she considers far more valuable. Whereas, earlier, the opinion of the town means a great deal to Janie, she has now gained such an amount of self-confidence and has been exposed to such a fulfilling relationship that she is able to dismiss the petty gossip of the town around her.

6: SparkNotes: Their Eyes Were Watching God: Chapters 11-12

For example, if you aim to eat 2,000 calories per day, your daily allowance of saturated fat would be less than 65 grams or 130 grams—which equals % Daily Value (DV) for saturated fat. And, remember, this is a limit, not a goal, meaning you do not need to achieve your DV for saturated fat!

Nutrition Counseling for Health Promotion Edelman: Which of the following statements about the current prevalence of obesity is accurate? The current generation of children may be less healthy and have a shorter life expectancy than their parents. The current incidence of obesity among American adults has stabilized. A Because of the increasing rates of obesity, unhealthy eating habits, and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents. The current statistics show that two in three American adults and one in three children are either overweight or obese. A nurse is working with a family that is experiencing food insecurity. Which of the following statements best describes this family? Members of this family are susceptible to food-borne illness. This family's access to adequate food is limited by lack of money. This family is unable to purchase fresh fruits and vegetables. Members of this family are obese. B When a family experiences food insecurity it means that their access to adequate food is limited by a lack of money and other resources. Individuals and families may be more likely to be overweight or obese, potentially because the relatively lower cost of junk foods can promote overconsumption of calories. The DRI is used to monitor deficiencies in nutritional intakes of obese populations. The DRI is used to establish minimal amounts of nutrients needed to protect against nutrient deficiency. The DRI is used to plan and assess diets of healthy people. The DRI is used to set minimal guidelines to reduce risk of adverse outcomes from inadequate consumption of nutrients. They are used for planning and assessing diets. The previous RDA, which existed before, established minimal amounts of nutrients needed to protect against nutrient deficiency. A community health nurse is using the Dietary Reference Intakes DRIs as a guide while developing an education presentation about nutrition for a community group. How will the use of the DRIs be helpful in developing this presentation? It considers the unique differences among children, pregnant women, and elderly people. It contains well-researched data that are reviewed on an annual basis. It is prescriptive in the amount of nutrients that are needed on a daily basis. It serves as an overall guideline for the population. D Dietary Reference Intakes may be used for individuals; however, ideally they are guidelines for population groups and apply over time. It is the trend that matters not the amount on a certain day. The DRIs are created even when limited data are available as this is deemed better than no guidance at all. The DRIs are only updated when deemed necessary. There are limited data relating to genetic diversity in the population or specific groups such as children, pregnant women, and elderly people. After the Dietary Guidelines were released, a community health nurse updated a nutrition presentation that was being used to educate various community groups about healthy eating habits. Which of the following information would have been added to the presentation? Consumption of increased amounts of carbohydrates b. Impact of the environment on the public's food, drink, and activity choices c. Revised guidelines for the use of MyPyramid d. Inclusion of physical activity standards ANS: B For the first time, the Dietary Guidelines have an entire chapter devoted to addressing the impact of the broader food and physical environment on the public's food, drink, and activity choices using the Social-Ecological model. Physical activity standards were included in the guidelines. MyPyramid was replaced with MyPlate. There was a shift in food intake patterns emphasizing more vegetables, cooked dried beans, fruits, whole grains, nuts and seeds. A community health nurse is educating a community group about the Dietary Guidelines for Americans. Which of the following information would be included in this presentation? Limit consumption of dairy products. Purchase organic fruits and vegetables. Make at least half of your grains whole grains. Consume fish on a daily basis. C One of the principal messages for consumers is make at least half of your grains whole grains. There is not an essential message to consume fish on a daily basis. A person states to the nurse, The guidelines for what we should eat as Americans is constantly changing, just when I got used to using MyPyramid they changed it to MyPlate. I wonder what will be next and if they really know what they are doing with all of this change.

Which of the following would be the best response from the nurse? The USDA is constantly making changes in order to decrease the alarming rates of obesity in our country. MyPyramid was developed in , so it was time for this graphic to be revised. The creation of MyPlate has decreased the need for additional teaching resources for nutrition. MyPlate serves as a better visual aid, reminding Americans what a healthy plate looks like. D MyPate was released in June providing Americans easy to understand and useful advice. MyPlate visually reminds consumers what a healthy plate looks like using a familiar place setting. It is not meant to stand alone as a teaching tool. A person asks the nurse if it is safe to use dietary supplements. Which of the following would be the best reply from the nurse? It is important to be cautious when using any supplements. All dietary supplements must be approved by the FDA before they can be sold and are safe. No, dietary supplements have very limited regulations and should not be used. Be sure to read the product label before using the supplement to see what health claims have been made by the product. A The desirable way for the general public to obtain recommended levels of nutrients is by eating a variety of foods. Low-dose supplements that contain the recommended intakes for micronutrients appear to be generally safe. Caution is advised when using supplements, as natural is not always better. Dietary supplements are unregulated by the FDA in the sense that they do not require premarket review or approval by the FDA. A woman has asked the nurse about the benefits and risks of using ginseng to control her hot flashes associated with menopause. Which of the following governmental offices would most likely serve as a resource to answer the womans question? B The National Center for Complementary and Alternative Medicine NCCAM promotes and conducts the scientific study of the benefits and risks of dietary supplements, including medicinal herbs, in health maintenance and disease prevention. A year-old woman asks the nurse if she should take a daily nutritional supplement. Which of the following would be the best reply by the nurse? Postmenopausal women should take a calcium supplement to prevent osteoporosis. Many people use supplements as drugs instead of as supplements. Supplements can enhance the medications that you take. The best way to obtain nutrients is by eating a variety of foods. D The desirable way for the general public to obtain nutrients is by eating a variety of foods. Dietary supplements needs to be used cautiously so that excess amounts are not consumed, which could lead to possible adverse effects. A client who is taking Coumadin tells the nurse that she has started taking a vitamin E supplement as she has heard that this will help decrease the likelihood of her developing cancer. Which of the following would be the most appropriate response by the nurse? Vitamin E supplements are unnecessary, so I dont recommend you use this supplement. Vitamin E can interfere with the actions of vitamin K and enhance the effects of Coumadin. Vitamin E supplements can interfere with the absorption of iron and create additional health problems. Vitamin E must be used cautiously, as it is easy to experience a toxicity of this nutrient. B High doses of vitamin E can interfere with vitamin K action and enhance the effect of Coumadin as one of the anticoagulant drugs. Because of this interaction, she should probably not be taking a supplement of vitamin E while taking the Coumadin. If she continues on the supplement, it may be necessary to adjust the dosage of Coumadin the woman is prescribed. A nurse is investigating an outbreak of a food-borne illness occurring at a local school. Which of the following would contribute to a chemical contamination resulting in food-borne illness? Unintended allergen added to food b. Bacteria on the countertops c. Pesticide on the fresh fruit d. Metal shavings in the food from a dull can opener ANS: C Food-borne illness is classified according to the source of its contamination. Food contaminants may be categorized as biological bacteria , chemical pesticides , or physical metal shavings and unintended allergens. A school nurse is preparing to discuss food safety practices with high school students enrolled in a family and consumer science foods course. Which of the following information would be included in the presentation?

7: 11 - Google Docs

20 "All winged insects moving on four feet you will regard as detestable for eating. 21 Of all these winged insects you may eat only the following: those with the sort of legs above their feet which enable them to leap over the ground.

CHAPTER 11 EAT STOP EAT 20 pdf

8: The Book of Leviticus, Chapter 11

*v They will eat it for a whole month, not just for a few days, or even 10 or 20 days. They *rejected me although I am among them. They *rejected me although I am among them. They cried and they complained.*

CHAPTER 11 EAT STOP EAT 20 pdf

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