

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME _____

CONCEPT Guidelines for Healthy Eating

REVIEW MODULE CHAPTER _____

Related Content

(E.G., DELEGATION,
LEVELS OF PREVENTION,
ADVANCE DIRECTIVES)

Limit sodium
Consume whole grain
Eat seafood
Eat less
Eat more produce
Diversify protein
Choose low-fat dairy
Avoid trans- and saturated
fats
Drink smart
Save treats for special
occasion

Underlying Principles

Excessive of sodium is associated with health risk such as high blood pressure. Sugary breakfast should be replaced with cereals. Seafood are very important as they contain omega-3 fatty acids such as fish. Overeating can result into weight gain. produce such as fruits and vegetables contain essential vitamins and n minerals and have low calorie. chips and slice must be kept as occasional treats. Trans-fat must be avoided as much as possible.

Nursing Interventions

WHO? WHEN? WHY? HOW?

Patients can be brought to hospital who are suffering as a result of not eating healthy food. this might be as result of consume a lot of sodium which can result to high blood pressure. Hence, nurses should advice such clients to avoid excessive sodium in their food.