Chapter 12 Maternal Nutrition

Question 1
Type: MCSA
The prenatal clinic nurse is caring for a 15-year-old primiparous patient at 8 weeks’ gestation. The patient is 64 inches tall and weighs 115 pounds. The patient asks the nurse why she is supposed to gain so much weight. What is the best response by the nurse?

1. ―Gaining 25–35 pounds is recommended for healthy fetal growth.‖
2. ―It’s what your certified nurse–midwife recommended for you.‖
3. ―Inadequate weight gain delays lactation after delivery.‖
4. ―Weight gain is important to assure that you get enough vitamins.‖

Correct Answer: 3
Rationale 1: For an appropriate weight woman, 25–35 pounds of weight gain is recommended for optimal fetal growth and development.
Rationale 2: Although this statement might be true, the patient has asked a ―why‖ question that should be directly answered.
Rationale 3: Inadequate weight gain can lead to decreased fetal growth and development.
Rationale 4: Vitamin intake is related to the types of food consumed, not to caloric intake. Because this patient is 15, her diet is probably not optimal, and her intake of empty calories or junk food might make up the majority of her calorie intake.

Global Rationale:
Cognitive Level: Applying
Client Need: Health Promotion and Maintenance
Client Need Sub:
Learning Outcome: LO01 – Describe the recommended levels of weight gain during pregnancy when providing nursing caring for pregnant women.

Question 2
Type: MCSA
The nurse is preparing an antenatal nutrition class for pregnant women. Which material should be included in the teaching?

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1. Dietary protein can only be obtained through consuming dairy, meat, and eggs.
2. During pregnancy, consumption of oily fish should be avoided.
3. Iron absorption is generally higher for vegetable products than for animal products.
4. Nutritional iodine requirements generally can be met through intake of iodized salt. Correct Answer: 4

Rationale 1: Excluding dairy, meat, and eggs, adequate dietary protein can be obtained by consuming a varied diet with adequate caloric intake and plant-based proteins.
Rationale 2: Oily fish provide the best source of docosahexaenoic acid (DHA), which may reduce the risk of preterm birth, preeclampsia, low birth weight, and enhance fetal and infant brain development.
Rationale 3: Iron absorption is generally higher for animal products than for vegetable products.
Rationale 4: Intake of iodized salt generally provides the recommended intake of iodine.

Global Rationale:
Cognitive Level: Understanding
Client Need: Health Promotion and Maintenance
Client Need Sub:
Learning Outcome: LO02 – Explain the significance of specific nutrients in the diet of the pregnant woman.

Question 3
Type: MCSA

The nurse is presenting a preconception counseling class. The nurse instructs the participants that niacin intake should increase during pregnancy to promote metabolic coenzyme activity. The nurse would know that teaching has been effective if a patient suggests which of the following foods as a source of niacin? 1. Fish
2. Apples
3. Broccoli
4. Milk

Correct Answer: 1
Rationale 1: Dietary sources of niacin include meats, fish, and enriched grains.
Rationale 2: Apples will provide sources of other vitamins; however, they do not contain significant niacin.
Rationale 3: Broccoli will provide sources of other vitamins; however, it does not contain significant niacin.
Rationale 4: Milk will provide sources of other vitamins; however, it does not contain significant niacin.

Global Rationale:
Cognitive Level: Applying Client
Need: Physiological Integrity Client Need Sub:
Learning Outcome: LO02 – Explain the significance of specific nutrients in the diet of the pregnant woman.

Question 4
Type: MCSA
The nurse evaluates the diet of a pregnant patient and finds that it is low in zinc. The nurse knows that zinc intake should increase during pregnancy to promote protein metabolism. Which of the following foods should the nurse suggest in order to increase intake of zinc?
1. Shellfish
2. Bananas
3. Yogurt
4. Cabbage
Correct Answer: 1
Rationale 1: Zinc is found in greatest concentration in meats and meat by-products. Enriched grains also tend to be high in zinc.
Rationale 2: Bananas are high in other nutrients but do not have significant levels of zinc.
Rationale 3: Yogurt is high in other nutrients but does not have significant levels of zinc.
Rationale 4: Cabbage is high in other nutrients but does not have significant levels of zinc.

Global Rationale:
Cognitive Level: Applying Client
Need: Physiological Integrity
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Implementation
Learning Outcome: LO02 – Explain the significance of specific nutrients in the diet of the pregnant woman.

Question 5
Type: MCSA
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The nurse is providing nutritional counseling for a postpartum patient with a hemoglobin of 8.0. Which statement indicates that additional teaching is necessary?

1. —My iron is low, but it will increase as I take iron supplements.
2. —I need to increase food sources that contain iron.
3. —If I drink lots of milk, I will increase my iron level faster.
4. —I might feel less energetic and tire more easily while my iron is low.

Correct Answer: 3

Rationale 1: Iron supplements are indicated with anemia. This patient’s hemoglobin level is 8.0; lower than 10 is considered anemia during pregnancy. Taking iron will increase hemoglobin.

Rationale 2: Anemia requires additional iron. Many foods, such as red meat, will provide iron. Increasing iron-rich foods will improve anemia.

Rationale 3: Milk does not contain iron; it contains calcium. Increased calcium intake will not increase hemoglobin levels. Further, iron should not be taken with milk, as the iron will not be absorbed.

Rationale 4: Hemoglobin carries oxygen; when the hemoglobin level is low, the muscles are not adequately oxygenated, especially during activity, and fatigue results.

Global Rationale:
Cognitive Level: Applying
Client Need: Health Promotion and Maintenance
Client Need Sub:
Learning Outcome: LO03 – Compare nutritional needs during pregnancy, the postpartum period, and lactation with non-pregnant requirements.

Question 6
Type: MCSA
The breastfeeding mother is concerned that her milk production has decreased. The nurse knows that further patient teaching is needed based on which statement? 1. —I am drinking a minimum of 8–10 glasses of liquid a day.
2. —I have started cutting back on my protein intake.
3. —At least three times a day, I am drinking a glass of milk.
4. —I try to take a nap in the morning and afternoon when the baby is sleeping.

Correct Answer: 2

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Rationale 1: The breastfeeding mother must consume a minimum of 8–10 glasses of liquid per day.
Rationale 2: The decreased intake of protein will decrease milk production.
Rationale 3: The breastfeeding mother must increase her protein and calcium intake.  
Rationale 4: It has also been found that adequate rest is necessary for the body to maintain its production of milk. 
Global Rationale: 
Cognitive Level: Analyzing Client 
Need: Physiological Integrity Client 
Need Sub: 
Learning Outcome: LO03 – Compare nutritional needs during pregnancy, the postpartum period, and lactation with non-pregnant requirements. 
Question 7 
Type: MCSA 
The nurse is conducting a postpartum home visit. The patient has been home for a week and is formula feeding her infant. Which statement by the patient indicates that she understands the teaching? 
1. ―I have increased my caloric intake by 600 calories per day.‖ 
2. ―My dietician has set my weight loss goal at 1 to 2 pounds per week.‖ 
3. ―Instead of making another doctor’s appointment, I started a diet that my best friend recommended.‖ 
4. ―My daily regimen includes taking extra vitamin A, vitamin C, and thiamine in order to meet my body’s increased need for nutrients after pregnancy.‖ 
Correct Answer: 2 
Rationale 1: If the mother has a good understanding of nutritional principles, it is sufficient to advise her to reduce her daily caloric intake by about 300 kcal and to return to pre-pregnancy levels for other nutrients. 
Rationale 2: Weight loss goals of 1 to 2 lb. (0.45 to 0.9 kg)/week are usually suggested for mothers who formula feed. 
Rationale 3: The woman should diet only under the guidance of her primary healthcare provider. 
Rationale 4: After birth, the formula-feeding mother’s dietary requirements return to prepregnancy levels. Global Rationale: 
Cognitive Level: Evaluating Client 
Need: Physiological Integrity Client 
Need Sub: 
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Nursing/Integrated Concepts: Nursing Process: Assessment 
Learning Outcome: LO03 – Compare nutritional needs during pregnancy, the postpartum period, and lactation with non-pregnant requirements.
Question 8
Type: MCSA
The nurse is planning an educational session for pregnant vegans. What information should the nurse include?
1. Eating beans and rice provides complete protein needs.
2. Soy is not a good source of protein for vegans.
3. Rice contains a high level of vitamin B12.
4. Vegan diets are high in iron.
Correct Answer: 1
Rationale 1: Neither rice nor beans and other legumes contain complete protein requirements on their own. However, consuming both in a meal or in a day provides for complete protein needs.
Rationale 2: Soy is a very good source of protein and calcium and is safe during pregnancy.
Rationale 3: Rice contains very low amounts of vitamin B12. Four servings of vitamin B12 per day are recommended during pregnancy.
Rationale 4: Vegan diets are low in iron, and pregnant vegans often experience anemia.
Global Rationale:
Cognitive Level: Applying
Client Need: Health Promotion and Maintenance
Client Need Sub:
Learning Outcome: LO04 – Plan adequate prenatal vegetarian diets based on the nutritional requirements of pregnancy. Question 9
Type: MCSA
A pregnant patient who is a lacto-ovo vegetarian asks the nurse to help her plan a diet that includes adequate protein intake. What instruction should the nurse give?
1. —Because you don’t eat meat, eggs, or dairy products, it’s important to eat adequate plant-based proteins.
2. —To improve protein absorption, avoid simultaneous intake of animal protein and plant protein.
3. —Following a lacto-ovo vegetarian diet will require you to take a daily supplement of vitamin B12.
4. —In addition to eggs and dairy products, beans, peanut butter, and soy milk can be effective sources of plant-based proteins.
Correct Answer: 4
Rationale 1: While lacto-ovo vegetarians do not eat meat, they do eat eggs, milk, and dairy products.
Rationale 2: Plant protein quality can be improved if it is consumed with certain animal proteins.
Rationale 3: Vegan diets, in which no animal products are consumed, often require daily supplementation of vitamin B12.
Rationale 4: A diet that includes plant proteins such as beans and rice, peanut butter on whole-grain bread, and whole-grain cereal with soymilk, helps ensure the expectant mother obtains all the essential amino acids.

Global Rationale:
Cognitive Level: Analyzing
Client Need: Physiological Integrity
Learning Outcome: LO04 – Plan adequate prenatal vegetarian diets based on the nutritional requirements of pregnancy. Question 10
Type: MCSA
Which patient statement on cultural or religious influences on nutrition requires intervention?
1. —My grandmother makes sure I eat a serving of greens each day.‖
2. —I avoid milk and meat at meals because I am Jewish.‖
3. —My auntie sent me clay from the south to eat every day.‖
4. —Because I am Muslim, I do not ever eat any pork products.‖ Correct Answer: 3
Rationale 1: Greens, such as collard greens and spinach, have high amounts of folic acid and are healthy foods to eat during pregnancy. Women from the southern United States often eat greens. Rationale 2: A kosher diet involves avoiding pork and shellfish and not eating dairy and meat at the same meal.
Rationale 3: Eating clay is pica. The clay, being a type of soil, can be contaminated with hazardous substances and should be avoided. Some African Americans, especially those from the south, practice clay-eating pica.
Rationale 4: Dietary restrictions in the Muslim tradition include avoidance of pork. Because other meats are eaten, the patient is not at risk for protein or iron deficiency. Global Rationale:
Cognitive Level: Analyzing
Client Need: Health Promotion and Maintenance
Client Need Sub: Nursing/Integrated Concepts: Nursing Process: Assessment
Learning Outcome: LO05 – Explain the ways in which various physical, psychosocial, and cultural factors can affect nutritional intake and status in the nursing care management of pregnant women.

Question 11
Type: MCSA

The nurse is working with a pregnant 14-year-old. The patient confides that she’s concerned she may be struggling with bulimia nervosa. Which nursing observation best supports the patient’s statement?

1. The patient is of normal weight for her height and reports binge eating followed by purging.
2. Despite being extremely underweight, the patient describes herself as being fat.
3. The patient reports dietary cravings for soil and clay.
4. In terms of food variety and quantity, the patient’s diet is extremely restrictive. Correct Answer: 1

Rationale 1: Bulimia is characterized by binge eating and purging, and individuals with bulimia nervosa often maintain normal or near-normal weight for their height.

Rationale 2: Anorexia nervosa is an eating disorder characterized by an extreme fear of weight gain and fat, and it incorporates a self-perception of being overweight even when the individual is extremely underweight.

Rationale 3: Dietary cravings for and consumption of non-nutritive substances is consistent with pica.

Rationale 4: The dietary intake of individuals with anorexia nervosa is very restrictive in both variety and quantity. Global Rationale:

Cognitive Level: Analyzing

Client Need: Health Promotion and Maintenance

Client Need Sub:

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO05 – Explain the ways in which various physical, psychosocial, and cultural factors can affect nutritional intake and status in the nursing care management of pregnant women.

Question 12

When preparing nutritional instruction, which of the following pregnant patients would the nurse consider highest priority?

1. 40-year-old gravida
2. 22-year-old primigravida
3. 35-year-old gravida

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4. 15-year-old nulligravida
Correct Answer: 4
Rationale 1: The 40-year-old has completed her growth cycle, and her body can focus on diverting the nutritional needs to the fetus.
Rationale 2: The 22-year-old has completed her growth cycle, and her body can focus on diverting the nutritional needs to the fetus.
Rationale 3: The 35-year-old has completed her growth cycle, and her body can focus on diverting the nutritional needs to the fetus.
Rationale 4: Adolescent patients typically are still in their own growth cycle. Suddenly, they have to supply nutrition for themselves and the fetus. This places them at greatest risk for malnutrition.
Global Rationale:
Cognitive Level: Analyzing Client
Need: Physiological Integrity
Client Need Sub:
Learning Outcome: LO06 – Compare recommendations for weight gain and nutrient intakes in the pregnant adolescent with those for the mature pregnant adult.
Question 13
Type: MCSA
Which statement is best to include when teaching a pregnant adolescent about nutritional needs of pregnancy?
1. ―It is important eat iron-rich foods like meat every day."  
2. ―Calcium and milk aren’t needed until the third trimester."  
3. ―Folic acid intake is the key to having a healthy baby."  
4. ―You just need to pay attention to what you eat now."  
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Correct Answer: 1
Rationale 1: Adolescents often have an iron intake that is inadequate for pregnancy. Giving specific examples are most helpful when giving nutritional information.
Rationale 2: Calcium is needed throughout pregnancy and should be consumed daily.
Rationale 3: Although folic acid is important during pregnancy to prevent neural tube defects, and for lactation, there is not one single nutritional element responsible for having a healthy baby. Rationale 4: This response is too vague to be helpful. Adolescents will need specific information to improve nutrition during pregnancy.
Global Rationale:
Cognitive Level: Applying
Client Need: Health Promotion and Maintenance
Client Need Sub:
Learning Outcome: LO07 – Describe basic factors a nurse should consider when offering nutritional counseling to a pregnant adolescent.

Question 14
Type: MCSA
The school nurse is planning a class about nutrition for pregnant teens. The nurse knows that several of the pregnant teenage patients have been diagnosed with iron-deficiency anemia. Which should the nurse encourage the teens to consume more of in order to increase iron absorption?
1. Gatorade
2. Orange juice
3. Milk
4. Green tea
Correct Answer: 2
Rationale 1: Gatorade does not contain vitamin C.
Rationale 2: Vitamin C is found in citrus fruits and juices and is known to enhance the absorption of iron from meat and non-meat sources.
Rationale 3: Milk does not contain vitamin C.
Rationale 4: Green tea does not contain vitamin
C. Global Rationale:
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Cognitive Level: Applying Client
Need: Physiological Integrity
Client Need Sub:
Learning Outcome: LO07 – Describe basic factors a nurse should consider when offering nutritional counseling to a pregnant adolescent. Question 15
Type: MCSA
The nurse is working with a pregnant teen. In order to accurately assess the teen’s nutritional intake, the nurse should:
1. Assess laboratory values.
2. Ask her to complete a 24-hour dietary recall.
3. Observe for clinical signs of malnutrition.
4. Ask about her cooking facilities.
Correct Answer: 2
Rationale 1: Laboratory values only provide information about the nutritional status of the patient.
Rationale 2: A 24-hour recall is the only method listed that assesses the patient’s food intake.
Rationale 3: Clinical signs of malnutrition only provide information about the nutritional status of the patient.
Rationale 4: Cooking facilities might not be related to food intake.
Global Rationale:
Cognitive Level: Applying Client
Need: Physiological Integrity Client
Need Sub:
Nursing/Integrated Concepts: Nursing Process: Assessment
Learning Outcome: LO07 – Describe basic factors a nurse should consider when offering nutritional counseling to a pregnant adolescent.
Question 16
Type: MCSA
The nurse is leading a session on nutrition for newly delivered women. Which statement indicates that teaching has been effective?
1. —Because I am breastfeeding, I need a low calcium intake.— Ladewig, Contemporary Maternal-Newborn Nursing, 8/E Test Bank Copyright 2014 by Pearson Education, Inc.
2. —Breastfeeding requires that I eat lots of protein daily.
3. —Since I am bottle-feeding, I don’t have to eat vegetables.
4. —Bottle-feeding moms like me require a high sodium intake.— Correct Answer: 2
Rationale 1: Breastfeeding requires an increase of 1,000 mg per day of calcium—the same amount of calcium that is recommended during pregnancy.
Rationale 2: Breastfeeding patients should consume 65 g of protein daily during the first six months of breastfeeding and 62 g daily during the second six months. Protein is a major ingredient in breast milk.
Rationale 3: Although vitamin intake is not directly related to bottle-feeding, good nutritional habits are important to form while bottle-feeding, because in the future, the baby will be eating what the mother eats.
Rationale 4: Sodium intake is not increased during bottle-feeding.
Global Rationale:
Cognitive Level: Analyzing
Client Need: Health Promotion and Maintenance
Client Need Sub:
The nurse is preparing a prenatal class about infant feeding methods. The maternal nutritional requirements for breastfeeding and formula-feeding will be discussed. What statement should the nurse include?

1. "Breastfeeding requires a continued high intake of protein and calcium."
2. "Formula-feeding mothers should protect their health with a lot of calcium."
3. "Producing breast milk requires calories, but any source of food is fine."
4. "Formula-feeding mothers need a high protein intake to avoid fatigue."

Correct Answer: 1

Rationale 1: Lactation requires calories, along with increased protein and calcium intake.
Rationale 2: Formula-feeding mothers do not need additional nutrients.

The nurse is observing the meal selections of a group of pregnant and postpartal patients. One meal consists of a cup of skim milk, soy burger on a bun, baked beans, 8 ounces of water, four carrot sticks, and a mixed fresh fruit cup. For which patient is this meal the best choice?

1. 27-year-old primip, 8 weeks’ gestation, Hgb 11.0
2. 30-year-old multip two days postpartum, bottle-feeding
3. 15-year-old primip, one day postpartum, breastfeeding
4. 20-year-old multip, 32 weeks’ gestation, reports fatigue. Correct Answer: 3

Rationale 1: This patient needs a high-iron diet. The meal described is high in calcium and protein, but low in iron.
Rationale 2: The meal described is high in calcium and protein. This meal would be more than adequate for a bottle-feeding patient, but it is better suited to a breastfeeding patient.

Rationale 3: This is the best patient for this meal. Because the patient is an adolescent, she needs a high-protein diet, and because she is breastfeeding, she needs a high-calcium diet. The meal described is high in calcium and protein: milk, soy, and beans all are sources of protein, while milk and soy are good sources of calcium.

Rationale 4: The high protein and calcium of the described meal are good during pregnancy, but the report of fatigue could indicate a low hemoglobin level that requires additional assessment prior to recommending a specific diet.

Global Rationale:
Cognitive Level: Analyzing
Client Need: Health Promotion and Maintenance
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Client Need Sub:
Learning Outcome: LO09 – Apply the nursing process to support an optimal diet for the pregnant or postpartum woman.