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# Maslow's Hierarchy of Needs 2015 Edition



## If You Take Coumadin

Coumadin (warfarin) helps keep your blood from clotting. Take this medication as instructed. Also, be sure to have blood ("prothrombin") tests as directed. Follow the tips below to ensure that Coumadin works as it should.

### Keep Your Diet Steady

Vitamin K helps your blood clot. So eating foods that contain vitamin K can affect the way Coumadin works. You don't need to avoid foods containing vitamin K. But you do need to keep the amount of them you eat steady (the same from day to day). If you change your diet for any reason, such as illness or to lose weight, be sure to tell your healthcare provider.



These foods are high in vitamin K. For Coumadin to work as it should, keep the total amount you eat of these foods the same each day.

- Asparagus
- Avocado
- Broccoli
- Brussels sprouts
- Cabbage
- Coleslaw
- Collard greens
- Endive
- Kale
- Lettuce
- Mustard greens
- Sauerkraut

Other food products can affect the way Coumadin works:

- Food products that may affect blood clotting include cranberry, fish oil supplements, garlic, ginger, licorice, turmeric.
- Herbs used in herbal teas or supplements can also affect blood clotting. The amount of herbal teas and supplements you use steady.
- Alcohol can increase the effect of Coumadin in your body. Tell your healthcare provider if you have concerns about drinking alcohol while taking Coumadin.

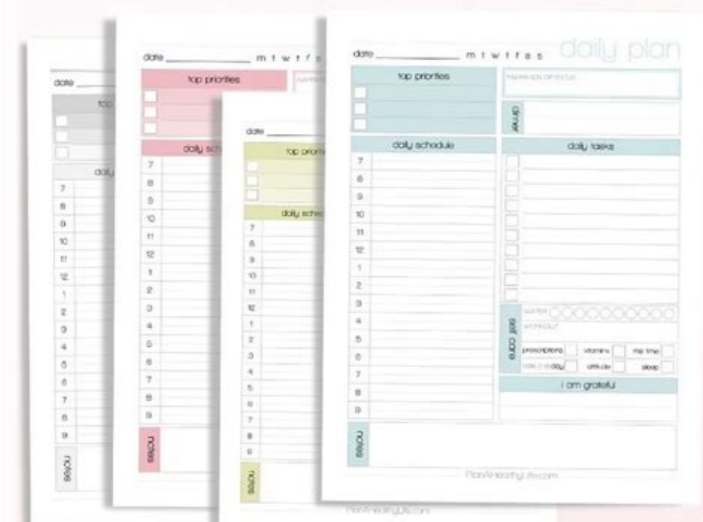
## eatTHISdiet for Coumadin® Users



### DAILY TIME-BLOCKING TO DO LIST

- Time blocking
- Track self-care
- Plan workouts
- 4 colors
- Top priorities
- Dinner plan

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What foods should be avoided while on coumadin. Coumadin diet education pdf. What foods not to eat on coumadin. Coumadin diet education handout.

42. Appetite (good, poor). 43. Allergies, intolerances, avoidance of food. 44. Dental / oral health. 45. Gastrointestinal (stomach burning, diarrhea, constipation). 46. Chronic diseases. 47. Drugs. 48. Retarded cellular aging. 49. Glucose is the only source of energy in the brain. 50. Types of Enteral Feeding. 51. Types of Enteral Formulation. 52. To maintain a good appetite. 53. Water and fiber. 54. Vitamin C (ascorbic acid). 55. Functions: 1. This compound is not found in other citrus juices. 56. Limiting the quantity of alcohol you drink. 57. Your body will do those proteins. 58. The drug dissolves in a form usable in the stomach. 59. This diet is required for people with the impairment of renal function. 60. It is an intermediate step between liquid and regular diets. 61. TER = DBW X Level Exactivity ex. 5. 62. Food regulation - Composed of fruits and vegetables that provide vitamins and minerals, especially ascorbic acid and vitamin A. 63. Ready to use Formulations 2. Convenient and reliable 11. 24 Hours. Removes. 64. RECALL of everything that had eaten within 24 hours. 65. Analgesic analgesics are drugs that relieves pain. 66. (pyridoxin) works aid to protein metabolism, absorption; AIDS in the formation of red blood cells; Help the body use fats. They can also be grouped into other ways, such as their chemical trick or actions in the body. 67. Lack of appetite. 68. Stage 4. From left to right on the pyramid are six food groups: 69. grains, recommending that at least the half of the grains consumed both like integral grains. 70. vegetables, emphasizing Dark green vegetables, orange vegetables, and dried beans and peas. 71. fruits, emphasizing the variety and desmpting fruit juices. 72. oils, recommending fish, walnuts and vegetable sources. 73. milk, a category that includes fluid milk and many other milk-based products. 74. meat and beans, underlining low fat and thin meat like fish and more beans, beans, Walnuts and seeds. 75. RDA and Reni recommended Dietary assignment (RDA) - It is the information of nutritious indemnity for the maintenance of good health. 76. Choose a moderate diet in sugars and salt. 77. Choose a diet that provides enough calcium and iron to meet their growing body needs. 78. This because they can be partially destroyed by stomach acid when hired with food. 79. High Food Transfat 1. 80. insoluble fiber (insoluble fiber (wheat bran and some fruits and vegetables) has been recommended to treat digestive problems such as constipation, hemorrhoids, chronic diarrhea and fecal incontinence. 81. Gluten-free. 82. This menu provides meals suitable for people with celiac disease. The laxatives also increase fluid leaks. 83. Food selection: Tesa cream soups, pure fish and fruit juices, normal jelly, simple ice cream, custard, milk and mild drinks, 6-8 frequent feeding. Drink it at least two hours since you take drugs. 84. Fish 4. Foods and nutrients containing, can interact with the drugs we take. 85. Foods for tubes. 86. prepared by regular food tube of Gastric power. 87. "G-tube tube" or "button") is a tube inserted through a small incision in the abdomen in the stomach and is used for long-term enteral nutrition. 88. If pr Endl drugs in one of these classes, be aware of the potential interactions of foods / drugs and drugs / nutrients. 89. Vit. Cereal foods. 90. (3-4 months), milk is still continued. 91. Functions 85 (pophotenic acid) 1. Soups. 92. "noodle soups. 93. B2 (Riboflavin) Functions 27. 63 Sign of good food in pre-school child. 94. "Alert, vigorous and happy. 95. "Resistance during activities. 96. "sleeps well. 97. normal height and weight per age. 98. "stand erect, arms and legs straight. 99. clear, light eyes, smooth skin Brilliant hair is "stopped and well developed muscles - not irritable and restless. 100. "good attention nutrition for the problems of power of the school child limited time for per for Poor unbalancing practices Activity program and support Recommended solutions: Allow sufficient time for meals Encouraging the child to eat more fruit and vegetables Provide children with properly selected snacks regulating the guidance of activities in the correct nutrition of food selection for teenagers, the best nutrition is advised to keep the best nutritional advice to keep the teenage teenager includes encouraging it to: 101. eats a variety of foods. 102. balance the food you eat with the activity physics. 103. Choose a diet with a lot of wheat products, vegetables and fruit. 104. Choose a low fat diet, saturated fat and cholesterol 64. Some people are called Vegetarians, But they consume fish. Contains the following: 105. economic (income, quantity of food for food) 106. physical activity (occupation, exercise, sleep) 107. ethnic and cultural background (religion, education) 108. Home Life & Meal Pattern (No. The family, the person making the kitchen, the type of house) 42. = 12 inch 1 kg. (Tanhausser method) For adult DBW = (ht. Cm. 100) 109. Ex. 5 - 38, 100 = (63 inches x 2.54) = (160.02 A 100) = (60.02 - 6.002 (10%)) = 54 kg. Acute Colecystite due to the Complete unusage of the external feed of the gastrointestinal tract: Enteral feeding. 110. "Delivery of food and nutrients both orally and by feeding pipe directly into gits. It is very important to avoid

eating large quantities of high content foods. A percentage daily value of 5% or less means that food is low in a nutritious. 2) acid acid acid 6 Å ç à,~ "acidoleic". Another common practice is to use general use It is provided when the gastrointestinal tract is not functional. And (tocopherol) Functions 1. Limited food supply E. advantages the advantages of bolus power supplies on continuous drop power supply are that: shorto " the bolus power supplies are more similar to a normal power supply model, à àna more more It is less expensive if a pump is not needed, a bolus feeding allows the freedom of movement for the patient, so the child is not tied to a power bag. Vitamin K is important for normal blood coagulation. Caudal, rnd. Prescription diet: Step 1: Take the patient DBW passage 2: Consumes its ter (based on its employment / activity) Step 3: identify its percentage requirement (based on its health or health or diet requirement passage 4 : Distribution of ter on cho, pros, fatal ter x% cho ter x% pro ter x% fat percentage of distribution cho 50-70% 60% (average) pro 10% (childish / children) 10-15% (teenager / adult) Grasso 20-25% (adult) 30-35% (children) passage 5: gram distribution% cho / 4 (fuel value) = \_\_\_\_\_ gm. Some of these foods are: ue, Å · aged cheese is èho, · Brewer yeast extracts, Brewer's yeast extracts ue, Å · chianti pe àsto wine, Å · Herring in brine ue, Å · beans beans if you are not sure if you are taking a moa inhibitor, ask the doctor o to the pharmacist. Cancer deficiency) ketosis is the disease caused by the lack of carbohydrates, in which the level of body acid is SOLL Evato 2) Protein Energy malnutrition A) Kwashhiedoor à ç à,~ "Protein Def. Of à,~ "increase, to calcify the bones and fetal teeth (0.5 à ç à,~" 0.9 of the RDA) à ç àvelop à ç ilon à ç àvelop "increase, 700-1000 mg . 30 5) sodium 6) Chloride trace mineral: 1) Iron 2) iodine 3) zinc 4) Flouride 5) selenium 6) manganese 7) chrome 7 chrome mineral mineral minerals symbol of food. Osteoporosis bones and teeth, convulsion, muscle spasm lacticini, green legendous green, green legery, fish with bones phosphorus pH bone growth milk, cereals, all magnesium food mg muscle contraction, bone & toot green structure green, sea foods, sodium legumes Na Fluid Fluid and Acid-Base Balance Hypertension Edema Salt, processed foods potassium K body fluid fluid balance all full food chloride cligy fluid fluid salt, worked food 31. Amino acids are connected together to form peptides, which are small amino acid chains. Amino acids. Å ç à,~ à ç ø (3-4 months), crushed 3. Composed of 2 monosaccharides. Example: the metabolic rate of obese women is 25% higher than in the metabolic rate of thin women. 3 Nutrient macro: 1, 2) Material necessary for maintaining epithelial tissues. Examples of foods that contain soluble fibers include fruit, oats, barley and legumes (peas and beans). Å ç à,~ à ç Designed for people who cannot accept any nutrients. The term "diet fiber" includes all these substances and is now considered a better term than the simple "fiber". Most dietary fiber is not digested or absorbed, so it remains inside the intestine in which it modulates the digestion of other foods and affects the consistency of the faeces. Primary roles: Å ç à,~ à ç Metabolic health Å ç à,~ à ç Anti oxidant Å ç à,~ à ç blood health Å ç à,~ à ç Health bone Å ç à,~ à ç electrolytes Neutralize balance The acid of the stomach and the acid blockers reduce the production of stomach acid. We recommend a great taking of water Å ç à,~ à ç The posthumes of a hangover are generally caused by the dehydration action from alcohol · combines a bottle of beer with a glass of water to reduce the intensity of the postums of A hangover · vital element, second only to oxygen · à ç vital every day Å ç à,~ à ç Things that dehydrate · Aging process · Sweat for exercise · drugs · caffeine Å ç à,~ à ç good rule General: For every glass of drink with caffeine that consumption, drink an extra glass of water. Both effects can affect weight significantly. Conversion: HT. Also, remember the doctor of any drug allergies you have. The food in the stomach that is partially digested and mixed with stomach acids is called Chyme. Foods are thickened with food thickener as / if necessary to ensure proper consistency. For to rest in a particular organ 4. a) sucrose · ordinary table sugar (glucose and fructose) b) lactose · Å ç à,~ Å ç à,~ "milk sugar à,~ (glucose and galactose) maltose Å ç à,~ à ç ø (malt sugar) is produced product Cereal malting like barley, dark green anemia green leafy vegetables, liver, legumes iodot iodoto iodoid energy metabolism development hormone GOZZO OF SEAF T SEA, SALE IODIZED ZINCO ZN Fetal Development, Herit Healing Whole Grain, Meat, Fluorine Egg Flutants Teeth Dental Maintenance Door Fortified water, tea, angular goiter fish bones Different of iodine of vit stomatitis memories. Ex. Leucina, Isoleucina Lysine, Valine TypoTofan, Phenylalanine, Methionina Serine 2) Non-essential amino acids - These are those who are produced by the body, therefore not necessary in the EX diet. Aspartic acid tyrosine glycine cysteine arginine Histidine glutaman acid glutamine alanine asparagin asparagin proline complete and incomplete protein Å ç à,~ à ç complete · contains all the essential amino acids in sufficient quantities to provide the sources of the body: protein à ç

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