
WGU Nutrition D440 Competed Study Guide 2024 Questions & Answers Already Passed!!

Underweight Answer- BMI under 18.5

Normal weight Answer- 18.5-24.9

Overweight Answer- 25-29.9

Obese Answer- BMI over 30

Extremely Obese Answer- BMI > 35

Calculate BMI Answer- weight (kg) / height (m²)

weight management strategies and actions Answer- Management of the eating behavior (food diary, where why, how, and how much)

Promoting physical activity to increase energy output

Pursuit of emotional (stress), social, and psychologic health

Define problem behavior

Record and Analyze Baseline Behavior

Plan a Behavior Management Strategy

How do we assess nutritional status? Answer- Physical appearance (health of eyes and hair)

anthropometric measurements (weight, body composition)

biochemical markers (blood lipid levels, iron status)

What is recommended for an infant diet during the first year of life? Answer- Breastfeed for at least the first full year of life, and supplement with a vitamin K shot at birth and daily vitamin D drops

What is recommended for a child who is not breastfeeding? Answer- Use iron-fortified formula for any infant who is not breastfeeding

What age should water and juice be avoided? Answer- Water and juice are unnecessary for the breastfed infants during the first 6 months of life

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Michael Seilmaier

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