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Section One covers the fundamentals of nutrition, Section Two explains how to maintain good health through nutrition and Section Three addresses the nutrition therapy concepts nurses need to know. Meet the Author. Ruth A. Roth, M.S., R.D., is a Clinical Dietician at Parkview Hospital, in Fort Wayne Indiana.

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Including ½ cup of cooked beans will provide about 5–7 grams of protein and adding 2 tablespoons of nuts to the stir-fry will add 4–5 grams. The brown rice will provide carbohydrate for energy and a small amount of protein. Cantaloupe is a fruit and therefore provides more carbohydrate than protein to the meal.

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