Follow UP- NUTRITION CONNECTION

NOTE

Client Name:

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| Nutrition Assessment  Medical Hx: 18 year old male; reports no past history of medical procedures  Anthropometric: Ht – 6’1” Wt (self-reported) – 220 lb  Medications: daily MVI at breakfast  Supplements: None  Labs: None  Diet History: 24 hour food record indicates patient receives via diet 370 g CHO, 47 g Pro, 41 g Fat, and 1990 calories per day. Pt inadequate levels of Vitamin B12, C, E, Potassium, and Magnesium. Pt states that wants to lose wt, has followed “salad diet” in past with 20 lb wt loss. Stopped diet when started college. Moderate physical activity level (3x/week) Pt verbalized difficulty in consuming more vegetables, and limiting processed foods into diet. Pt seemed confused as to what counted as a “high-fatty food” and lean meats. Pt often eats quick, ready to eat options in-between class and work which are often high in calories and fat.  Needs based on diet analysis program:  Calories: 3902 kcal  Protein: 84 g  Fat: 87-152 g  CHO: 439-634 g  Physical Assessment: Patient appears physically fit and slightly above wt range for age and ht. Skin is intact. Teeth are intact. Pt is responsive and answers questions appropriately. |
| Nutrition Diagnosis(s)   * Food and nutrition-related knowledge deficit related to prior exposure to incompatible information about weight loss as evidenced by inconsistent intake related to needs and confusion about some of the food groups * Poor nutrition quality of life related to lack of skill in self management techniques as evidenced by 24-hour diet recall. |
| Nutrition Intervention: (include information about what you did/discussed in the session and if you gave any educational information, should also include intervention that you performed to address the diagnosis)   * Discussed 24 hour diet diary to review portion sizes and also what foods pt typically consumes and to allow pt to be more conscious of what he is eating * Requested pt bring 2-day food log to next session (1 weekday, 1 weekend) on 11/16/2010 * Discussed the food groups and what the pt is lacking and why that may be (likes and dislikes of certain foods) * Discussed physical activity and being aware of its importance for wt management * Reviewed completed physical activity log that pt brought, and discussed possibly taking stairs vs the elevator and going for walks with family members/dog * Discussed the importance of trying to get each food group into daily diet for overall health status * Discussed possible techniques to get adequate amounts of fruits/veg into diet * Discussed with pt the effects of high-fat meats and how it effects current diet calorically, and also the amount of fats being added * Discussed the importance of trying to get each food group into daily diet for overall health status * Developed a meal plan for the pt, and asked to record progress in the 2-day food log * Discussed nutritionally dense options for each of the food groups that pt is willing to try, and also tips for making sure pt has enough time to make healthful choices by planning ahead * Reviewed possible barriers that pt may face trying to successfully complete goals, and how to deal with them |
| Nutrition Monitoring and Evaluation (report any goals or tasks the client needs to accomplish, how you will monitor the client, this should revolve around the diagnosis, make sure the goals are specific, measurable and relate to the diagnosis)   * Requested pt bring a 2-day food log (1 weekday, 1 weekend day) to review on 11/16/2010 * Short-term goals:  1. Patient will limit high-fat meats 1-2 times during the first week, 1 time during the second week, and attempt to reach a status of all lean meat choices by the third week and record this in a food diary to bring with and review scheduled for 11/16/2010  * Long-term goal:  1. Patient will maintain ideal body weight by increasing physical activity level and being more conscious about food choices and portions during meals/snacking  * Follow-up in 3 weeks |

**\_\_\_\_\_\_\_\_\_\_\_\_Jordan S. Myers\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

FDNT 463 Student Counselor/ 10/26/2010