



Registered Dietitian – Case Study 1

1. What is your patient's weight at the end of the study? Show your work.
2. The lead nurse, who weighs the patients, made a mistake on Patient A's chart. He recorded that the patient had lost 2 pounds in the very last month of the study, but she did not. That month, there was no change. What is the patient's weight at the end of the study? Show and explain two different ways you could fix this error.
3. Over the course of the next year, Patient A's weight changes, on average, $-\frac{1}{4}$ pound per month. What is her weight at the end of the next year?
4. If you recommend a total weight gain of 8 pounds over the course of a year, what average change in weight per month will help your patient reach that goal? Report your answer as a fraction and a decimal.

Part of your job as a registered dietitian is to create healthy diet plans for your patients. Since this patient is a healthy and moderately active woman, you recommend that she eat 2000 calories daily. Create a meal plan for one day for Patient A. The meal plan should include:

- 3 meals: breakfast, lunch, and dinner; and
- 2 snacks: morning and afternoon.

Unless your teacher provides different instructions, use the Caloric Guide available online as a reference to make your meal plan.

According to mypyramid.gov, within those meals, you want to aim for the following:

- 6 oz. of grains;
- 2.5 cups of vegetables;
- 2 cups of fruit;
- 3 cups of milk or dairy; and
- 5.5 ounces of meat and beans.

Daily Meal Planner

| Meal | Type of Food | Serving Size | Number of Calories |
|-----------------|--------------|--------------|--------------------|
| Breakfast | | | |
| Snack | | | |
| Lunch | | | |
| Snack | | | |
| Dinner | | | |
| Total Calories: | | | |

5. Explain how you determined Patient A's diet.

6. To maintain a healthy weight, one strategy is to ensure that calories consumed are balanced by calories burned.

Patient A walks $2\frac{1}{4}$ miles to and from her classes, burning 78 calories per mile. If she burns no other calories that day, what is the net number of calories (consumed and spent) at the end of the day? Show or explain how you found your answer.

7. If Patient A goes to a yoga class, she burns 350 calories per hour. The class is $1\frac{1}{4}$ hours long. If she burns no other calories that day, what is the net number of calories (consumed and spent) at the end of the day? Show or explain how you found your answer.

8. Patient A follows your proposed meal plan for a week and continues to walk $2\frac{1}{4}$ miles each weekday (Monday through Friday) to her classes, attends the yoga class for $1\frac{1}{4}$ hours 3 times that week, and burns an average of 1100 calories doing daily activities. What is her total caloric change at the end of the week?

After spending some time on your recommended diet and exercise plan, Patient A comes to you for more dietary advice. She was recently diagnosed with celiac disease. Celiac disease is a digestive and autoimmune disorder that can cause damage to the small intestine when gluten is consumed. Gluten is a form of protein found in certain grains. Your patient's primary care physician advises the patient to stop eating all grains that contain gluten.

You previously recommended that the patient eat 6 oz. per day of whole grains, as they are rich in B vitamins, vitamin E, magnesium, iron, and fiber. Answer questions 9 and 10 to adjust Patient A's diet.

9. Women need 25 grams of fiber per day. One tablespoon of black beans has 1.9 grams of fiber. How many cups of black beans does Patient A need to get her daily dose of fiber? (1 cup = 16 Tbs). Show or explain how you found the answer.

10. Your patient, and any woman between the ages of 19 and 50, needs 18 milligrams of iron daily. Use the internet to find iron-rich and gluten-free foods. Fill out the table by listing the foods you found and the serving sizes needed to get at least 18 milligrams of iron.

| Food | Serving Size | Amount of Iron |
|-------------|--------------|----------------|
| | | |
| | | |
| | | |
| | | |
| Total iron: | | |