

EVOLUTION

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Initial Medical Nutrition Therapy Report

Date: N/A

Dr. N/A

RE: N/A

SUBJECTIVE: Client states that she is trying to lower blood sugar levels and lose wt as she constantly feels uncomfortable.

OBJECTIVE: 57 y.o. F

DX: Type II Dm; Obesity HT: 5'4" WT: 204.6 lbs BMI: 35.1 Body Fat: 47.6%
WT HX: Client has tried extensively to lose wt on multiple diets in the past. As a result her wt has fluctuated over the past 10 yrs.
Exercise: Client does not currently participate in any physical activity

ASSESSMENT: Client is consuming a highly processed, high glycemic load diet. She is skipping breakfast which is causing her metabolism to slow down. This is also causing a lot of late night binging.

Motivation: P F G E

Comprehension: P F G E

PLANS/GOALS:

NUTRITION: Goal #1: Eat breakfast 7 days a week - full of whole foods & low glycemic load foods [examples given]
Goal #2: Aim for 2 fruits & 2 vegetables a day [examples given]
Goal #3: Be aware of high fructose corn syrup and try to avoid it.

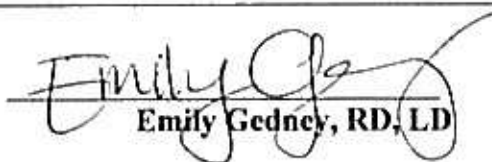
EXERCISE: Goal #1: Walk 2 times a week for 15 minutes
Goal #2: _____

OTHER: Discussed balancing proteins w/ carbohydrates

MATERIALS PROVIDED: Balana Sheet / Mixed Match Salad Sheets

Follow-up Visit Scheduled for: N/A

Revised 15-July 2008


Emily Gedney, RD, LD