

HOMEWORK FOR MONTH #2

Food and Nutrition: Hydration & Macronutrients

Assignment #1: Create a Food & Hydration Journal page that your client will use for a minimum of 2 weeks (would need 2 copies of the one page). Without knowledge of their current eating habits you will not be able to judge if they are getting enough or an over-abundance of macronutrients or micronutrients.

There are many examples on the internet (some very fancy) but the one page/one week journal page can be very simple.

Directions: Write down ALL of the foods, snacks, water, beverages you had throughout the day. Record how you felt when you woke up, before lunch, mid-afternoon, and after supper. Bowels - how many bowel movements did you have today?			
Monday:			
Morning	Afternoon	Evening	Bowels
Tuesday			
Morning	Afternoon	Evening	Bowels

It is important to tell your client that the journal is not so you can judge them. The client needs to understand that you will not be able to determine possible deficiencies or make proper diet changes if you do not what they have been eating and drinking the last few months or years. Let them know that the journal may reveal which foods, or combinations of foods, may not be best for them.

Your client will need examples of what if meant by “record how you felt”

How Did You Feel? I woke up tired and feeling blah. I woke up rested and feeling ready for the day. I felt bloated after breakfast. I felt really hungry shortly after lunch. I felt great all afternoon. I felt really tired mid-afternoon but eating a snack helped. I am so exhausted after work I don't want to cook. I woke up really stiff and achey.

Note: Some clients will change their diet shortly before seeing you because they have decided it is time to get healthy. If they have that is excellent but you do need details about what they were eating the past year or longer.

Example: A new client was living on mostly boxed, canned, and fast food the last 3-5 years but their journal shows that they are eating many great vegetables and getting good fats and fiber. They have metabolic issues (high blood pressure, very high triglycerides, and were told that they are pre-diabetic). If you are going by their current diet you would likely recommend different herbs, supplements, or diet changes than if you knew that their long-term poor eating pattern was insufficient in many vitamins, minerals, fiber, and good fats.

You will use the completed pages to determine if they are getting sufficient nutrients and fluids. It will also reveal if there is an overabundance of high glycemic foods, sugar, processed foods, chemicals, etc.

The client will be able to have a better view of what they actually eat and how it relates to how they feel (tired bloating, anxiety, headaches or body aches, and constipation would be the negative reactions).

Assignment #2 Create a worksheet (make sure to fill out 2 or make a copy - you will need to keep one in their client file) to determine protein, fat, and carbohydrate requirements.

At the top should be a place for your client's name, age, weight, and any known health challenges or diseases that may affect macronutrient needs.

Name: Sharlene Peterson

Age: 60.

Weight: 125

Health Challenges:

Diet Restrictions (sensitivities, allergies, philosophies - vegan, etc.)

Fluids per day:

Cups of Water per day:

Protein Requirement: $125 \times 0.36 =$
(multiply your weight in pounds by 0.36)

Saturated and Unsaturated Fats:

If your daily calories are 2,000 your total fat should be (20%-35%) 44-78 grams per day with about (10%) 20-22 grams of the total consisting of saturated fat.

Fiber Requirements

Adults need 28-34 grams of fiber each day

Assignment #3 Using the information from the slides (and from other places if wanted/needed), create a list of foods that are useful for getting the macronutrients needed. It can be condensed, separated, rearranged... the purpose of the assignment is to create a reference for when you are creating a food plan or making recommendations.

You will be creating a reference next month that will cover fruits, the various categories of vegetables, and more.