

**Activity 3.2.5: PLTW Nutrition – Client Report for Janette King**

**Client Name**: Janette King

**Health History (including any specific health goals)**:

Janette King is a 19-year-old sophomore majoring in biology. Janette exercises regularly, sometimes twice a day. She has been a vegetarian for just under a year and she recently eliminated almost all carbohydrates from her diet. Janette does eat dairy and occasionally, she eats seafood. She packs small meals to take with her to campus as she refuses to eat in the cafeteria.

The patient has no family history of heart disease or diabetes, however both her parents are on medication for high blood pressure. Her paternal grandmother died of breast cancer at age 47. Her maternal grandmother suffers from severe osteoporosis and her mother is taking prescription medications to slow bone loss.

Janette was hospitalized briefly in her junior year of high school for exhaustion and dehydration. Hospital records note that she reported skipping meals to fit into a dress for a dance.

Recent lab work shows that Janette is moderately anemic. Her cholesterol levels are normal. Her average resting heart rate is 64 and her average resting blood pressure is 88/60.

Janette feels sluggish and wants an assessment of her current health. She struggled with her weight in high school and reports that while she does not want to slip back into bad habits, she does want to maintain a slim figure.

**Height**: \_\_\_\_\_\_\_5’ 10”\_\_\_\_\_\_\_\_ **Weight:** \_\_\_\_\_\_\_122lbs\_\_\_\_\_\_\_\_\_\_\_

**BMI**:

* Calculate Janette’s BMI based on her height and weight and describe the implications of this number.

**Activity Level: BMR and TDEE (Output)**:

Janette reports running 3-5 miles every morning at a moderate pace. Occasionally, she adds in a night workout, either lifting light weights or taking an aerobics class. She always walks to class and she always takes the stairs.

* Compute Janette’s BMR.
* Discuss the activity factor used in the Harris-Benedict Equation and calculate TDEE.

**Food Intake (Input)**:

Janette completed a food diary for one week. Analysis of her food choices revealed the following results:

|  |  |
| --- | --- |
| Average calories consumed per day | 1601 |
| Average fat consumed per day | 42g |
| Average saturated fat consumed per day | 25g |
| Average carbohydrates consumed per day | 65g |
| Average protein consumed per day | 55g |
| Average sodium consumed per day | 1480mg |

Janette reports eating 5 servings of vegetables per day. She does not eat fruit as she avoids the sugar. Janette eats no rice, pasta, or bread products. Occasionally she has a piece of whole grain toast before she goes running. She eats beans, egg whites, tofu, and fish for protein. She reports drinking 8-10 glasses of water a day. She does not drink soda or coffee, but she does drink 1-2 sugar-free energy drinks per day. She sometimes skips meals if she forgets to pack food to take to campus.

Janette does not eat fast food and only orders salad (with the dressing on the side) when she eats out.

**Calorie Deficit or Surplus (Compare Inputs and Outputs)**:

* Compare calories consumed versus calories expended.
* Describe what will happen to Janette’s weight over the next month if she continues the same eating patterns. Show your work.

**Overall Assessment**:

* Discuss overall implications of BMI and any energy imbalance on overall health.
* Analyze food choices
	+ Is the client getting enough of each of the designated food groups?
	+ How does consumption of fats, carbohydrates, proteins and sodium compare to recommended values?
* Propose ways to bring the energy input and output in line with Janette’s health goals. Describe final recommendations to improve Janette’s overall health and help her regain energy and strength. How should Janette alter her eating habits and her activity? Link your recommendations to her personal health history *and* her family history.