

Nutrition Coaching – Appointment Documentation

Name: Boko the Bobcat
Date of Appointment: 8/20/2020
Nutrition Coach: Mitzie Rojas, RDN

Assessment:

Age: 25

Gender: Male

Reason for Appointment: weight gain

Medication(s): Zoloft (100 mg)

Supplement(s): multi-vitamin, tumeric

Estimated Energy Needs: 2300-2500 kcal/day

Medical Hx: past ACL surgery

Diagnosis:

Inadequate caloric needs met related to frequent anxiety attacks and busy schedule as evidenced by caloric intake of 78% of needs and recent weight loss of 10 lbs.

Poor diet quality of life related to anxiety surrounding food choices and GI irritability with some foods as evidenced by report from patient.

Intervention:

Handouts Used: MyPlate, Macronutritions, Weight gain, Protein powder, counseling center,

Other topics discussed: Referral to Counseling Center, spoke about meal planning and purchasing snacks that can be kept on hand throughout the day. Discussed portion sizes to meet caloric needs.

Goals:

1. Purchase protein bars and trail mix to keep in back pack to have as a snack or when short on time for purchasing lunch.
2. Use protein powder after a workout.
3. For each meal have at least food groups on the plate with one being a protein and at least one being a fruit or vegetable.

Meal Ideas:

- Breakfast:
 - o Toast with Eggs and avocado
 - o Greek yogurt with berries and granola
- Lunch:
 - o Chicken wrap with veggies and fruit salad and string cheese
 - o Protein bar, side salad and banana
- Dinner:
 - o Spaghetti with meatballs and roasted broccoli
 - o Burrito bowl with brown rice, black beans, chicken, and veggies

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- Snacks
 - Protein bars
 - Trail mix
 - Cheese and crackers

Measurement/Evaluation:

1. 24-hour recall
2. Purchase of protein bars/powder
3. Weight – self-reported

Nutrition Coach Signature: