CLIENT PROGRESS NOTES

Client: LN **Date: 9/21**

Assessment: Age: 19 Race: Gender: F Reason/concerns: General Nutrition tips and help; would like to lose 10#

Client description here: Pt presents slightly overweight, not overly concerned but would like to lose a little weight. "I feel like I eat healthy but nothing ever changes"

Height: 5'5" Weight: 160 Ideal Weight: 125 Preferred Weight: 145 Weight Hx: Was 145-150 in High School but has gained 10# since coming to college

Personal Medical Hx: None Family Medical Hx: Mom has High Blood Pressure/Hi Cholesterol

Activity level: Less than 30 minutes, participates in band (expresses this as activity)

Alcohol consumption: 1x/week Smoker? No

Medications/Supplements: Occasional Iron and Calcium supplement

Previous diet efforts: Always tried losing in the past but never seen any progress " I will cut my intake in half and workout an hour+/day for a couple weeks but I am hungry all the time and just go back to normal eating patterns"

Behavior: 24 hour intake vs. ChooseMyPlate goals

	Calories	Grains	Vegetables	Fruits	Dairy	Meat /Beans	Discretionary
Recommended	2000	6 oz	2.5 c	2 c	3 c	5.5 oz	
Actual		7-12 oz	½ c	0	1.5 c	5-6 oz	

Describe food habits/patterns here

Frequent snacking, eats usually 1 meal/day but other than that mostly packaged on the go snacks(poptarts, granola bars)

Frequent high calorie low nutrient foods – pastas, breads, granola bars, chips

rarely eats breakfast,
****only about 6 oz water/day (and 4 oz powerade)
constant busy lifestyle – explains why she does not go to the gym because there is not enough time to exercise
-Doesn't ever eat fruits
-Like raw vegetables a lot! – carrots, broccoli, cucumber/hummus (favorite snack)
- Keeps a lot of packaged snacks in room ("always on the go this is the easiest thing to grab")

Attitude: VERY willing to change. Open to new ideas, open to trying new foods, enjoys learning about health eating.

She expresses that she wants to lose a little weight and just doesn't know how to get there but is ready to make change.

Client was happy upon leaving and looking foreword to starting her goals! (stated lots of self reflection and self-talk throughout session)

Knowledge: General knowledge about healthy eating and nutrition. She is a sophomore in HNFE and knows about healthy eating in a general sense (is in Foods and Nutrition class with Michelle Lewis)

Diagnosis: *Overweight related to poor quality foods, low nutrient foods, low fruit and vegetable intake as evidenced by 10# weight gain in past 2 years. Low phto-nutrient diet related to lack of knowledge of fruit and vegetable intake as evidenced by unbalanced MyPlate and food record.*

Intervention: *goals,strategies and handouts*

-Eat 1 fruit every day (found a time to go: has class in squires every day.. plan to purchase piece of fruit to either eat for breakfast or store in back pack for later snack)

- Eat 1 vegetable every day (found out where incorporate in diet: identified 3 dining halls and options to get veggies into diet, Client also expressed interest in purchasing raw vegetables for room for late night snacking – Loves carrots!)

-Gave choosemyplate.gov handouts: Fruit list, Tips on how to get fruits into diet, Vegetable list, how to get vegetables in diet

- Mapped out 3 different dining halls and wrote down 3 different options for each place to find vegetables (other than salad)

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M/E Monitoring and evaluation: *follow-up plans*
- plan to meet in 1 week at the same time
- plan to go over goals to see they have been met and identify challenges through the week
- next time plan to go through dining services website
Nutrition Counselor's Signature: Kristen DeAngelis 9/21 @ 11:30 A.M.

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