

Nutritional Assessment for J.T.

a. Anthropometrics:

- Ideal Body weight: 172 lbs
 - $106 \text{ lbs} + 6 \times 11 \text{ in}$
- BMI: 20
 - $65.9 \text{ kg} / (1.8 \text{ m})^2$
- Severe weight loss: 19% over 3 months
 - 35lbs/180lbs
- Calorie needs: 30-40 kcal/kg=2636 kcal/day
 - $40 \text{ kcal} \times 65.9 \text{ kg}$
- Protein needs: 1.5-2.5g/kg=131g/day
 - $2.0 \text{ g} \times 65.9 \text{ kg}$
- Fluid needs: 1977ml/day
 - $30 \text{ ml} \times 65.9$

b. Biochemical:

- Albumin: 2.1 g/dL=severe depletion
- Prealbumin: 8.2 mg/dL=severe depletion
- Hematocrit: 33%=low

c. Clinical:

- Subjective: Nausea, vomiting, poor appetite tired and weak
- Objective: Stage III pressure on coccyx, chemotherapy, radiation therapy, prednisone, megase, Compazine, mucositis

d. Diet:

- Poor appetite
- Appetite is best in the morning and declines throughout day
- No 24 hour recall conducted
- Low microbial diet desired

PES Statement: Inadequate oral intake related to nausea, vomiting and poor appetite during cancer treatments as evidenced by severe weight loss over the past 3 months.

1 Day Menu

Breakfast		<i>1/2 cup oatmeal</i>
<i>8:30 AM</i>		<i>1/2 cup 2% milk</i>
		<i>2 scrambled eggs</i>
		<i>2 sausage links</i>
		<i>3/4 cup orange juice</i>
Snack		<i>8 fluid oz Ensure high protein</i>
<i>10:30 AM</i>		<i>1 Banana</i>
Lunch	<i>Sandwich</i>	<i>2 slices multigrain bread</i>
<i>12:30 PM</i>		<i>1/4 cup avocado</i>
		<i>3 oz turkey meat</i>
		<i>1 slice provolone cheese</i>
		<i>1 Tbsp mayonnaise</i>
		<i>1/2 cup carrots</i>
		<i>2 Tbsp ranch dressing</i>
Snack		<i>1/2 cup canned peaches</i>
<i>3:00 PM</i>		<i>8 crackers</i>
		<i>2 Tbsp peanut butter</i>
Dinner	<i>Teriyaki Chicken</i>	<i>3 oz chicken breast</i>
<i>5:30 PM</i>		<i>1/2 cup white rice</i>
		<i>1/2 cup canned green beans</i>
		<i>1/4 cup canned corn</i>
		<i>1 Tbsp butter</i>
		<i>1 Tbsp soy sauce</i>
Snack		<i>1 cup chocolate pudding</i>
<i>7:30 PM</i>		

Cancer Diet				
			Calories	Protein (g)
Breakfast		1/2 cup oatmeal	148	6
8:30 AM		1/2 cup 2% milk	62	4
		2 scrambled eggs	182	12
		2 sausage links	133	9
		3/4 cup orange juice	92	1
Snack		8 fluid oz Ensure high protein	120	14
10:30 AM		1 Banana	105	1
Lunch	Sandwich	2 slices multigrain bread	138	7
12:30 PM		1/4 cup avocado	58	1
		3 oz turkey meat	150	25
		1 slice provolone cheese	80	6
		1 Tbsp mayonnaise	94	0
		1/2 cup carrots	26	1
		2 Tbsp ranch dressing	120	0
Snack		1/2 cup canned peaches	52	0
3:00 PM		8 crackers	126	2
		2 Tbsp peanut butter	191	7
Dinner	Teriyaki chicken	3 oz chicken breast	156	23
5:30 PM		1/2 cup white rice	150	2
		1/2 cup canned green beans	20	1
		1/4 cup canned corn	30	1
		1 Tbsp butter	102	0
		1 Tbsp soy sauce	9	1
Snack		1 cup chocolate pudding	298	9
7:30 PM				
Total			2642	133

MNT goals for J.T.

- Eat small, frequent, calorically dense meals
- Gain/maintain weight and prevent further weight loss. Eat ~2600 kcals/day
- Take temperatures of food

Diet instruction

- Minimize nausea: Peppermint, ginger, drink between meals, eat regular meals and snacks
- Avoid strong odors and strong flavored foods
- Avoid unsafe foods (unpasteurized, undercooked)
- Low microbial diet: Minimize fresh fruits and vegetables, yogurt, etc.
- Cook foods to proper temperatures
- Eat more calories in the beginning of the day when appetite is biggest
- Increase intake, eat foods you like
- Try to take in plenty of fluid throughout the day
- Wash fresh foods well and practice good food safety techniques