

Nutrition Assessment

I am a 27 year-old female with a height of 5'6" and a weight of 155 pounds. My BMI is 25.2 ($156/66^2 \times 703 = 25.2$), which places me into the overweight category of 25-29.9. I am a full time student, and work part-time as a server at a local restaurant. My weight history over the last six months has been pretty consistent. My weight usually fluctuates between 155 and 158 pounds depending on how active I am and what my diet consists of. It also depends on how I am feeling, I have Crohn's disease, and my diet depends a lot on how healthy I am. If I feel good, no flare, I can pretty much eat anything with a few limitations such as peas, corn, cabbage and really spicy foods. When I am not healthy, when I am in a "flare" I have a much more limited diet and can only eat easy-to-digest foods such as bread, rice, plain chicken, fish and cooked or peeled fruits and vegetables. I am also on medication for Crohn's, which really doesn't affect any food that I eat, only that is I consume too much alcohol it can make my stomach bleed, so I try to stay away from drinking too much alcohol. I am also taking omega-3 fish oil supplements daily. I have been taking these for a few years now because they seem to help fight inflammation, which is a big part of Crohn's disease.

My estimated energy requirement is 2273.1 [$354-(6.91 \times 27)+1.12(9.36 \times (156/2.2) + 726(66/39.4) = 2273.1$] Based on the three day food recall, on average I consumed 2210 kcals daily, with 2133 kcals on day 1, 2150 kcals for day 2, and 2348 kcals on day 3. According to my calculations, I am only off of kcal consumption by about 100 per day. My protein intake is high, at an average of 87.68g per day, I should only be consuming about 52-65g of protein daily. This excess of protein would contribute to my discretionary calories, as well as to excess fat storage in my body.

Looking at my micronutrient intake average for the three days, it looks like I was under-consuming about half of the micronutrients in my diet. I did better at including vitamins in my diet than minerals, although for most of the micronutrients, 80% or more of the RDA or AI were consumed. The lowest percentages consumed were for potassium, vitamin E, iron, and vitamin D. My omega-3 fatty acid consumption is higher than recommended. At 1.61g of omega-3, I am consuming 0.5g more than recommended, on average. This number does not include the omega-3 supplement that I take everyday. My omega-6 intake is actually lower than the recommended 12g at 10.49g daily on average. The ratio of omega-6 to omega-3 in my diet is $10.49/1.61$, which turns out to be 6.52. The normal ratio is about $12/1.1$, which turns out to be 10.9. Although my intake of omega-3 is higher than most, I still need to be careful of my fat intake. Just because it is healthy fat, doesn't mean that I should be loading up on it.

Nutrition Diagnosis

Two of the most relative nutrition problems I can identify, according to my diet, are 1) being overweight, and 2) imbalance of nutrients.

- 1) **(P)** Overweight **(E)** is related to over consumption of discretionary calories and increased fat intake in the diet **(S)** as evidence by the body mass index of 25.2, and a three-day food recall with average daily discretionary calories of 664.7 in comparison to the 267 calories that are recommended.
- 2) **(P)** Imbalance of nutrients **(E)** is related to lack of a varied diet and consumption of high fat foods **(S)** as evidence by the three-day food record that shows an average diet low in carbohydrates, high in fat, and approximately half of the vitamins and/or minerals under the RDA or EAR/AI.

Nutrition Intervention

The best way to solve the problems listed above would be to vary the fruits and vegetable in my diet more. Make different fruits and vegetables more available to eat by purchasing a variety at the grocery store or farmer's market. By doing this, my vitamin and mineral consumption would change, and hopefully increase those which are currently lacking. To reduce the fat in my diet I need to limit the food choices I knowingly make to consume fatty foods. Most of this comes from dining out at restaurants, as well as working in a restaurant that serves relatively high fat food. To do this, it would be beneficial to eat more meals at home that are prepared with minimal fat. Also, it would be helpful to eat a healthy meal, such as a salad or sandwich, before I go to work so I am not constantly munching on food there, or ordering high fat pasta dishes to take home to eat. To increase my carbohydrate consumption I need to not be afraid of eating carbohydrates. I can make a whole sandwich for lunch instead of a half. I could include a piece of toast with my eggs in the morning when I choose to go out to eat, or have an extra slice of bread at work as a snack.

Although this three-day food recall resembles my average diet, I think that while I was doing it, I was conscious of what I ate to make the results look better. But it does open my eyes to what I am doing well and what I need to improve on. I think that some simple changes to my lifestyle and eating habits are possible to improve my food intake. I think that if I focus more on eating a variety of fruits and vegetables instead of just the normal few, my vitamin and mineral intake will improve. And I don't think it should be too hard to buy different items at the store or farmer's market. Also, if I am more conscious of how much I am eating of certain items, I can reduce my fat intake. I think a big part of that is the amount of cheese I eat. If I think about what I am making, I can think about using less or eating less.