

Cyber Dietitian Asks The Patient - In typical week, what does your meals consist of 50% of the time?

Patient Profile: John, 55 year old male, 250 lbs, 6 ft, computer programmer, sedentary office worker, s/p recent PCI.

A. Initial Analysis of Usual Daily Diet using Cyber Dietitian

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We have summarized your choices and their corresponding nutritional values below.

	Saturated Fat	Cholesterol	Total Fat	Total Calories	Sodium
BREAKFAST					
Croissant, butter, 1 medium	6.7	0	12.0	232	424
Egg, cheese, and bacon biscuit	11.4	261	31.4	477	1261
Coffee, brewed, 1 cup	0.0	0	0.0	4	0
Butter, 1 tablespoon	6.8	28	13.0	100	11
LUNCH					
Cheeseburger, large, double patty with condiments	17.7	141	44.0	706	1149
Soda, Cola, 1 can	0.0	0	0.1	151	14
DINNER					
Rice, White, 1 cup	0.1	0	0.4	205	1
Salad, tossed, no dressing, 1 1/2 cup	0.0	0	0.2	32	53

Breast, roasted, with skin (3oz. is about 1/2)	2.1	71	6.6	168	60
New England clam chowder, 1 cup	0.7	10	5.0	175	1864
Cake, Coffee, with crumb topping, 1 medium slice	1.0	28	5.4	178	236
Coffee, brewed, 1 cup	0.0	0	0.0	4	0
Butter, 1 tablespoon	6.8	28	13.0	100	11
Italian, 2 tablespoons	2.0	0	14.2	138	232

SNACKS

Ice milk, vanilla, soft-serve, with cone	3.5	27	6.1	164	92
Apple, 1 medium	0.0	0	0.0	80	0

Analysis of Nutritional Value					
	Saturated Fat	Cholesterol	Total Fat	Total Calories	Sodium
Total Daily Values	58.8	594	151.4	2914	5408
Your Maximum Estimated Total*	24	300	80	2400	2400
Percentage of Maximum Estimated Daily Total*	Over Limit	Over Limit	Over Limit	Over Limit	Over Limit

Over Estimated Daily Maximum

Within Estimated Daily Range

* Estimated levels based on your height, weight, and other factors.

B. Six Months Later – A Follow Up Diet Analysis

Using a pedometer, he walks 10,000 steps/day Monday to Friday, and 15,000 steps on weekends. He lost 10 lbs in 6 months.

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*How You Can Lower
Your Cholesterol Levels*

Lifestyle Changes



Create-A-Diet Activity
Choosing Foods on the Heart Healthy Diet

We have summarized your choices and their corresponding nutritional values below.

	Saturated Fat	Cholesterol	Total Fat	Total Calories	Sodium
BREAKFAST					
Bagel, plain, 1 medium	0.2	0	1.1	195	379
Cottage cheese, low fat (1%) 1/2 cup	0.7	5	1.2	82	459
Apple, 1 medium	0.0	0	0.0	80	0
Egg, White	0.0	0	0.0	17	55
Coffee, brewed, 1 cup	0.0	0	0.0	4	0
LUNCH					
Pita, whole-wheat, 1 large pita	0.3	0	1.7	170	340
Cheese, reduced fat, low sodium cheese, 1 ounce	2.7	18	4.3	71	88
Banana, 1 medium	0.0	0	0.0	110	0
Salad, tossed, no dressing, 1 1/2 cup	0.0	0	0.2	32	53
Deli luncheon meat, lean roast beef, 2 ounces	1.2	17	3.0	70	440
Soda, Diet Cola, 1 can	0.0	0	0.0	2	21
Butter, 1 tablespoon	6.8	28	13.0	100	11
Italian, low calorie, 2 tablespoons	0.4	2	3.0	32	236
DINNER					

Rice, White, 1 cup	0.1	0	0.4	205	1
Banana, 1 medium	0.0	0	0.0	110	0
Salad, tossed, no dressing, 1 1/2 cup	0.0	0	0.2	32	53
Breast, roasted, without skin (3oz. is about 1/2)	1.2	72	3.0	140	63
New England clam chowder, 1 cup	0.7	10	5.0	175	1864
Ice cream, vanilla, regular, 1/2 cup	4.5	29	7.3	132	53
Butter, 1 tablespoon	6.8	28	13.0	100	11
Thousand Island, low calorie, 2 tablespoons	0.4	4	3.2	48	306

SNACKS

Coffee, brewed, 1 cup	0.0	0	0.0	4	0
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Analysis of Nutritional Value					
	Saturated Fat	Cholesterol	Total Fat	Total Calories	Sodium
Total Daily Values	26	213	59.6	1911	4433
Your Maximum Estimated Total*	24	300	80	2400	2400
Percentage of Maximum Estimated Daily Total*	Over Limit	71%	74%	79%	Over Limit

- Over Estimated Daily Maximum
- Within Estimated Daily Range

* Estimated levels based on your height, weight, and other factors.

How do you define success when it comes to diet?

Changing dietary habits is not pass or fail. Both the patient and the physician (or NP, PA, dietitian) will experience less frustration by defining success as any move in the right direction, even if your patient never not reach that ideal destination. It is very difficult to analyze the total food consumed everyday for an entire week – thus 50% of the time is more practical. Most of the time, John’s diet is much healthier than 6 months ago. He lost some weight and physically more active. If you have a good relationship with your patients, they will want to please you. Congratulate your patient. A firm handshake before leaving and say “Great job, John. Keep up the good work.”