

Worksheet 6

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WORKSHEET 6 A). Client Interview plan: Group Project: Client Interview

S..... B). Client History

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Age:.....

Gender:.....

Reason for consulting a nutrition consultant:

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What specific motivators do you have.....?

What are your eating habits.....?

What are your behavioral trends when it comes to diet.....?

(Stanfield, & Hui, 2010)

The client in question is suffering from obesity and wants to lose weight. Losing weight is the main reason he is meeting a nutrition consultant. The particular motivators for the client are; first is to return to the proper shape by losing weight. The other motivator is to avoid getting the diseases that are associated with obesity such as diabetes and high blood pressure. According to the client, he likes eating junk food like; fast foods, packaged cookies, pancakes and frozen meals. The client has a behavioral trend of eating the junk foods everyday especially when he is idle (Stanfield, & Hui, 2010).

C). The Following Is the Three Weeks Diet Plans for the Client

Step 1: Elimination of Sugars and Starches from his diet. Basing on the personal history of the client elimination of sugars and starch will lower insulin secretion and help him lose weight.

Step 2: Eat Protein, Fat, and Vegetables. He should eat white meat such as chicken and meat, a variety of small- Carb vegetables such as cabbage, Kale and Spinach and moderate levels of fats such as coconut oil. He should also concentrate on 2-3 meals a day.

By assembling each meal for three weeks out of a fat source, protein source and low-carb vegetable, it will help the client to lower the insulin levels thus eventually losing up to 30 pounds after 3 weeks (Stanfield, & Hui, 2010).

References

Stanfield, P., & Hui, Y. H. (2010). Nutrition and diet therapy: Self-instructional approaches. Sudbury, Mass: Jones and Bartlett.