

# Nutrical case study

Business



Avoiding saturated fats and trans fats. Monounsaturated and polyunsaturated fats tend to improve HAD's anti-inflammatory abilities. U. Don't smoke: not smoking can prevent a decrease of HDL cholesterol level by 10% compared to those who smoke.

6. Input the patient's current diet into the Antarcica program and print out the Bar graph, Single Nutrient and Calories and Fat graphs. 10 pts) 7. Using the patient's current diet, make dietary changes you feel are necessary to help lower her risk for colon cancer. Please explain why you have added certain foods and why you have deleted or reduced certain foods. Each substitution explained in detail and related to condition 20 pts; Just new diet 5 pts; partial explanations or no correlation, 5 pts v.

I've added 8 cups of water in place of the only fluid intake was coffee and soda. By adding water into the patient's current diet at both the cellular and molecular level the body will be fully hydrated and allow for optimum metabolism and cellular activity. W. Rather than two cups of coffee, I've placed an alternative of two cups of green tea. Green tea significantly reduces LDL cholesterol levels.

Green tea contains caffeine similar to coffee, but is a healthier alternative.

X. I've replaced the donuts with oatmeal because whole grains are the best source of soluble fiber, which block the body's ability to absorb cholesterol. The soluble fiber in oats is called beta-glucan. Eating oats with at least 3 gram of soluble fiber can potentially lower LDL cholesterol by 5-10 percent. Within the oatmeal is also two servings of fruit in the form of strawberries and

bananas. This is because fruit also contains necessary fibers and to cover the lack of fruit in the original meal plan.

Y.

I've altered the lunch to have turkey instead of processed deli ham. This is to avoid red meat and processed meat as they contain a high amount of OLD cholesterol. The coke is also replaced with water as a healthier alternative.

Z.

Rather than BBC chips as a side for lunch a recommended healthier alternative is baked sweet potato chips. AAA. Live replaced the snack of a candy bar with a healthier alternative of nut mixed in low fat yogurt. Nuts are a good source of monounsaturated fat and eating one ounce of any kind of nut can potentially over time lower OLD cholesterol by 8-20% b.

I've replaced the side of one cup of rice with a side of 0.

5 cup of barley instead. The soluble fiber in barley is also called beta-clung. This barley is also served with mixed stir fry vegetables rich in vitamins and minerals along with necessary fibers. Olive oil is added to the mix as the monounsaturated fats found in the oil can both lower OLD level and raise HAD level. Nuts are also added as a good source of monounsaturated fat. The portion size of the cacaos went from two to one along with reducing the red meat intake and replacing ten Deer Walt roasted chicken Dreads.

. Input the NEW entire one-day diet into the Antarctica program. Print out the Bar graph, Single Nutrient and Calories and Fat graph. Use the Calories and Fat graph for the carbohydrate, protein and fat content. Make sure the <https://assignbuster.com/nutritional-case-study/>

recommendations you have made above (example, to lower cholesterol levels) are incorporated into the dietary results.

(10 points for input and graphs, 10 points for accomplishing needed changes)

Grading: Questions #1 through #5 are worth 10 points each. Question #6 is worth 10 points. Questions # 7 and #8 are worth 20 points each.

Note: The more complete your answers the more points you will earn. 10 points will be deducted if report is not typed. 2 points will be deducted for each calendar day it is late.

UNSTAPLED PROJECTS WILL NOT BE ACCEPTED!!!! Typical One-day diet:

Breakfast: Donuts 2 cups coffee with 2 tablespoons sugar Lunch: Cold-cut sandwich (ham with 2 slices American cheese, mayonnaise) Small bag barbecue potato chips 1 can coke Snack: candy bar (usually Dinner: 2 Tacos (beef) Almond Joy) Side of rice and beans Tortilla chips and salsa 1 cup vanilla ice cream