



NUTRITION CLIENT CASE TAKING FORM

Client name Bronwyn DOB 14/7/73 Student Name Maere Beary
Supervisor Name Rosser Fran Music Date 20/6/18

PRESENTING SYMPTOMS

(P++/sensation, location, duration, what was happening when presenting symptoms began, better by/worse by, current treatment etc.)

make sure enough iron, Vit D, B12 as Vegan.
stay healthy as Vegan. Aug 2017
First cold in 12 mths.
Been long term project to feel better -
Has small bit fish + small bit dairy
if out. also some eggs if out.
Fairly gluten free, but dough occasionally
gluten sensitive - think Coeliac test
10 years ago, think ok.
staged journey to feel well - yoga,
diet, exercise. feels better than
used to

GO TO RELEVANT SYSTEM →

Bad cough.

NUTRITION CASE TAKING SHEET

Bronchitis (mom and dad)

Past history

0-10 years

10-20 years

20 - onwards

melanoma . 40+

* 3 mths meningitis + encephalitis

glandular fever (17)
Bad.

Family history

Mother: 73

Father: 83

Siblings: x1

melanoma
healthy.

Emphysema, Eczema.
psoriasis

heart late 70's
- Valve - Alzheimers -

Grandparents:

Grandparents:

lung cancer (smoker)

cervical cancer (mom's, sister), maternal grandmother

Sleep (how much, any problems, dreams, wake refreshed?)

heart attack young.

100/100!! - see report - v. restorative

Energy levels (0-10, any slumps, what time?)

am 8/10

pm 6/7/10 steady.

Medications and supplements

B12 spray, iron x1/week. magnesium once/week. Blackmores, Pill Zoely.

Allergies / intolerances (foods, alcohol, drugs, environmental)

Gutten?

(no period)
5-6 years.

What is the reaction like?

Height 163 cm

Weight 60 kg

Goal weight / dress size

Measurements

	1st visit	2nd visit	3rd visit	4th visit
Weight				
Bust				
Ribs				
Waist				
Hips				
Bum				
Thigh				

Smoothies: Banana, Frozen Berries, Spinach, Kale, Hemp Seeds, Cacao nibs, Maca, Chia, flaxseed, Supergreen powder, Soy/Almond milk

BREAKFAST	Buckwheat bread w/ avo + fruit Oats.
Morning snack	Buckwheat toast w/ avo.
LUNCH	Quinoa Salad - Kale slaw, pumpkin, veggie, seeds, sultanas, beans, mixed, marinated tofu, nuts.
Afternoon snack	Fruit 4-3 times week - 1-2 pieces. roasted chickpeas / nuts / seeds. 4pm.
DINNER / dessert	Tin Salmon, Veggie, soup, avo, toast, vegan bolognese every 2 weeks, eggplant.

Dinner
Ladies
delivered

WATER 1-1 1/2L. TEA / COFFEE / COLA Kombucha. ALCOHOL not since start of year.

CRAVINGS: Sweet after dinner - usually fruit. herbal. 1/1 day chai tea.

AVERSIONS / DISLIKES: meat

How often do you eat out and takeaway meals? Which meals? week lunch

once/week - Thai rice + veggie, eggplant. Squid stir.

What happens if you skip a meal?

occasionally skip breakfast. - fine / no issues.

What is your energy like after a meal?

weekend 2pm needs nap.

Do you eat when under stress / emotional eating (what type of food)?

maybe late night?

When cooking do you use fresh, canned, frozen and packaged foods?

fresh ingredient

GIT

(Weight loss / gain, appetite, breath, cold sores, bleeding gums, nausea, P? reflux, vomiting, burping, flatulence, bloating, any reaction to fatty foods and what happens if you miss a meal?)

gas sometimes - roasted chickpeas.
sharp pain 5-6pm - chickpeas?

Bowels

(How often, colour, float, sink, constipation/diarrhoea, blood/mucous, laxatives?)

Type 4 Bristol stool chart
once / twice day -
Am / pm. Sink

Respiratory

(Headaches/migraines, dizziness/vertigo, how many colds/flu per year and how long to recover? Do you smoke and how many? Marijuana/other recreational drugs? Swollen glands, hayfever, sinus, post nasal drip, nose bleeds, cough (when/colour/how long), S.O.B., asthma?)

dizzy when stand up quickly.

Kidneys

(Thirst, nocturia, P++ on urination, bladder problems [cystitis, incontinence.] Reaction to loud/sudden noises?)

all good.

Female Reproductive System

(Menarche/Menopause, Cycle, No. of days bleeding, clots/spotting, PMS, sore breasts, bloating, constipation/diarrhoea, mood changes. Pap smears? Any cervical changes, wart viruses, discharges, thrush? Contraceptive method?)

Pill - no period 5-6 years.

Zoely. - really good.

no PMS.

Male Reproductive System

(Infections, lymph swelling, impotence, hernias?)

Cardio-vascular

(Any heart problems. Chest P++, palpitations, cold hands or feet, varicose veins?)

haven't had this year.
Raynolds Disease. winter
started in 20's - need to run under
warm water

Musculo-skeletal

(Cramps, back P++, stiffness, parasthesia?)

Bursitis in hips. Epsom salt
bath if at
gym.

Skin

(Acne, eczema, psoriasis, warts & healing?)

Small bit - since 20's.

Lifestyle

(Exercise, relaxation, job satisfaction, anxiety, depression, mood swings?)

5/10 post natal, sleep deprivation
children stress
2 spins week, 2 yoga / week / walk 20 mins
to work; reading, bike riding

Physical Examination

(Observations: dandruff, hair, dark circles, skin, walking, sitting, tremors, smell?)

Nails: white

Eyes: (Glasses/contacts, glare, night vision, swollen, infections, black shadows)

Ears: (hearing too acute, waxy, noises, infections)

Tongue: pink, mild white @ back.

Blood Pressure: 114/72

Pulse: 62

STUDENT'S SUMMARY

- Low Total Protein. 51g/kg eaten in diet daily
 \Rightarrow Diet Diary 1 week to calculate intake.
 Is it kidney excretion?
- Vit D - ask for active form 1,25 - Take supplement
- Active B12? If high then look @ methylation.
- Anion Gap: 14.2 \Rightarrow Acidic \Rightarrow Basic.

PROPOSED TREATMENT PROGRAMME

- Give diet diary + info on Protein content of food
- Vit D supplement.
- Urine stick to determine acidity - if high then take Basic. (PH strips)

PH urine on waking
 PH saliva " "

6.2 - 6.7 } move towards
 6.4 - 6.8 } alkaline of pH 7⁺
 after eating

FINAL TREATMENT PROGRAMME DISCUSSED WITH CLIENT

Bronwyn Rosser – 15 Aug 2018 (Student Clinic Home case follow up)

Specific Dietary Guidelines

- What was happening in 2012? Numbers v different...
- Don't worry about cortisol if you feel ok on wake up.

Therapeutic Macronutrients

- Eagle, Nutrition Care, Research Nutrition all make sublingual B12 (1000ug dose), Bioceuticals B12 (500ug)
- Vitamin D supplement – Eagle, Mediherb, Orthoplex, Metagenics
- Bio-Practica Basica if acidic (it's an alkalinising mineral)

Recommended Tests/Information

- Do a diet diary to ensure enough protein – should be 1g/kilo eaten in diet daily
- Vit D – If you feel you are at risk you can ask doctor next time to test for Vit D 1-25 (this is the active form, also called calcitriol or dihydroxyvitamin) Vit D3 is non-active form that comes from sunlight.
- B12 – elevated numbers may be related to methylation issues (under methylation). Test could be high because it was taken too soon after supplementation
- Check Daily protein intake as **Low** total protein on CBC– could be kidney issue as kidneys excrete. Check exact amounts, or diet diary. Intake should be 1g/kilo of body weight. Or 1.5g/kilo if athlete.
- Check pH – Urine s/b 6.2 – 6.8 on waking. Saliva s/b 6.4 – 6.8, moving towards alkaline of pH7+ after eating.

General Vegan Diet Guidelines

The key to a nutritionally sound vegan diet is variety. A healthy and varied vegan diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes.

- As vegan diets lack sources of animal nutrients it's important to learn about alternative sources, particularly for protein, Vitamin B12, calcium, Iron, essential fatty acids Omega 3 and Omega 6.
- You can include these commonly eaten and nutritious vegan foods in your diet; Oatmeal, stir-fried vegetables, cereal, wholegrain bread, juice, peanut butter, frozen fruit desserts, lentil soup, salad items like chickpeas and three bean salad, dates, apples, macaroni, fruit smoothies, spaghetti, vegetarian baked beans, guacamole, chilli
- Try cooking alternatives to common dishes such as tofu lasagna, homemade pancakes w egg substitute, hummus, eggless cookies, soy ice cream, tempeh, corn chowder, soy yogurt, rice pudding, fava beans, banana muffins, spinach pies, oat nut burgers, falafel, corn fritters,

French toast made with soy milk, soy hot dogs, vegetable burgers, pumpkin casserole, scrambled tofu, seitan.

- Eating out can be just as fun if you're experimental - Pizza without cheese, Chinese moo shu vegetables, Indian curries and dal, eggplant dishes without the cheese, bean tacos without the lard and cheese (available from some Mexican restaurants), Middle Eastern hummus and tabouli, Ethiopian injera (flat bread) and lentil stew, Thai vegetable curries.
- For treats look out for the raw food treats more readily available in coffee shops as they're often Vegan friendly.
- Drink 1-2L water per day and stay hydrated. Stay hydrated throughout the day. Have a glass or bottle of water nearby all day, on your desk, in your bag, in the car...it will casually encourage hydrated.
- Eat only until you're comfortably full, not stuffed! It's a good idea to keep a food diary every now and then to keep you honest! It's amazing how we can fool ourselves until we see the evidence!
- Exercise in the same way as you would with other diets.

Key Dietary Inclusions and Exclusions

What to eat

- **Protein.** A vegan diet can meet the recommendations for protein as long as calorie intake is adequate. The key is to eat a varied diet. Almost all foods except for alcohol, sugar, and fats provide some protein. **Vegan proteins sources include:** lentils, chickpeas, tofu, peas, peanut butter, soy milk, almonds, spinach, rice, whole wheat bread, potatoes, broccoli, kale.
- **Fat.** Vegan diets are free of cholesterol and are generally low in saturated fat. Thus eating a vegan diet makes it easy to conform to recommendations given to reduce the risk of major chronic diseases such as heart disease and cancer. High-fat foods, which should be used sparingly, include oils, margarine, nuts, nut butters, seed butters, avocado, and coconut.
- **Vitamin D.** Vitamin D is not found in the vegan diet but can be made by humans following exposure to sunlight. At least ten to fifteen minutes of summer sun on hands and face two to three times a week is recommended for adults so that vitamin D production can occur. Food sources of vitamin D include vitamin D-fortified soy milk and rice milk.
- **Calcium.** Calcium is needed for strong bones, is found in dark green vegetables, tofu made with calcium sulfate, calcium-fortified soy milk and many other foods commonly eaten by vegans. Lower animal protein intake may reduce calcium losses but there is currently not enough evidence to suggest that vegans have lower calcium needs. Vegans should eat foods that are high in calcium and/or use a calcium supplement. **The recommended intake for calcium for Females 19 through 50 years is 1000 mg/day. Upper limit is 3000mg/day. As much calcium as possible from food is preferred over supplements. To max absorption take no more than 500mg elemental calcium at one time.**

Food	Serving	Elemental Calcium (mg)	% absorbed	Est absorbable Ca (mg)
Tofu, calcium set	½ cup	258	31	80
Rhubarb	½ cup cooked	174	9	10
Spinach	½ cup cooked	115	5	6
White beans	"	113	22	25
Bok Choy	"	79	54	43
Kale	"	61	49	30
Pinto beans	"	45	27	12
Red beans	"	41	24	10
Broccoli	"	35	61	22

Other good sources of calcium include: okra, turnip greens, soybeans, tempeh, almond butter, broccoli, bok choy, commercial soy yogurt.

Note: Oxalic acid, which is found in spinach, rhubarb, chard, and beet greens, binds with calcium and is the most potent inhibitor of calcium absorption. Oxalates are in lower concentration in sweet potatoes and dried beans. Calcium is well absorbed from other dark green vegetables.

Zinc. Vegan diets can provide zinc at levels close to or even higher than the RDA. Zinc is found in grains, legumes, and nuts.

Iron. Dried beans and dark green leafy vegetables are especially good sources of iron, better on a per calorie basis than meat. Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron. **Sources of iron:** Nuts, sesame seeds, tahini, eggs, oysters, mussels, parsley, cocoa powder, coriander, watercress, silverbeet, chicory, chilli (red and green), basil, tomato (sundried) soy flour, miso, tempeh, tofu Soybeans, lentils, blackstrap molasses, kidney beans, chickpeas, black-eyed peas, Swiss chard, black beans, prune juice, beet greens, peas, bulghur, bok choy, raisins, watermelon, millet, kale, spirulina.

Comparison of Iron Sources. Here are the iron contents of selected foods:

Food	Iron (mg)
1 cup cooked soybeans	9
2 tbsp blackstrap molasses	7
1 cup cooked lentils	7
1 cup cooked kidney beans	5
1 cup cooked chickpeas	5
1 cup lima beans	4
1 cup cooked Swiss chard	4
1/8 med watermelon	1

- **Omega-3 Fatty Acids.** In order to maximize production of DHA and EPA (omega-3 fatty acids), vegans should include good sources of alpha-linolenic acid in their diets such as flaxseed, flaxseed oil, canola oil, tofu, soybeans, and walnuts.

- **Vit B12.** B12 is required for the function of essential enzymes. As vitamin B12 is found only in foods of animal origin, if not properly managed a strict vegan diet can result in B12 deficiency. Symptoms can be neurological (tingling arms, walking difficulty, memory loss, disorientation), or gastrointestinal (tongue soreness, appetite loss, constipation). It is especially important for pregnant and lactating women, infants, and children to have reliable sources of vitamin B12 in their diets. Numerous foods are fortified with B12. **Sources of B12:** Plant milks, some soy products, and some brekkie cereal, Vit B12-fortified meat analogues, and vitamin B12 supplements. There are supplements which do not contain animal products. Tempeh, miso, and seaweed are often labelled as having large amounts of vitamin B12. However, these products are not reliable sources of the vitamin because the amount of vitamin B12 present depends on the type of processing the food undergoes.

Egg and Dairy Replacers

As a binder, substitute for each egg:

- 1/4 cup soft tofu blended with the liquid ingredients of the recipe, or
- 1 small banana, mashed, or
- 1/4 cup applesauce, or
- 2 tablespoons cornstarch or arrowroot starch, or Egg Replacer or another commercial mix found in health food stores.

The following substitutions can be made for dairy products:

- Soy milk, rice milk, potato milk, nut milk, or water (in some recipes) may be used.
- Buttermilk can be replaced with soured soy or rice milk. For each Cup of buttermilk, use 1 cup soymilk plus 1 tablespoon of vinegar or lemon
- Soy cheese available in health food stores. (Be aware that many soy cheeses contain casein, which is a dairy product.)
- Crumbled tofu can be substituted for cottage cheese or ricotta cheese in lasagna and similar dishes.
- Several brands of non-dairy cream cheese are available in some supermarkets and kosher stores

Vegan Menu Plan

Some Sample Menus Showing How To Meet Protein Needs

		Protein (grams)
Breakfast:	1 cup Oatmeal	6
	1 cup Soy Milk	7
	1 protein smoothie	10
Lunch:	2 slices Wholegrain Bread	7

	1 cup Vegetarian Baked Beans	12
Dinner:	140g firm Tofu	12
	1 cup cooked Broccoli	4
	1 cup cooked Brown Rice	5
	2 Tbsp Almonds	4
Snack:	2 Tbsp Peanut Butter	8
	6 Crackers	2
TOTAL		77 grams

Protein Recommendation for Male Vegan 63 grams

[based on 0.9 gram of protein per kilogram body weight for 70 kg male]

Breakfast:	2 slices Wholegrain Toast	7
	2 Tbsp Peanut Butter	8
Lunch:	170g Soy Yoghurt	6
	2 Tbsp Almonds	4
	1 medium Baked Potato	3
Dinner:	1 cup cooked Lentils	18
	1 cup cooked Bulgur	6
Snack:	1 cup Soy Milk	7
TOTAL		59 grams

Protein Recommendation for Female Vegan 52 grams

[based on 0.9 gram of protein per kilogram body weight for 57 kilogram female]

Additional food should be added to these menus to provide adequate calories and to meet requirements for nutrients besides protein.

Breakfast	Snacks	Lunch & Dinner
Oatmeal cereal w fruit	Apple slices w rice cakes	Vegan lentil soup w pita bread and salad
Tofu & zucchini stir fry	Sliced veggies w hummus	Quinoa pilaf

Fluffy vegan pancakes w berries	Edamame	Chickpea salad rolls
Home-made granola w almond milk and soy yoghurt	Pear and cucumber slices	Non-dairy quesadillas with Mexican corn salad
Raspberry chia pudding w coconut milk	Banana and nut butter chia seed toast	Sweet potato, bok choy and rice stir fry

Protein Content of foods

Meat and Fish

- Chicken, breast, skin off, roasted, 100g: 34 g of protein
- Lamb, chops, 100g: 28g of protein
- Beef, 100g: 27g of protein
- Snapper 1 x fillet (approx. 170g): 45g of protein
- Salmon 1/2 x fillet (approx. 180g): 39g of protein
- Tuna, tinned, 85g: 22g of protein
- Ham, 100g: 17g of protein
- Bacon whole rasher, grilled, 100g: 22.2g of protein
- Sausage, beef, grilled, 100g: 13.9g of protein
- Sausage, pork, grilled, 100g: 16.8g of protein

Dairy and Eggs

- Eggs, 1 x large, poached: 6g of protein
- Milk, cow's, full fat, 100mL: 3.5g of protein
- Milk, cow's, skimmed, 100mL: 3.7g of protein
- Cheese, cheddar, full fat, 100g: 24.6g of protein
- Fetta, goat/sheep, 100g: 17.4g of protein
- Ricotta, reduced fat, 100g: 10.1g of protein
- Cream cheese, full fat, 100g: 11.1g of protein
- Haloumi, 100g: 21.3g of protein
- Yoghurt, natural, full fat, 100g: 6g of protein

Plant

Legumes

- Red lentils, 100g: 6.8g of protein
- Yellow split peas, 100g: 6.6g of protein
- Quinoa, 100g: 4g of protein
- Chickpeas (garbanzo), tinned, 100g: 6.3g of protein
- Cannelini beans, tinned, 100g: 6.2g of protein
- Kidney beans, tinned, 100g: 6.6g of protein
- Tofu, firm, 100g: 12g of protein
- Tofu, silken, 100g: 8.1g of protein

Nuts and Seeds

- Almonds, raw, 25g: 6g of protein

- Walnuts, raw, 25g: 4g of protein
- Brazil nuts, raw, 25g: 3.6g of protein
- Cashew nuts, raw, 25g: 5g of protein
- Peanut butter, no salt or sugar, 1Tbs: 6g of protein
- Pumpkin seeds, raw, 25g: 6.1g of protein
- Sunflower seeds, raw, 25g: 6.7g of protein

Bread and Grains

- Bread, white, 100g (approx 2 slices): 9.7g of protein
- Bread, wholemeal, 100g: 9g of protein
- Bread, gluten free, 100g: 9.8g of protein
- Bread, rye, light, 100g: 9g of protein
- Oats, whole, raw, 100g: 2g of protein
- Pasta, white, 100g: 4.2g of protein
- Pasta, wholemeal, 100g: 4.9g of protein
- Rice, white, 100g: 2.7 of protein
- Rice, wholegrain, 100g: 2.9g of protein
- Pearled barley, 100g: 2.9g of protein
- Polenta, cooked in water, 100g: 2.6g of protein

Resources

Vegan in Australia, visit: http://www.veganaustralia.org.au/getting_started

Vegan Australia Facebook page, visit: <https://www.facebook.com/VeganAustralia/>

General vegan info, visit: <http://www.vrg.org/nutshell/vegan.htm>

<https://www.vegansociety.com/resources/nutrition-and-health/nutrients/vitamin-b12/what-every-vegan-should-know-about-vitamin-b12>

<https://www.healthline.com/nutrition/protein-for-vegans-vegetarians#section11>