



5 December 2022

Client Name: Janette Prokop

DOB: 05/11/77

REPORT OF FINDINGS

A brief summary of all that was discussed in your initial consultation

Current Health Findings

- ❖ Diagnosis, hospitalisation and IV antibiotics for diverticulitis (Nov22), following 3 month period of feeling unwell, sluggish, loose bowels, and abdominal pain
- ❖ Diagnosis of diverticulosis (approx. 2012); subsequently, 3 flare ups treated with antibiotics
- ❖ Diagnosed Insulin Resistance (early 2022); appeared reversed on Sept 22 pathology results
- ❖ COVID19 infection (Apr 2022) - needed inhaler and took long time to recover. New onset: hayfever
- ❖ Prone to Herpes simplex infections in eye
- ❖ History of heartburn, irritable bowel (constipation & diarrhoea), H. Pylori infection (2007)
- ❖ Past surgeries: C sections, partial hysterectomy (uterus only due to fibroid mass), cholecystectomy (2019), investigative procedures (bowel, cervix)
- ❖ Childhood history of eczema,
- ❖ Energy: 4/10; Mood 5/10 Stress: 5/10

Current Medication/Supplements

- ❖ Alphaclav Duo Forte for diverticulitis
- ❖ Nexium for heartburn (long term)

Current Food/Drink Choices

- ❖ Low residue diet at moment - toast, crackers, cheese, eggs, fish/chicken, mayonnaise
- ❖ 3 bottles of G Active no sugar water plus 1 can no sugar lemonade
- ❖ Usually chooses lactose free products
- ❖ Likes convenience (not takeaways)

Current Exercise

- ❖ None

Current Work/Life Balance

- ❖ New job June 2022 - long hours, stressful initially. Sedentary. At home/office. Flexible hours
- ❖ Looks after grandson when needed. Husband cooks; works early.
- ❖ Enjoys time out with friends once/week

Current Sleep

- ❖ Bed 8pm; Wakes 5-6am. Can be awake/disturbed from 11pm onwards. Sleep Quality: 2/10

Possible Toxin Exposure

- ❖ Not discussed

Family Health History

- ❖ Not discussed

Review of Pathology (collected)

- ❖ Not provided

Basic Body Measurements

- ❖ Height: 163cm (self reported)
- ❖ Weight: 98kg (self reported)

HEALTH GOALS

- To find 'low residue' meal ideas that will maintain energy and minimise weight gain

MY AIMS

1. Provide a 'low residue' food list with meal ideas that are nutritious, varied and will minimise any changes to current management of tendency towards insulin resistance and weight gain.
2. Support the healing of the gut lining and a healthy microbiome
3. Following the further investigations scheduled for January, support the gentle reintroduction of fibre foods to ensure longterm gut health and general health is optimised.

START WITH THIS

Food/Drink Choices:

- Follow Low Residue food list until results of further investigations - see below. Limit fruit to 2 serves per day and vegetables to 3 serves per day.
- Drink a cup of bone broth or add to your cooking eg in soups, cook rice in it, sauces/gravies - very soothing on the gut. Either make your own & freeze or buy a good quality powder version e.g. from The Source, (but check doesn't add pepper for now)
- Drink plenty of water - aim for 2L per day. Water (preferably filtered) is preferred option in replacement of G Active flavoured waters as natural and no chemical additives) To add some flavour to your water, add squeeze of lemon or orange or float some pieces of fruit in it.
- Slowly introduce probiotic rich foods eg kombucha (try The Source), kefir, yoghurt (try Jalna lactose-free Greek Yoghurt)

Supplement Recommendations:

- **Orthoplex White Gut-R** — aids repair of gut lining, reduce inflammation, improve gastrointestinal health.
Dose: 1 scoop/day in water (after a meal, away from Nexium), Duration: 1 month - to be reviewed
- **Orthoplex MultiGen Biotic** - multi-strain probiotics to help rebuild microbiome and support gut health.
Dose: 1 capsule/day Duration: 6 weeks

Supplements can be purchased directly from Vital.ly, an online dispensary, once I have set up a patient account for you.

LOW RESIDUE FOODS

	EAT	AVOID
BREAD & CEREALS	<ul style="list-style-type: none"> White bread/muffins, crumpets Cornflakes/rice bubbles/Semolina Plain biscuits eg Saos, Jatz, Water crackers, Milk Arrowroot, Marie, Morning Coffee Plain cake/scone White flour(plain & self raising, cornflour, arrowroot Pasta (macaroni or spaghetti) 	<ul style="list-style-type: none"> Wholemeal/Wholegrain bread or flour Bread with fruit or seeds Wholegrain or Brown rice/pasta Wholegrain cereals e.g. Weet-bix, All Bran, Rolled Oats Muesli, Bran Flakes, Shredded Wheat Wholemeal biscuits, e.g. Wheatmeal, Oat Cookies, Ryvita, Vitaweats Cake/Biscuits with coconut, dried fruit, nuts, bran
FRUIT - Limit to 2 pieces of fruit/day	<ul style="list-style-type: none"> Soft ripe fruits (no skin, pips or seeds) e.g. banana, melon, peaches, apricots, pears, pawpaw, apples, citrus fruits (no pith) Fruit juices (no pulp) 	<ul style="list-style-type: none"> Fresh fruit with skins, pips or seeds Prune juice, plums, dates, passionfruit, quince Tinned fruit salad, prunes, rhubarb, guava Dried fruit, figs, dates, pineapple, all berries
VEGETABLES - limit to 3 serves per day	<ul style="list-style-type: none"> Peeled potatoes, pumpkin, squash, carrots, green beans, zucchini, choke, marrow, asparagus tips, lettuce, avocado, beets Tomato paste/puree Can puree mild tasting veg and strain through sieve if necessary eg peas, spinach, beans (avoid strong flavoured ones) Vegetable juices (no pulp) 	<ul style="list-style-type: none"> Tough or stringy veg, spinach, baked beans, broccoli, Brussel sprouts, cabbage, cauliflower, leeks, onions, parsnips, tomato, coleslaw, pickled vegetables, peas, olives, chutney, mushroom Strong flavoured veg eg onion, radish, turnip Dried beans, peas & lentils
MEAT & FISH	<ul style="list-style-type: none"> Lean beef, lamb, pork, chicken, fish, Egg 	<ul style="list-style-type: none"> Curries or spicy dishes Fatty meats eg sausage, salami, devon, Frankfort
DAIRY + ALTERNATIVES	<ul style="list-style-type: none"> All milks, custards, white sauces, plain or vanilla yoghurt, cheese, ice cream, cottage cheese Soy milk 	<ul style="list-style-type: none"> Yoghurt or ice cream containing fruit or nuts
FATS	<ul style="list-style-type: none"> Butter, cream, oils 	<ul style="list-style-type: none"> Nuts
SPREADS	<ul style="list-style-type: none"> Vegemite, honey, clear jelly, clear jam, lemon butter, cheese spread, fish & meat pastes 	<ul style="list-style-type: none"> Peanut Butter Jam or marmalade with skin, seeds, peel
CONDIMENTS	Salt, meat, yeast & vegetable extracts, vinegar, mayonnaise, tomato sauce	Mustard, pepper, pickles, spices, chutney

Adapted from: https://www.seslhd.health.nsw.gov.au/sites/default/files/migration/RHW/Patient_Leaflets/Dietician/Gastro/Low%20residue%20diet%20low%20fibre%20diet.pdf

SAMPLE MEALS

Breakfast

1. Scrambled egg on white toast with a few well cooked asparagus tips
2. Banana pancake with flesh of peach & scoop of greek yoghurt - switch the wholemeal SR flour for plain SR flour (make ahead) <https://www.taste.com.au/recipes/3-ingredient-banana-pancakes/6ozkpd8g>
3. Fruit/veggie juice (strain through sieve) with plain crumpet & avocado

Lunch

1. Chicken Noodle Soup - using bone broth as base, white rice noodles, cooked chicken, carrot, zucchini flesh, (make ahead)
2. Plain Wrap with cold turkey slices, avocado, lettuce
3. Zucchini Slice - remove skin & seeds of zucchini first (make ahead & freeze) <https://www.4ingredients.com.au/recipes/zucchini-slice>

Dinner

1. Grilled fish with white rice (cooked in bone broth) & green beans (well cooked, not stringy)
2. Spaghetti Bolognese - using lean mince, tomato puree, carrot, zucchini (flesh only) (make ahead & freeze)
3. Chicken Parmigiana with pumpkin/potato mash & pureed peas - choose white breadcrumb, a passata that is pureed not rustica, omit sugar & oregano, <https://www.bbcgoodfood.com/recipes/chicken-parmigiana>

THE NEXT STEPS

Following your further investigations at the end of January, assuming no further dietary advice from the gastroenterologist, I would recommend working with me to slowly reintroduce fibre foods, improve overall gut health and manage weight and tendency towards insulin resistance.