

## CVD ADIME Note

### Assessment

Age: 52

Height: 6'2" = 74" = 1.88 m

Weight: 197 lbs. = 90 kg

BMI = 25.5

Slightly overweight

104% of ideal body weight (+-10%)

Activity level: low

Diet Hx:

- Excessive sodium intake
- Low fiber, due to DASH recommendations
- Low K and Mg due to DASH recommendations

Dx: AS and HTN

Labs: n/a

Estimated needs:

- 2800 kcal
- < 22 g. sat. fat
- < 31 g. polyunsat. fat
- < 62 g. monounsat. fat
- 80-112 g. fat
- < 200 mg. chol.
- 20-30 g. fiber
- 107 g. protein
- < 2400 mg. sodium
- 3.4 g. stanol esters

### Diagnosis

Inadequate fiber intake RT lack of whole grains in diet AEB diet Hx.

Slightly overweight RT lack of PA AEB BMI.

HTN RT lack of PA AEB blood pressure.

\*Need to cover all nutrients which are deficient.

Low K, low Mg, low fiber intake RT inadequate nutrient intake AEB diet Hx.

### Intervention

Educate FH on DASH diet.

Consume 3-4 servings of whole grains daily.

Increase physical activity to 30 to 60 minutes per day.

Instructed on 3.4 g. stanol esters using Benecol product.

### Monitor/Evaluation

Examine lab values to assess plasma nutrient levels.

Look for a decrease in BP.

Review another diet Hx.

Assess knowledge and attitude around diet and health.