**Honors Patient Diet Analysis / Patient #\_\_\_\_\_\_\_\_**

**Student Names \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part A: Diet Analysis and Blood Panel – Partner(s)**

1. **Patient’s Existing Diet** - Look at your patient’s information. Determine the following based on the questionnaire the patient completed. Fill in the information in the “Example Diet” column.
2. **Recommended Daily Allowance** – Determine what a healthy meal plan would be for your patient. Provide healthy amounts of each category based on your patient’s background information.
3. **Make sure you use correctly formatted in-text citations for each chart. Remember-these should match sources in your work cited portion of the checkpoint.**

|  |  |  |
| --- | --- | --- |
|  | **Example Diet****What is your patient currently eating?** | **RDA****What should your patient be eating?** |
| **Calories** |  |  |
| **Carbohydrates** |  |  |
|  **Fat** |  |  |
| **Protein** |  |  |
| **Sodium** |  |  |
| **Calcium** |  |  |

1. **Blood Panel Results**– Compare your patient’s blood panel results to what is recommended for a person of the same age and build.

|  |  |  |
| --- | --- | --- |
|  | **Patient Information** | **Recommended Averages** |
| **Glucose** |  |  |
| **Protein** |  |  |
| **LDL** |  |  |
| **HDL** |  |  |
| **Triglycerides** |  |  |
| **Total Cholesterol** |  |  |

**Part B – Analysis Paragraph – Individually Completed (on same document)**

**Student One:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Beverages have calories; what types of beverages is your patient consuming regularly? Explain the negative and/or positive of your patient’s beverage choices on their diet and health.

Look at your patient’s carbohydrate measurements. Analyze your patient’s risk for developing high blood sugar or type II diabetes.

If your patient’s calorie total was greater than + or - 90 calories from the RDA, explain what consequences this will have for the patient.

You must include at least **FIVE** MLA formatted sources. These should include your sources for the data charts in Part A. Remember you can use our articles from class!

**Student Two: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 Compare and contrast LDL and HDL cholesterol measurements. What is the difference between these? Which is healthier? Look at your patient’s Triglyceride, HDL and LDL measurements. If your patient is outside of the recommended averages for these measurements, what are the implications for his/her health?

What could a patient do to improve their cholesterol numbers? Give multiple suggestions of factors and actions that could affect cholesterol numbers? Does your specific patient need to be mindful of cholesterol? Explain.

How can a patient increase their fiber intake and how would this affect their overall health?

You must include at least **FIVE** MLA formatted sources. These should include your sources for the data charts in Part A. Remember you can use our articles from class!