

How to Customize Paleo Case Assignments (Answers)

CASE #1:

Answer:

C.B. needs to increase her intake to around 2,000 calories per day. Patient can slowly work up to this amount by adding 100 calories per day each week for four to five weeks until consistently eating 2,000 calories daily to help prevent weight gain from added calories. Recommend minimum 30 percent of calories from carbohydrate to promote menstrual function. Change vitamin D to one that includes vitamin A and vitamin K2, or add these supplements separately. Aim for a 1,000 IU: 5,000 IU:100 mcg ratio of D:A:K2. Add magnesium and change prenatal to one that contains methylated folate instead of folic acid. Encourage stress management techniques and counsel patient on body image issues that may preclude her getting pregnant.

CASE #2:

Answer:

Recommend that D.E. lower his carbohydrate intake to approximately 15 percent of calories, with his carbohydrate intake coming in after exercising as much as possible. Recommend a “simple” Paleo diet, discouraging very palatable foods or using cooking methods that enhance the palatability of foods significantly. Encourage patient to reduce his drinking on the weekends and make better choices for foods while out with friends or eat prior to leaving the house. D.E. will likely do very well with intermittent fasting, so this may be an option if he is open to it. If so, recommend that patient restrict his eating to an eight-hour window. Recommend that D.E. also start exercising. Given his goal of gaining muscle mass, strength training is appropriate three to four times a week. Also encourage general movement to be approximately 10,000 steps a day.

CASE #3:

Answer:

Recommend a higher carbohydrate intake—at least 30 percent of calories as carbohydrates and potentially more depending on how her exercise regimen changes. Calories should be at least 2,200 calories, again, depending on how exercise changes. Recommend that the patient not intermittent fast, as it is not appropriate for her condition. With HPA axis dysfunction, CrossFitting five times a week is likely too much. Recommend that she decrease both the frequency and intensity of her workouts. Use motivational interviewing to discuss why CrossFit five times per week may not be appropriate, despite the patient enjoying this activity very much. Encourage lifestyle changes such as implementing a stress management practice, good sleep habits, and proper work–life balance. S.W. will also benefit from adrenal-supporting supplements like vitamin C, magnesium, B vitamins, and adaptogens.

CASE #4:

Answer:

Recommend that T.S. move to a more equal distribution of her calories throughout the day and increase her overall caloric intake to about 1,800 to 1,900 calories. She should eat a high-protein breakfast to help stabilize blood sugar throughout the day, which should improve her energy levels. Calories for each meal should be fairly equally distributed between the three meals each day with an emphasis on a slightly higher intake in the morning, and T.S. may include some snacks if needed. Even though T.S. states that her stress levels are low and she gets good sleep, recommend a stress management regimen and help her put together a wind-down routine for the evening.