

# How to Customize Diet and Lifestyle for Common Health Conditions Case Assignments (Answers)

## CASE #1:

### Answer:

Recommend a “simple” Paleo diet template that provides around 1,800 calories per day, 25 percent protein (about 110 g), 25 percent carbs (about 110 g), and 50 percent fat (100 g)\*. This works out to around 10 to 12 ounces of meat/chicken/fish/eggs, 1.5 to two cups of starchy plants, one serving fruit, and six tablespoons of added fats. Give the patient the option of intermittent fasting with an eight- to 10-hour feeding window and suggest that she consume the recommended amount of food within that window. Recommend the patient reduce the palatability of foods by limiting salt and sugar and using fat in moderation when cooking. Avoid high-palatability foods like bacon, chocolate, fried potatoes, “Paleo brownies,” etc. Each meal should contain a four- to six-ounce portion of protein, 3/4 to one cup of starchy vegetables, and a maximum of two tablespoons of added fats. Non-starchy vegetables should take up at least half the plate. Limit red wine to one glass per night. Recommend taking a walking break during the day at work if possible, and adding strength/resistance training into her gym routine three days per week. Recommend reducing TV watching in the evening or blocking blue light with orange goggles if using electronics past 9 p.m. Give her the option of tracking calories (using MyFitnessPal, Chronometer, etc.) if her weight loss does not resume on this new plan.

\*Macronutrient calculations as follows:

- Carbs & Protein

1800 calories x .25 = 450 calories. Since each gram of carbohydrates and protein provides 4 calories, we divide by 4.

$$450/4 = 112.5 \text{ (rounded to 110 grams)}$$

- Fat

1800 calories x .50 = 900 calories. Since each gram of fat provides 9 calories, we divide by 9.

$$900 / 9 = 100$$

## CASE #2:

### **Answer:**

Recommend a Mediterranean Paleo diet, with approximately 35 percent calories as carbohydrate, 25 percent protein, and 40 percent fat. Calorie intake can remain the same. Sources of fat should be from olives, olive oil, avocados/avocado oil, and nuts. Minimize intake of added animal fats. Carbohydrates should be from root vegetables and fruit as much as possible. Vegetables should span the rainbow and be plentiful in the diet. Encourage patient to try different colors of common vegetables like purple carrots. Encourage fatty fish intake, at least one pound per week. When choosing animal foods, pick lean cuts over fatty cuts and choose grass-fed as often as possible. Organ meats should also be recommended. Patient should also consume fermented foods daily. Supplements that may be useful include CoQ10, vitamin K2, vitamin A, vitamin C, tocotrienols, whey protein, and curcumin. Encourage patient to implement a stress management regimen and make sure he is getting proper amounts of sleep, especially given his commute. Patient should implement at least 150 minutes of moderate-intensity activity per week (e.g., jogging or yoga), 75 minutes of strenuous activity (e.g., running or sports) and 30 minutes of high-intensity activity (e.g., sprinting or strength training).