

Handout for Mythbusters: Diet & Exercise
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Key elements of nutritional counseling visits

- Calculate BMI
- Measure neck/waist/hip circumference
- Calculate projected caloric/protein needs:
 - 20-25 kcal/kg (general estimate)
 - 0.8 g/kg protein
- Review trends in cholesterol and serum glucose
- Assess for nutritional deficiencies/excesses in food diaries.
 - Protein
 - Calories
 - Vitamin/mineral
- Motivational interviewing
- Healthy recipes
- Exercise prescription
- 3 main things for next time

Patient Resources

- BMI Calculator: https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
- Calorie Counter: <https://www.webmd.com/diet/healthtool-food-calorie-counter>
- Caloric Needs Calculator: <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304>
- DASH diet 1 wk meal plan: <https://www.nhlbi.nih.gov/sites/default/files/publications/WeekOnDASH.pdf>
- Mediterrean diet 1 wk meal plan: <https://www.everydayhealth.com/mediterranean-diet/guide/>