**Nutrition 407: Independent Project**

**Part A:** For the purposes of this assignment, you are the dietitian for a patient with Crohn’s who has been prescribed the following diet (see below). You will need to plan a 2-day nutritional diet within the budget ($18) for your patient to use as a guideline for meal planning. You can allow your patient to have dietary likes, dislikes and habits similar to your own or you can create a "patient" with their own preferences and patterns.

**Diet prescription:**

```
1800 Kcals 12.7% protein
```

For Part A, you will need to provide a discussion (~1 page) for the following information:

- Describe your “patient” (age, gender, living situation, anthropometrics, usual dietary patterns and habits), explain his/her overall nutritional risks/concerns, explain the specific nutritional goals that you have for your “patient.”

**Explain their situation:**

Nutritional risks/concerns

Your goals for them.

**Part B:** You now need to plan 2 days of meals within a total budget of $18.00. To complete this assignment, you will need to visit grocery stores to check actual prices for items that one would need to “buy” to follow your 2-day menu. Your 2-day menu must include 6 different meals plus 2 different H.S. snacks. You must “purchase” all foods with the exception of spices (no “freebies” from mom, dad, friends, etc.). Foods “purchased” must be in actual, marketed portion sizes (i.e., you must “purchase” an entire box of cereal even though you may only be using one bowl of cereal for your 2-day menu).

**AMOUNTS + PRICES MUST BE INCLUDED.**

For Part B, you will need to turn in your complete 2-day menus indicating the specific portion sizes of all foods/beverages that are to be eaten at each meal, a purchase summary showing the “purchase” prices for all items, the specific amounts “purchased” (i.e., one 15.2-ounce bottle of cranberry juice for $2.69 and the price per pound for meats, fish, fresh fruits and vegetables). For example, you would state that you purchased 4 ounces of salmon (selling at $5.99 per pound) for $1.50. You need to provide nutritionally-balanced meals with as much variety and creativity as possible. You must also adhere to the diet prescription (and budget) and aim to meet your nutritional goals within the allowed budget. Use a variety of foods to provide nutrient needs as MVI/mineral supplements are not allowed for this project.

**Part C:** Please complete a nutritional analysis (including both macro-/micronutrients) for each day of your diet and provide a separate printout for each day including foods entered and DRI + MyPlate (MyPyramid) analyses. Discuss your patient’s diet analysis in comparison to the following: DRI guidelines, MyPyramid guidelines and your goals for this patient. Explain any nutritional limitations that your diet might have in comparison to these guidelines and goals and how you would address these as your patient’s R.D. Note: you need to match these guidelines as closely as possible or revise your menus to better do so.

**Myplate.gov (Cal, Macro, + Micro) Whole Spectrum)**

**Part D:** Please describe what you experienced in doing this project. Explain how this might be of value to you as a dietitian.

The assignment is due at the beginning of Nutr 406 class on Nov. 20. Late papers will not be accepted. Happy Shopping and Planning!!! ~2PP - 1pg.

<table>
<thead>
<tr>
<th>± 25 Kcals</th>
<th>± 1% Pro</th>
</tr>
</thead>
<tbody>
<tr>
<td>~90%</td>
<td></td>
</tr>
</tbody>
</table>