# Prompt Card for Client – Max

Please give out information about Max on a **need-to-know basis only**.

1. Max is 5.
2. He weighs 18kg and is 110cm in height.
3. His Basal Metabolic Rate (**BMR**) is 829 Kilocalories.
4. Max is sporty and is described as being very active (**PAL**)
5. He has a genetically inherited problem with his kidneys, therefore he must follow a low sodium diet of less than 300mg for dinner each day.
6. Due to Max's high activity levels he is utilising lots of energy. He needs to make sure to keep his iron levels high to make adequate haemoglobin.

## Activity 1: Calculate his daily energy needs

1. When asked, provide the dietitian with Max's **BMR** and **PAL**.
2. With the dietitian calculate his daily energy needs on booklet Page 4.

## Activity 2: Calculate portion of daily energy needs for his dinner

1. Ask the dietitian to inform you what fraction of Max's Daily Energy Needs are required for his dinner.
2. With the dietitian calculate Max's energy needs for his dinner on booklet Page 5.

## Activity 3: Modify his dinner

1. Working with the dietitian, modify the dinner to suit Max's energy needs.

## Activity 4: Make recommendations

1. When asked, provide the dietitian with any additional information from Max's profile regarding inherited factors, dietary and lifestyle needs.
2. In collaboration with the dietitian, fill in the suggested further amendments to Max's dinner in the space in the booklet Page 6.

# Prompt Card for Client – Peter

Please give out information about Peter on a **need-to-know basis only**.

- Peter is 25.
- His height is 184cm.
- He plays Rugby with Highfield Rugby Club. His position is as a hooker and he weighs 108Kg.
- His Basal Metabolic Rate (**BMR**) is 2276 Kilocalories.
- Peter's training level would be described as being extra active (**PAL**)
- Peter was diagnosed as a coeliac last year and he needs to stick to a gluten-free diet.
- His trainer told him recently that he needs to improve his muscle mass. A friend suggested eating more protein and increasing the time he spends in the weights room.

## Activity 1: Calculate your daily energy needs

1. When asked, provide your dietitian with your **BMR** and **PAL**.
2. With the dietitian calculate your daily energy needs on booklet Page 4.

## Activity 2: Calculate portion of daily energy needs for your dinner

1. Ask the dietitian to inform you what fraction of your Daily Energy Needs are required for your dinner.
2. With the dietitian calculate your energy needs for your dinner on booklet Page 5.

## Activity 3: Modify your dinner

1. Working with the dietitian, modify the dinner to suit your energy needs.

## Activity 4: Make recommendations

1. When asked, provide the dietitian with any additional information from your profile regarding inherited factors, dietary and lifestyle needs.
2. In collaboration with the dietitian, fill in the suggested further amendments to your dinner in the space in the booklet Page 6.

# Prompt Card for Client – Olan

Please give out information about Olan on a **need-to-know basis only**.

- Olan is 65.
- He weighs 90Kg and his height is 180cm.
- His Basal Metabolic Rate (**BMR**) has dropped to 1789 Kilocalories due to his age.
- He has just retired from his job as a greenskeeper at the local golf club. He notices that his activity level has dropped to only slightly active as a result (**PAL**)
- His cholesterol is currently at 5.5 which is above normal. The dietician recommended a dietary intake of cholesterol of less than 50mg at dinner.
- Olan does not like carrots, but the optician told him that he needed to increase his intake of Vitamin A to maintain his eye health

## Activity 1: Calculate your daily energy needs

1. When asked, provide your dietitian with your **BMR** and **PAL**.
2. With the dietitian calculate your daily energy needs on booklet Page 4.

## Activity 2: Calculate portion of daily energy needs for your dinner

1. Ask the dietitian to inform you what fraction of your Daily Energy Needs are required for your dinner.
2. With the dietitian calculate your energy needs for your dinner on booklet Page 5.

## Activity 3: Modify your dinner

1. Working with the dietitian, modify the dinner to suit your energy needs.

## Activity 4: Make recommendations

1. When asked, provide the dietitian with any additional information from your profile regarding inherited factors, dietary and lifestyle needs.
2. In collaboration with the dietitian, fill in the suggested further amendments to your dinner in the space in the booklet Page 6.

# Prompt Card for Client – Lucy

An tSraith Shóisearach do Mhúinteoirí
JuniorCYCLE for teachers

Please give out information about Lucy on a **need-to-know basis only**.

- Lucy is a 19-year-old student who is studying for exams.
- She weighs 45kg and her height is 162cm.
- She has always been very slim with a **basal metabolic rate** of 1313 Kilocalories.
- Lucy is taking little or no exercise (**PAL**)
- Lucy is lactose intolerant and needs to avoid all products containing lactose to avoid becoming ill.
- Lucy has been eating a lot of processed food in the canteen at college and it has been suggested to her that she increase her fibre intake at dinner to at least 7g.

## Activity 1: Calculate your daily energy needs

1. When asked, provide your dietitian with your **BMR** and **PAL**.
2. With the dietitian calculate your daily energy needs on booklet Page 4.

## Activity 2: Calculate portion of daily energy needs for your dinner

1. Ask the dietitian to inform you what fraction of your Daily Energy Needs are required for your dinner.
2. With the dietitian calculate your energy needs for your dinner on booklet Page 5.

## Activity 3: Modify your dinner

1. Working with the dietitian, modify the dinner to suit your energy needs.

## Activity 4: Make recommendations

1. When asked, provide the dietitian with any **additional** information from your profile regarding inherited factors, dietary and lifestyle needs.
2. In collaboration with the dietitian, fill in the suggested further amendments to your dinner in the space in the booklet Page 6.