

**Nutrition Academic Award  
REAP Physician Key for Diet Assessment and Counseling**

Question(s)	Patients at risk	Further evaluation and treatment	Counseling points/Further info
Meal pattern Q# 1	Patient skipping breakfast	<ul style="list-style-type: none"> <li>Consider risk for undernutrition</li> <li>Explore etiology including medical and psychiatric conditions, socioeconomic issues, shopping and cooking capabilities, degree of life stress</li> <li>Further w/u, treatment, referral as appropriate</li> </ul>	<ul style="list-style-type: none"> <li>If skipped meals are due to poverty or lack of facilities, refer pt to community resources, i.e. congregate meal programs, Meals on Wheels, food bank and pantries</li> <li>Skipping breakfast is correlated with obesity as well as a higher fat overall diet</li> <li>Normalizing meal pattern may help with weight management</li> </ul>
Dining out Q# 2	Patients eating out often	<ul style="list-style-type: none"> <li>Query reasons for frequent restaurant meals</li> <li>If lack of shopping/cooking knowledge and skills, or time are a barrier, patient may benefit from referral to a dietitian</li> </ul>	<ul style="list-style-type: none"> <li>Restaurant portions are often larger than necessary contributing to obesity</li> <li>Restaurant meals are often high in saturated fat, sodium, and calories contributing to hypercholesterolemia, hypertension, and obesity</li> </ul>
Grains Q# 3	Patient eating <3 servings whole grains a day	<ul style="list-style-type: none"> <li>Inquire into reasons for low intake or avoidance of whole grains</li> <li>Counsel appropriately (suggest easy ways to incorporate whole grains such as high fiber breakfast cereal, sprinkling wheat germ on yogurt, eating cereal as a snack)</li> </ul>	<ul style="list-style-type: none"> <li>Fortified or whole grain products are a good source of folate and other vitamins and minerals.</li> <li>Adequate folate intake may decrease the risk for CHD and colon cancer and decreases the risk for fetal neural tube defects</li> <li>Whole grain products are also a good source of fiber and vitamin E</li> <li>Adequate fiber intake may decrease the risk of hypercholesterolemia and certain cancers</li> <li>Higher vitamin E intakes may prevent the development of CHD, and higher intakes of vitamin E from foods are associated with lower CHD mortality</li> </ul>

**Gans K M et al. J. Nutr. 2003;133:556S-562S**