

Weight

Assess patient's Body Mass Index.*
Patient is overweight if BMI>25.

Height	Body Weight lbs.	Height	Body Weight lbs.
4'10"	≥119	5'8"	≥164
4'11"	≥124	5'9"	≥169
5'0"	≥128	5'10"	≥174
5'1"	≥132	5'11"	≥179
5'2"	≥136	6'0"	≥184
5'3"	≥141	6'1"	≥189
5'4"	≥145	6'2"	≥194
5'5"	≥150	6'3"	≥200
5'6"	≥155	6'4"	≥205
5'7"	≥159		

* Certain pts may require assessment for underweight and/or unintentional weight loss

Activity

Ask patient about any physical activity in the past week: walking briskly, jogging, gardening, swimming, biking, dancing, golf, etc.

1. Does patient do **30 minutes** of moderate activity on **most days/wk.?**
2. Does pt do "lifestyle" activity like taking the **stairs** instead of elevators, etc.?
3. Does patient usually watch less than **2 hours of TV or videos/day?**

If pt answers **NO** to above questions, assess whether pt is willing to increase physical activity.

Variety

Is patient eating a variety of foods from important sections of the food pyramid?

Grains (6-11 servings)
Fruits (2-4 servings)
Vegetables (3-5 servings)
Protein (2-3 servings)
Dairy (2-3 servings)

Determine **Variety** and **Excess** using one of the following methods:

- Do a quick one-day recall.
- Ask patient to complete a self-administered eating pattern questionnaire.

- *What does pt think are pros/cons of his/her eating pattern?*
- *If pt needs to improve eating habits, assess willingness to make changes.*

Excess

Is patient eating too much:

Fat? Saturated fat?
Calories?
Salt?
Sugar?
Alcohol?

- Ask about serving/portion sizes, preparation methods and added fats like butter, mayonnaise, sour cream, salad dressing, etc.
- Does pt. eat 4 or more meals from sit-down or take-out restaurants per week?
- Does pt. indulge on the weekends?

Weight

If pt is overweight:

1. **State concern** for the pt, e.g., "I am concerned that your weight is affecting your health."
2. Give the pt **specific advice**, i.e.,
 - a) Make 1 or 2 changes in eating habits to reduce calorie intake as identified by diet assessment.
 - b) Gradually increase activity/decrease inactivity.
 - c) Enroll in a weight management program and/or consult a dietitian.
3. If patient is ready to make behavior changes, jointly **set goals** for a plan of action and arrange for follow-up.
4. **Give pt education materials/resources.**

Activity

Examples of moderate amounts of physical activity:

- Walking 2 miles in 30 minutes
 - Stair walking for 15 minutes
 - Washing and waxing a car for 45-60 minutes
 - Washing windows or floors for 45-60 minutes
 - Gardening for 30-45 minutes
 - Pushing a stroller 1 ½ miles in 30 minutes
 - Raking leaves for 30 minutes
 - Shoveling snow for 15 minutes
1. If patient is ready to increase physical activity, jointly **set specific activity goals** and arrange for a follow-up
 2. **Give pt education materials/resources.**

Variety

What is a serving?

Grains (6-11 servings)

1 slice bread or tortilla, ½ bagel, ½ roll,
1 oz. ready-to-eat cereal, ½ cup rice, pasta,
or cooked cereal, 3-4 plain crackers

Is patient eating whole grains?

Fruits (2-4 servings)

1 medium fresh fruit, ½ cup chopped or
canned fruit, ¾ cup fruit juice

Vegetables (3-5 servings)

1 cup raw leafy vegetables, ½ cup cooked
or chopped raw vegetables,
¾ cup vegetable juice

Protein (2-3 servings)

2-3 oz. poultry, fish, or lean meat, 1-1 ½
cup cooked dry beans, 1 egg equals
1 oz. meat, 4 oz. or ½ cup tofu

Dairy (2-3 servings)

1 cup milk or yogurt, 1½ oz. cheese

See instructions 1-4 under Excess.

Excess

How much is too much?

Too much fat, saturated fat, calories

- > 6 oz/day of meat
- Ice cream, high fat dairy products
- Fried foods
- High fat snacks and desserts
- Eating out > 4 meals/wk

Too much sugar, calories

- High sugar beverages
- Sugary snacks/desserts

Too much salt

- Processed meats, canned/frozen meals, salty snacks, added salt
1. **Discuss pros and cons** of pt's eating pattern keeping in mind Variety & Excess.
 2. If patient is ready, jointly **set specific dietary goals** and arrange for follow-up.
 3. **Give pt education materials/resources.**
 4. **Consider referral** to a dietitian for more extensive counseling and support.



Nutrition Academic Award Program
Advancing nutrition, medical education, and clinical practice
Brown Medical School