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Pregnancy Project

After performing a 24-hour dietary recall, and analyzing the information, I was able to make a few changes in Krystina's diet. Krystina was in her 39th week of pregnancy when I obtained her 24-hour dietary recall; during our conversation I learned that she had been placed on a restricted calorie diet. Due to Krystina's size, weight and height, and the approximate size of the baby, her doctor had informed her at her 38th week of pregnancy that having a vaginal delivery could be a potential issue. I also learned that her small portions and her lack of snacking were due to her false sense of satiety. I also learned that Krystina takes a prenatal multi-vitamin every day. I took all this into consideration as I made a revised meal plan based on her needs.

Krystina tends to eat a lot of processed foods because she doesn't enjoy cooking however; she enjoys fresh fruits as well as vegetables, and doesn't care for milk but will eat other dairy products. Her caloric needs showed that her protein was lacking so I suggested scrambled eggs for breakfast rather than a "Luna" bar. Her lunch was a "Healthy Choice" frozen entrée, which she eats on a regular basis. I suggested fresh items like stir-fried chicken and veggies with brown rice would be a better choice, and would contain less sodium. Her husband brought home pizza rather than having Krystina cook, so for this I suggested only eating one piece rather than two, and eating a tossed baby

greens and vegetable salad with the meal. I also suggested snacks in her revised meal plan to help her obtain her dairy, vegetable, fruit, and protein needs.