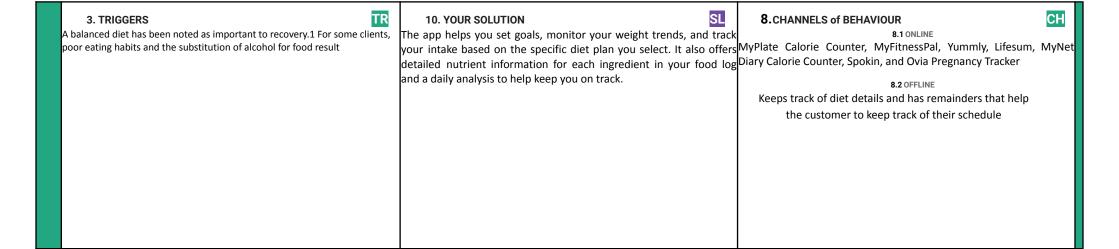
5. AVAILABLE SOLUTIONS 1. CUSTOMER SEGMENT(S) 6. CUSTOMER CONSTRAINTS usage of nutrition tables and other information sources. Eat smaller meals and snacks not validating tools for specific patient nutrition information usage and more frequently. populations, inaccurate information, attitudes Talk to your provider. food frequencies, demographics and changes to a patient's condition during food perception. Avoid non-nutritious beverages hospitalization, and the use of such as black coffee and tea; invalidated laboratory values. instead choose milk and juices. Try to eat more protein and fat, and less simple sugars. Walk or participate in light activity to stimulate your appetite. 2. JOBS-TO-BE-DONE / PROBLEMS J&P 9. PROBLEM ROOT CAUSE RC 7. BEHAVIOUR BE unsuitable dietary choices, having a Nutritional assessment includes patients nutritional disease, any of the nutrient-related diseases and conditions low income. difficulty obtaining history, physical examination, that cause illness in humans. They may food. anthropometric measurements, include deficiencies or excesses in the Low intake of food laboratory dates and changes of diet, obesity and eating disorders, and cancer. immunocompetence. Anthropometric chronic diseases such as cardiovascular assessment, like skinfold and muscle area liver disease. disease, hypertension, cancer, and conditions that cause measurements, is not an extremely diabetes mellitus. nausea or make it difficult accurate method predicting nutritional Jobs need to be added to eat or swallow. status of an individual patient. Nutritional aide. taking medications that Food service associate. make eating difficult -Nutrition assistant. due to nausea, Caterer. Chef. Health coach. Health educator. Nutrition writer.



| 4. EMOTIONS: BEFORE / AFTER Before-Adequate food and fluid should be consumed before, during, and after exercise to help maintain blood glucose concentration during exercise, maximize exercise performance, and improve recovery time | |
|--|--|
| After-guide you in forming well-balanced eating habits by selecting foods that are nutritious and vital for your body. Doing so can help prevent disease, and in turn, make you feel better | |