

Celiac Disease one day menu

Female, 26 y/o

Breakfast	2 cups rice cereal fortified (amaranth) 1/2 cup orange juice 1 cup low-fat milk Breakfast snack: 1 banana
Lunch	2 corn taco shells 1 cup Spring Mix lettuce 1/2 cup diced tomato 2 tablespoons shredded cheese Dried apricots 7 halves 1 cup low-fat milk
Afternoon Snack	1 oz string cheese 1/2 cup carrots 3 cups plain microwave popcorn
Evening Meal	2 oz chicken, stir-fried 1 cup vegetables, stir-fried 1 teaspoon oil 1/2 cup plain brown rice flavored rice mixes Dried Prunes 4 pieces 1 cup water
Evening Snack	1/2 cup vanilla ice cream 1 egg 2 tablespoons plain peanuts gluten free

Also recommended to look for companies that manufacture enriched gluten free grain foods such as: Ener-G foods; Enjoy Life foods; Glutino, Healthy Valey.

Recommend taking Multivitamins that are Gluten-Free such as Smarty Pants. Vitamins need to be certified gluten free.

She complains of joint pains and that could be related to her diagnosis of Celiac Disease. Her usual dietary intake is low in iron and calcium. Moreover, the breads she eats could contain wheat, peanut butter and pasta.

EER= 1,678kcal/day A level-1.2 Used Harry Benedict equation for female BEE=665.10+(9.56xwt in kg)+91.85xhtin cm)-(4.68xage)A level

Added extra 500kcal total would be=2,178Kcal/day

Protein needs= 58g/kg 1g/kg

Fluid needs= 25cc/kg 125/2.2x25=1420.4cc/kg

Page, Mike

Male, 35 y/o

Chron's Disease 1-day menu- Clear liquid diet after surgery

Breakfast	4 ounces cranberry juice 1.5 cups chicken broth 4 ounces lime gelatin 8 ounces clear soda Water, ice 8 ounces coffee
Lunch	4 ounces grape juice 1.5 cups beef broth 8 ounces clear soda Water, ice 1 popsicle 8 ounces tea
Evening Meal	4 ounces apple juice 1.5 cups chicken broth 8 ounces clear soda Water, ice 1 popsicle 8 ounces tea
Evening Snack	4 ounces grape juice 1 popsicle

Breakfast	1/2 cup orange juice (without pulp) 1 cup cream of wheat 1 cup skim milk 6 ounces nonfat yogurt (without nuts, seeds, or fruit)
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	8 ounces coffee
Lunch	1 cup apple juice 1 cup tomato soup 1/2 cup chocolate pudding 1 cup high protein chocolate shake 8 ounces tea
Evening Meal	1/2 cup grape juice 1 cup skim milk 1 cup high-protein vanilla shake 1 cup strained, blended cream of broccoli soup 1/4 cup custard
Evening Snack	1 cup high-protein strawberry shake (without seeds)

Day 3 menu diet- low fiber 8g/day

Gradually increase dietary fiber 17-20g within 6 months.

Breakfast	1/2 cup cream of wheat (0.5-gram fiber) 1 slice white toast (1-gram fiber) 1 teaspoon margarine, soft tub 2 scrambled eggs
Morning Snack	1 cup lactose-free nutrition supplement
Lunch	2 slices white bread (2 grams fiber) 3 tablespoons tuna 1 tablespoon mayonnaise 1 cup chicken noodle soup (1-gram fiber) 1/2 cup apple juice
Afternoon Snack	6 saltine crackers (0.5-gram fiber) 2 ounces low-fat cheddar cheese
Evening Meal	3 ounces tender chicken breast 1 cup white rice (0.5-gram fiber) 1/2 cup cooked canned green beans (2 grams fiber) 1/2 cup cranberry juice
Evening Snack	1 cup lactose-free nutrition supplement

Recommend iron enriched foods for P such as: fortified cereal; fried clams; lentils; spinach beef.

RDA of iron is: 8g/day for men

P also has nutrient deficiency for Iron, Vitamin D, Ferritin. Recommend taking Multivitamins daily

EER- $1,587\text{kcal} \times 1.2 = 1,904.04$ Added extra 500kcal for weight gaining= $2,404.04$

Harry Benedict equation for males $66.5 + 13.8 \times 64\text{kg} + 5.0 \times 175\text{cm} - 6.8 \times 35$ age

Protein needs- $1\text{g/kg} = 64\text{g/kg}$

Fluid needs- $30\text{cc/kg} = 1,920\text{cc/day}$