



## Smart Nutritionist Assessment Report

**Nutritionist:** Remy Sharp

**Client:** Maimai

**Date:** November 02, 2023

**Location:** Smart Nutritionist

### Initial Presentation:

Maimai presented with concerns about fatigue, difficulty in losing weight, and frequent bloating after meals. He expressed an interest in better understanding his dietary choices and improving his overall health through nutrition.

### Dietary Recall:

#### Breakfast:

Cereal with milk  
Orange juice  
Coffee with sugar

#### Lunch:

Ham and cheese sandwich with mayo on white bread  
Potato chips  
Soda

#### Dinner:

Grilled chicken  
White rice  
Steamed broccoli  
A slice of chocolate cake for dessert

#### Snacks:

A chocolate bar in the afternoon  
A few cookies after dinner

### Assessment:

Maimai's diet seems to be high in processed foods and added sugars, which might contribute to his reported symptoms.

There is a potential lack of fiber in his diet, which could explain the bloating.

The lack of variety in fruits and vegetables may limit his intake of essential vitamins and minerals.

Recommendations:

Increase Fiber Intake: Incorporate whole grains like quinoa, oats, and brown rice. Add legumes such as lentils and beans to meals. This should help with bloating and promote

satiety.

**Conversation Record:**

C: I've been struggling to lose weight, and I'm not sure what to do. I've tried various diets.

N: Weight management can be challenging. It's important to focus on a sustainable approach. Let's discuss your daily calorie intake and how to make healthier food choices.

C: I tend to snack a lot in the evenings.

N: Snacking is common, but we can find healthier options. Let's explore snacks that are both satisfying and nutritious.