Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 25-09-22

Name : Mrs. Fatema Monju

Address : Rayargaon, Rajargoan, Hazigong chandpur

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 28/09/2022

Reason of Admission : -H/O Fever cough 15 days back, - Diagnosed Urosepsis, got admitted for ~~th~~ treatment purpose

Ward No : 143 Bed No : 1444

Age : 70 years Sex : ☐ Male ☑ Female

Occupation : Housewife

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : .....

Anthropometric Parameters

Weight : 61 Kg Height : 136 cm BMI : 32.98

Expected Body Weight : 35-44 Kg Ideal Body Weight : 40.13 Kg

Body Frame Size : ☐ Small ☐ Medium ☑ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☑ Obese

If BMI : ☑ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 110 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 7.3 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 7.7 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin 33.0 mg/dl	■ Potassium 3.0 mmol/l
■ Total Protein ..... g/dl	■ Sodium 138 mmol/l
■ TG 138 mg/dl	■ Siram Chloride 111 mmol/l
■ HDL 26 mg/dl	■ HB ..... g/dl
■ LDL 85 mg/dl	■ Hematocrit ..... %
■ Cholesterol, Total 139 mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 3.6 mg/dl	■ SGPT 26 U/l
■ Urea 82 mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin ..... mmol/dl	■ Amylase ..... IU/l
■ STCO2 16	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. Noclog (75 g)
2. T. Napa (500g)
3. T. Domiren (10)
4. T. Lumona (10)
5. T. Doxouen (200)
6. T. Hypophos (667)
7. Cap. Nexum mups (20)
8. C. Dicaltrol (0.25)
9. T. Solbion
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	4	20	8		112
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	9	58	18		302

Prescribed CHO = 163.02

Sub Total = 58

Difference = 105.02

No of serving is required for CHO (diff./15) = $\frac{105.02}{15} = 7.0$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		58	18		302
Cereals	7	105	14		490
Sub Total - B		163	32		792

Prescribed Protein = 37.62

Sub Total = 32

Difference = 5.62

No of serving is required for Protein (diff./7) = $\frac{5.62}{7} = 0.80 \cong 1$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		163	32		792
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		163	38.7	6.8	882

Prescribed Fat = 22.2

Sub Total = 6.8

Difference = 15.4

No of serving is required for Protein (diff./5) = $\frac{15.4}{5} = 3.08$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		163	38.7	6.8	882
Oil & Fats	3			15	135
Total		163	38.7	21.8	1017.

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age.
- Minerals : According to age.
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1003.25 Kcal.
- Calorie Modification : 1017 Kcal.
- Carbohydrate (65%) : 652.11 Kcal = 163.02 gm
- Protein (15%) : 150.48 Kcal = 37.62 gm
- Fat (20%) : 200.65 Kcal = 22.2 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable egg	3 2 1	3 Allar ruti 1 cup mixed vege 1 boild egg.
Mid Morning Snacks	Fruit	1	1 pear
Lunch	Rice vegetable pluse	2 1 1	1 cup rice ½ cup mixed vege ½ cup thicked.
Afternoon Snacks	Fruit	1	1 banana.
Dinner	Bread vegetable pluse	2 1 1	2 slice ½ cup mixed vege ½ cup thicked.
Late Night Snacks	Milk	1	1 glass low fat skimmed milk.

3tea spoon oil.

Food Note :

1. Eat at least one citrus fruit in a day.
2. Artificial sweeteners, soft drinks should be avoided.
3. One serving of green leafy vegetables should be taken.
4. Take meals timely Meal should not be skipped.
5. Saturated fat e.g. butter, ghee, margarine should be taken moderately.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : .....

Name : SHAHANARA BEGUM

Address : Chaddogram, Sreepur, Cumilla

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 29/09/2022

Reason of Admission : ① Uncontrolled blood Sugar for 2 month.
② Burning & tiangling sensation in whole more in foot for same duration

Ward No : 143 Bed No : 1448

Age : 55 years Sex : ☑ Male ☐ Female

Occupation : House wife

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : .....

Anthropometric Parameters

Weight : 65 Kg Height : 142 cm BMI : 32.2

Expected Body Weight : 37 – 50 Kg Ideal Body Weight : 43.75 Kg

Body Frame Size : ☐ Small ☐ Medium ☑ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☑ Obese

If BMI : ☑ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 110 mm Hg/ 70 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : middle Education : N/S

Lab/Biochemical Test

Blood Glucose (F) : .....mmol/dl	Magnesium 0.9 ..... mmol/l
Blood Glucose (ABF) : .....mmol/dl	Phosphate 6.3 .....mmol/l
HbA1c ..... %	Calcium 9.1 .....mmol/l
S. Albumin 36.0 .....mg/dl	Potassium 5.4 .....mmol/l
Total Protein ..... g/dl	Sodium 138 ..... mmol/l
TG 222 .....mg/dl	Siram Chloride 106 .....mmol/l
HDL 36 .....mg/dl	HB .....g/dl
LDL 121 .....mg/dl	Hematocrit ..... %
Cholesterol, Total 201 .....mg/dl	ESR .....mml
BUN .....mg/dl	SGOT 29 .....IU/l
S. Creatinine 1.7 .....mg/dl	SGPT .....U/l
Urea 58 .....mg/dl	Alk. Phos .....SomU/L
Bilirubin .....mmol/dl	Amylase .....IU/l
STCO2 22	Uric Acid .....mg/dl
	Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab. Thyrox 25 ≥
2. Tab. Dulox 30
3. Tab. Napa Extend 625
4. Tab. Seriton 20mg 0+0+1
5. T. Omidon 10mg.
6.
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	4	20	8		112
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	9	58	18		302

Prescribed CHO = 176.71

Sub Total = 58

Difference = 118.71

No of serving is required for CHO (diff./15) = $\frac{118.71}{15} = 7.91 = 8$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		158	18		302
Cereals	8	120	16		560
Sub Total - B		178	34		862

Prescribed Protein = 40.78

Sub Total = 34.

Difference = 6.78

No of serving is required for Protein (diff./7) = $\frac{6.78}{7} = 0.96 \cong 1$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		178	34		862
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		178	40.7	6.8	952

Prescribed Fat = 24.16

Sub Total = 6.8

Difference = 17.36

No of serving is required for Protein (diff./5) = $\frac{17.36}{5} = 3.47$.

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		178	40.7	16.8	952
Oil & Fats	3			15	135
Total		178	40.7	21.8	1087

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age.
- Minerals : According to age
- Fluid : 1-2 L/day.

Calculation of Energy Requirement

- Calorie Requirement : 1087.5 Kcal.
- Calorie Modification : 1087 kcal.
- Carbohydrate (65%) : 706.87 Kcal = 176.71 gm
- Protein (15%) : 163.12 Kcal = 40.78 gm
- Fat (20%) : 217.5 Kcal = 24.16 gm.
- If any restriction : Protein.

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg	3 2 1	3 Attar ruti 1 cup mixed vegetable 1 boiled egg
Mid Morning Snacks	Fruit	1	1 banana.
Lunch	Rice vegetable pluse	3 1 1	1 ½ cup rice ½ cup mixed vegetable ½ cup thicked
Afternoon Snacks	Fruit	1	1 apple.
Dinner	Ruti vegetable pluse	2 1 1	2 slice ½ cup mixed vegetable ½ cup thicked liquied
Late Night Snacks	Milk	1	240ml lowfat Skimmed milk.

3 tea spoon oil.

Food Note :

1. Eat atleast one citrus fruit in a day.
2. Artificial sweeteners, soft drinks should be avoided.
3. One serving of green leafy vegetables should be taken.
4. Use yellow, orange, red and colourful vegetables in cooking as they provide vitamin A, vitamin C and minerals.
5. Take meals timely Meal should not be skipped.
6. Saturated fat e.g. butter, ghee margarine should be taken moderately.

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Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : .....

Name : Mrs. Monowara Begum

Address : H.A Lines মুক্তি - Mirpur - 10

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 18/10/22

Reason of Admission : HTN, DPN, BA

Ward No : 11 Bed No : 1109

Age : 72 years Sex : ☐ Male ☐ Female

Occupation : House wife

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : .....

Anthropometric Parameters

Weight : 56 Kg Height : 149 cm BMI : 32.43

Expected Body Weight : 41-55 Kg Ideal Body Weight : 48.17 Kg

Body Frame Size : ☐ Small ☐ Medium ☑ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☑ Obese

If BMI : ☑ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 90 mmHg ☑ Anemia

☑ Edema ☑ Jaundice ☑ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle-Class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium ....0.88.... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate .....mmol/l
■ HbA1c ..... %	■ Calcium ....8.5....mmol/l
■ S. Albumin ....37.2....mg/dl	■ Potassium ....4.6....mmol/l
■ Total Protein ..... g/dl	■ Sodium ....137.... mmol/l
■ TG .....mg/dl	■ Siram Chloride ....105....mmol/l
■ HDL .....mg/dl	■ HB ....10.3....g/dl
■ LDL .....mg/dl	■ Hematocrit ....31.2.... %
■ Cholesterol, Total .....mg/dl	■ ESR .....mml
■ BUN .....mg/dl	■ SGOT ....21....IU/l
■ S. Creatinine ....0.9....mg/dl	■ SGPT ....17....U/l
■ Urea .....mg/dl	■ Alk. Phos .....SomU/L
■ Bilirubin ....0.4....mmol/dl	■ Amylase .....IU/l
■ STCO2 ....22....	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements	Yes	No,	If, Yes	
Type,	☐ Vitamin			
	☐ Minerals Vitamins			
	☐ Minerals			
Appetite :	☐ Excellent	☐ Good	☐ Fair	☐ Poor

Drugs :

1. T. BIZORAN
2. T. ROLIR
3. T. ODMON 10mg
4. T. CALBOD
5. T. DOXIVA
6. T. Magnox
7. T. Rivotril
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	4	20	8		112
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	9	58	18		302

Prescribed CHO = 156.55

Sub Total = 58

Difference = 98.55

No of serving is required for CHO (diff./15) = $\frac{98.55}{15} = 6.57 \cong 7$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		58	18		302
Cereals	7	105	14		490
Sub Total - B		163	32		792

Prescribed Protein = 36.12

Sub Total = 32

Difference = 4.12

No of serving is required for Protein (diff./7) = $\frac{4.12}{7} = 0.58 \cong 1$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		163	32		792
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		163	38.7	6.8	882

Prescribed Fat = 21.40

Sub Total = 6.8

Difference = 14.6

No of serving is required for Protein (diff./5) = $\frac{14.6}{5} = 2.92 \cong 3$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		163	38.7	6.8	882
Oil & Fats	3			15	135
Total		163	38.7	21.8	1017

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement.
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L / day.

Calculation of Energy Requirement

- Calorie Requirement : 1963.4 Kcal
- Calorie Modification : 1017 Kcal.
- Carbohydrate (65%) : 626.21 Kcal = 156.55 gm
- Protein (15%) : 144.51 Kcal = 36.12 gm
- Fat (20%) : 192.68 Kcal = 21.40 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 2 1	3 Slice 1 cup mixed vege 1 boiled
Mid Morning Snacks	Fruit	1	1 pear.
Lunch	Rice vegetable pluse	2 1 1	1 cup rice ½ cup mixed vege. ½ cup thicked liquid
Afternoon Snacks	Fruit	1	1 banana.
Dinner	Ruti vegetable pluse	2 1 1	2 Attar ruti ½ cup mixed vege ½ cup thicked liquid.
Late Night Snacks	Milk	1	240 ml low fat skimmed milk.

3 tea spoon.

- **Food Note :**

(1) Omega 6 ও source ও food intake.

(2) Food cooking by cover.

(3) Maximum 5g NaCl / Salt can taken.

(4) All types of bakery product e.g. cakes, pastry etc should be avoided.

(5) Artificial sweeteners, soft drinks should be avoided.

(6) Mustard oil, soybean oil should be used in cooking as they are.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 03

Patient's Information

Date : 29/09/22

Name : Khan Abdul Wali

Address : Thenidah, Mohila College para, Thevnidah.

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 27/09/22.

Reason of Admission : Upper Abdominal pain for 3 years.
(i) Choledocholithiasis. (ii) HTN

Ward No : W-123 Bed No : 1228

Age : 64 years Sex : ☑ Male ☐ Female

Occupation : Goverment employ.

Health Condition : Stable

Mental State : Sound.

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☑ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Actrapid 10+0+8
Inj: 10+0+6.

Anthropometric Parameters

Weight : 65 Kg Height : 5'4" cm BMI : 27.76

Expected Body Weight : 41-51 Kg Ideal Body Weight : 50.79 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 110 mm Hg/ 70 mmHg ☑ Anemia

☑ Edema ☑ Jaundice ☑ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 7.1 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 8.3 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin 31.6 mg/dl	■ Potassium 3.2 mmol/l
■ Total Protein 31.6 g/dl	■ Sodium 138 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 104 mmol/l
■ HDL ..... mg/dl	■ HB 11.7 g/dl
■ LDL ..... mg/dl	■ Hematocrit 34.0 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT 37 IU/l
■ S. Creatinine 0.9 mg/dl	■ SGPT 54 U/l
■ Urea ..... mg/dl	■ Alk. Phos 95 SomU/L
■ Bilirubin 1.2 mmol/dl	■ Amylase ..... IU/l
■ STCO2 22.0	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab. Stener (300mg) 1+0+1
2. Tab. Nitrin SR (2.6) 1+0+1
3. Tab. Carvista (6.25mg) ½+0+½
4. Tab. Tn·ycox (50mag1) 1+0+0.
5. Cap. Vromax 0+0+1
6. Tab. Betaloe (25mg) 1+0+1
7. Cap. Sergel (20mg) 1+0+1
8. Tab. Omidon (10mg) 1+1+1
9. T. Napa 1+1+1
10. Sup. Avolac 6+0F.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	4	20	8		112
Fruits	2	20			8
Pulse	2	6	2		30
Sub Total - A	9	58	18		230

Prescribed CHO = 151.92

Sub Total = 58

Difference = 93.92

No of serving is required for CHO (diff./15) = $\frac{93.92}{15} = 6.26 \cong 7$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		58	18		230
Cereals	7	105	14		490
Sub Total - B		163	32		720

Prescribed Protein = 50.79

Sub Total = 32

Difference = 18.79

No of serving is required for Protein (diff./7) = $\frac{18.79}{7} = 2.68 \cong 3$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		163	32		720
Egg	1		6.7	6.8	90
Meat / Fish	2		14	6	110
Sub Total - C		163	52.7	12.8	920

Prescribed Fat = 22.57

Sub Total = 12.8

Difference = 9.77

No of serving is required for Protein (diff./5) = $\frac{9.77}{5} = 1.95 \cong 2$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		163	52.7	12.8	920
Oil & Fats	2			10	90
Total		163	52.7	22.8	1010

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1015.8
- Calorie Modification : 1010
- Carbohydrate (60%) : 607.68 Kcal = 151.92 gm
- Protein (20%) : 203.16 Kcal = 50.79 gm
- Fat (20%) : 203.16 Kcal = 22.57 gm.
- If any restriction : .....

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Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg	3 2 1	3 ruti 1 cup mixed vege 1 egg
Mid Morning Snacks	Fruit	1	1 banana
Lunch	Rice vegetable Fish pluse	2 1 1 1	1 cup rice ½ cup mixed vege 30 gm low fat ½ cup thicked
Afternoon Snacks	Fruit	1	1 pear
Dinner	Bread vegetable chiken pluse	2 1 1 1	2 slice ½ cup mixed vege 30 gm low fat ½ cup thicked.
Late Night Snacks	Milk	1	1 glass skimmed milk.

2 tea spoon oil.

Food Note :

① One serving of green leaf vegetables should be taken.

② Mustrard oil, soybean oil, should be used in cooking as they are.

③ High sodium, high fat foods e.g. chips, burgers pizza etc should be avoided.

④ Artificial sweetners, soft drinks, should be avoided.

⑤ whole wheat flour, brown rice etc are good.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 03/10/22

Name : Amena Begum

Address : Madaripur, Sonapur, Noakhali.

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 21/09/22.

Reason of Admission : Dimness of vision Be. for 6 months.

Ward No : W-133 Bed No : 1342

Age : 60 years Sex : ☐ Male ☑ Female

Occupation : House wife

Health Condition : Contical + NS (R > L)

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : .....

Anthropometric Parameters

Weight : 33 Kg Height : 136 cm BMI : 17.8

Expected Body Weight : (33 – 51) Kg Ideal Body Weight : 38.37 Kg

Body Frame Size : ☑ Small ☐ Medium ☐ Large

BMI Status : ☑ Underweight ☐ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 70 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class. Education : Uneducated

Lab/Biochemical Test

■ Blood Glucose (F) : 5.3 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : ..... mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 4.0 mmol/l
■ Total Protein ..... g/dl	■ Sodium 140 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 105 mmol/l
■ HDL ..... mg/dl	■ HB 11.2 g/dl
■ LDL ..... mg/dl	■ Hematocrit 32.8 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 0.7 mg/dl	■ SGPT 22 U/l
■ Urea ..... mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin ..... mmol/dl	■ Amylase ..... IU/l
■ STCO2 24	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab. Dieta 1+0+0
2. Tab. Myolax (50mg) 1+0+1
3. Tab. Napa (500mg) 1+0+1
4. Cap. Cefa 3 (200mg) 1+0+1
5.
6.
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	4	20	8		112
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	9	58	18		302

Prescribed CHO = 144

Sub Total = 58

Difference = 86

No of serving is required for CHO (diff./15) = 5·73 ≅ 6.

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		58	18		302
Cereals	6	90	12		420
Sub Total - B		148	30		722

Prescribed Protein = 36

Sub Total = 30

Difference = 6

No of serving is required for Protein (diff./7) = 0·85 ≅ 1.

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		148	30		722
Egg	1		6.7	6.8	90
Meat / Fish	1		7	5	75
Sub Total - C		148	36.7	6.8	812

Prescribed Fat = 26.66

Sub Total = 6.8

Difference = 19.86

No of serving is required for Protein (diff./5) = 3.97 ≅ 4

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		148	36.7	6.86	812
Oil & Fats	4			20	180
Total		148	36.7	26.8	992

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 15% of total Calorie requirement.
- Fat : 25% of total Calorie requirement.
- Vitamin : According to age
- Minerals : According to age.
- Fluid : 1 - 3 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 960 Kcal.
- Calorie Modification : 992 Kcal.
- Carbohydrate (60%) : 144gm
- Protein (15%) : 36gm
- Fat (25%) : 26.66gm = 27 gm.
- If any restriction : No

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vege (mixed)	2 1	2 slice. ½ cup.
Mid Morning Snacks	Fruit.	1	1 Apple.
Lunch	Rice vege Fish pluse.	2 2 1 1	1 cup 1 cup medium fat fish. medium.
Afternoon Snacks	Fruit.	1	1 guava.
Dinner	Ruti vege. Egg pluse.	2 1 1 1	Atta ruti mixed ½ cup medium
Late Night Snacks	Milk.	1.	without fat 1 glass.

4 tea spoon oil

Food Note :

① Eat atlest 1 citrus fruit in a day.

② Whole wheat flour, brown, rice etc are goods.

③ One serving of green Leafy vegetables should be taken.

④ Mustard oil, soybean oil shoud be used in cooking as they are.

⑤ Avoid processed food.

⑥ At least 2-3 litters of water should be drunk.

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Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 29/09/22.

Name : MD. MOSHARAF HOSSAIN

Address : 102, BLOCK-B. Road-02, Mahangar, Project

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 19/09/22.

Reason of Admission : ① Fever for 5 days, ① H/O fall follwed by vertigo 6 hours book ② Urinary incontinence for 6 hours. ③ Generalized.

Ward No : 141 Bed No : 1416

Age : 75 years Sex : ☑ Male ☐ Female

Occupation : Unemployed

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☑ Non-Diabetic ☐ GIT ☐ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : .....

Anthropometric Parameters

Weight : 75 Kg Height : 5'10" cm BMI : 31.21

Expected Body Weight : 44.4 - 59.8 Kg Ideal Body Weight : 52.13 Kg

Body Frame Size : ☐ Small ☐ Medium ☑ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☑ Obese

If BMI : ☑ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 140 mm Hg/ 80 mmHg ☑ Anemia

☐ Edema ☐ Jaundice ☑ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : Yes How Much : 6 Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

Blood Glucose (F) : .....mmol/dl	Magnesium 0.8 mmol/l
Blood Glucose (ABF) : .....mmol/dl	Phosphate .....mmol/l
HbA1c 6.7 %	Calcium 7.7 mmol/l
S. Albumin 36.9 mg/dl	Potassium 3.5 mmol/l
Total Protein 67.2 g/dl	Sodium 122 mmol/l
TG 110 mg/dl	Siram Chloride 98 mmol/l
HDL 39 mg/dl	HB 13.3 g/dl
LDL 126 mg/dl	Hematocrit 36.8 %
Cholesterol, Total 187 mg/dl	ESR 22 mml
BUN 31 mg/dl	SGOT .....IU/l
S. Creatinine 0.9 mg/dl	SGPT .....U/l
Urea .....mg/dl	Alk. Phos .....SomU/L
Bilirubin 0.5 mmol/dl	Amylase .....IU/l
STCO2 15	Uric Acid .....mg/dl
	Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Inj: MEROCON
2. T. ECOSPRIN (75) 0+1+0
3. T. ROSUVA (10) 0+0+1
4. T. BIZORAZ 1+0+1
5. T. NAICIMET (500 mg) 3+3+3
6. T. SODIBICARB 2+0 2
7. T. OMIDON (10 mg 1+1+1
8. T. ESCITA (10 mg) 0+0+1
9. T. MAXPRO (20) 1+0+1
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	4	20	8		112
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	9	58	18		302

Prescribed CHO = 169.42

Sub Total = 58

Difference = 111.42

No of serving is required for CHO (diff./15) = $\frac{111.42}{15} = 7.42$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		58	18		302
Cereals	7	105	14		409
Sub Total - B		163	32		792

Prescribed Protein = 39.09

Sub Total = 32

Difference = 7.09

No of serving is required for Protein (diff./7) = $\frac{7.09}{7} = 1.01$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		163	32		792
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		163	38.7	6.8	882

Prescribed Fat = 23.16

Sub Total = 6.8

Difference = 16.36

No of serving is required for Protein (diff./5) = $\frac{16.36}{5} = 3.27$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		163	38.7	6.86	882
Oil & Fats	3			15	135
Total		163	38.7	21.8	1017

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement.
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age.
- Fluid : 1-2 L/perday.

Calculation of Energy Requirement

- Calorie Requirement : 1042.6 Kcal
- Calorie Modification : 1017 Kcal.
- Carbohydrate (65%) : 677.69 Kcal = 169.42
- Protein (15%) : 156.39 Kcal = 39.09
- Fat (20%) : 208.52 Kcal = 23.16.
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread Vegetable Egg Oils	3 1 1 1	3 Slice ½ cup mixed vege 1 boiled 1 table spoon.
Mid Morning Snacks	Fruit	1	1 Apple
Lunch	Rice leafy vegetable pluse oils	2 2 1 1	1 cup 1 cup mixed vege ½ cup medium 1 table spoon
Afternoon Snacks	Fruit	1	1 guava
Dinner	Ruti vegetable pluse oils	2 1 1 1	2 Attar ruti ½ cup mixed vege ½ cup medium 1 table spoon
Late Night Snacks	Milk	1	1 glass skimmed milk.

3 tea spoon.

Food Note :

1. Eat atleast one citrus fruit in a day.
2. One serving of green leafy vegetables should be taken.
3. Mustard oil, soybean oil should be used in cooking as they are.
4. All types of bakery product e.g. cakes, pastry etc should be avoided.
5. Artificial sweeteners, soft drinks should be avoided.
6. Maximum 5g NaCl/Salt can taken.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 02

Patient's Information

Date : 25/10/22

Name : Nazirul Islam

Address : vill- Dulihalta . p.s: Tongibari .
District : Munshiganj

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 21-09-22

Reason of Admission : Generalized weakness for few months, cough for few days, lower back pain, H/O fever 4 days back

Ward No : 142 Bed No : 1432

Age : 65 years Sex : ☑ Male ☐ Female

Occupation : Unemployed

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☑ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Insulet 0+0+10

Protein – 30gm

Anthropometric Parameters

Weight : 62 Kg Height : 151 cm BMI : 27.19

Expected Body Weight : 46-58 Kg Ideal Body Weight : 49.47 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 80 mmHg ☑ Anemia (mild)

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

Blood Glucose (F) : 11.5 mmol/dl	Magnesium ..... mmol/l
Blood Glucose (ABF) : 18.5 mmol/dl	Phosphate ..... mmol/l
HbA1c ..... %	Calcium 7.3 mmol/l
S. Albumin 27.5 mg/dl	Potassium 4.2 mmol/l
Total Protein 63.7 g/dl	Sodium ..... mmol/l
TG 202 mg/dl	Siram Chloride 106 mmol/l
HDL 15 mg/dl	HB 11.8 g/dl
LDL 80 mg/dl	Hematocrit 29.5 %
Cholesterol, Total 133 mg/dl	ESR ..... mml
BUN ..... mg/dl	SGOT ..... IU/l
S. Creatinine 4.0 mg/dl	SGPT ..... U/l
Urea 116 mg/dl	Alk. Phos ..... SomU/L
Bilirubin ..... mmol/dl	Amylase ..... IU/l
STCO2	Uric Acid ..... mg/dl
	Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab Linadi 0+1+0
2. Inj Meropen
3. Tab : Lasix (2+0+0)
4. Tab. Ecosprim (75mg) 0+1+0
5. Cap Uromax - D (0+0+1)
6. Tab Sodicarb (600mg) 2+2+2
7. Tab : Sall 1TSF OD.
8. Tab Xelpid (10mg) 0+0+1
9.
10. Tab Omidon (10mg) 1+1+1.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	4	20	8		112
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	9	58	18		302

Prescribed CHO = 160.80 gm

Sub Total = 58

Difference = 102.8

No of serving is required for CHO (diff./15) = $\frac{102.8}{15}$ = 6.85

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		58	18		302
Cereals	6	90	12		420
Sub Total - B		148	30		722

Prescribed Protein = 37

Sub Total = 30

Difference = 7

No of serving is required for Protein (diff./7) = $\frac{7}{7}$ = 1

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		148	30		722
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		148	36.7	6.8	812

Prescribed Fat = 21.99

Sub Total = 6.8

Difference = 15.19

No of serving is required for Protein (diff./5) = $\frac{15.19}{5} = 3.038$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		148	36.7	6.8	812
Oil & Fats	3			15	135
Total		148	36.7	21.8	947

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1 - 2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 989.56
- Calorie Modification : 947
- Carbohydrate (65%) : 160.80 gm
- Protein (15%) : 37.10 gm
- Fat (20%) : 21.99 gm.
- If any restriction : Protein.

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	2 1 1	2 slice ½ cup mixed vege 1
Mid Morning Snacks	Fruit	1	1 Apple.
Lunch	Rice vegetable Pluse	2 2 1	1 cup 1 cup medium
Afternoon Snacks	Fruit	1	1 guava.
Dinner	Ruti vegetable Pluse	2 1 1	Attar ruti ½ cup mixed vege medium
Late Night Snacks	Milk	1	1 glass skimmed milk.

3 tea spoon.

Food Note :

1. All types of bakery product e.g. cakes, pastry etc should be avoided.
2. Artificial sweeteners, soft drinks should be avoided.
3. Mustard oil, soybean oil should be used in cooking as they are.
4. Omega 6 ও source ও food intake.
5. Take meals timely, Meal should not be skipped.
6. Eat whole fruit instead of fruit Juices.

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Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 10

Patient's Information

Date : 28/09/22

Name : MD. HAFIZ UDDIN

Address : House No: 184/3/B , Posta, Lalbagh, Rosulibagh.

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 24/09/22

Reason of Admission : (i) Weakness on left arm for 3month.
(ii) Diziness on walking 2 days.

Ward No : W-141(Neuro-1) Bed No : 1417

Age : 65 years Sex : ☑ Male ☐ Female

Occupation : Business man

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Nixtnst 36+0+30

Anthropometric Parameters

Weight : 70 Kg Height : 5'6" cm BMI : 29.51

Expected Body Weight : 43 - 59 Kg Ideal Body Weight : 51.46 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 90 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☑ Vomiting ☐ Diarrhea

☑ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam.

Living Status : Middle class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 6.2 mmol/dl	■ Magnesium 0.9 mmol/l
■ Blood Glucose (ABF) : 7.2 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c 13.0 %	■ Calcium 9.4 mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 4.1 mmol/l
■ Total Protein ..... g/dl	■ Sodium 137 mmol/l
■ TG 179 mg/dl	■ Siram Chloride 106 mmol/l
■ HDL ..... mg/dl	■ HB 12.2 g/dl
■ LDL ..... mg/dl	■ Hematocrit 37.0 %
■ Cholesterol, Total 168 mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 0.8 mg/dl	■ SGPT 39 U/l
■ Urea 27 mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin 0.6 mmol/dl	■ Amylase ..... IU/l
■ STCO2 20	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. Plagnin plus 0+1+0
2. T. Taven 0+0+1
3. T. Ace power 1+1+1
4. T. Mynice (50mg) 0+0+1
5. Inj thiasum
6. Microbgel
7. Emolant eream
8. T. Rivolnid (0.5
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	4	20	8		112
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	9	58	18		302

Prescribed CHO = 154.38

Sub Total = 58

Difference = 96.38

No of serving is required for CHO (diff./15) = $\frac{96.38}{15} = 6.42 \cong 7$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		58	18		302
Cereals	7	105	14		490
Sub Total - B		163	32		792

Prescribed Protein = 51.46

Sub Total = 32

Difference = 19.46

No of serving is required for Protein (diff./7) = $\frac{19.46}{7} = 2.78 \cong 3$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		163	32		792
Egg	1		6.7	6.8	90
Meat / Fish	2		14	6	110
Sub Total - C		163	52.7	12.8	992

Prescribed Fat = 22.87

Sub Total = 12.8

Difference = 10.07

No of serving is required for Protein (diff./5) = $\frac{10.07}{5} = 2.014$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		163	52.7	12.8	992
Oil & Fats	2			10	90
Total		163	52.7	22.8	1082

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1 - 2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1029.2 kcal
- Calorie Modification : 1092 Kcal.
- Carbohydrate (60%) : 617.52 Kcal = 154.38 gm
- Protein (20%) : 205.84 Kcal = 51.46 gm
- Fat (20%) : 205.84 Kcal = 22.87 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg	3 2 1	3 Attare ruti 1 cup mixed vege 1 egg.
Mid Morning Snacks	Fruit	1	1 banana
Lunch	Rice vegetable Fish pluse	2 1 1 1	1 cup rice ½ cup mixed vege 30gm low fat ½ cup thicked
Afternoon Snacks	Fruit	1	1 pear
Dinner	Bread vegetable Chiken pluse	2 1 1 1	2 slice ½ cup mixed vege 30 gm low fat without skin ½ cup thicked
Late Night Snacks	Milk	1	1 glass skimmed milk

2 tea spoon.

Food Note :

1. One serving of green leaf vegetables should be taken.
2. Mustrad oil, soybean oil should be used in cooking as they are.
3. High sodium high fat foods e.g. chips burgers pizza etc should be avoided.
4. Artificial sweetners, soft drinks, should be avoided.
5. Whole wheat flour, brown rice etc are good.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 36

Patient's Information

Date : 01/10/22

Name : KAMAL

Address : Moder Kandi, B.K. Raypara, Baluakandi, Gazaria, Munshiganj.

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 28/09/22

Reason of Admission : (i) Passay of block Rtool for 7 days (ii) Recurrent upper abdominal pain for 1y. (GIST)

Ward No : W-123 Bed No : 123X.

Age : 36 years Sex : ☑ Male ☐ Female

Occupation : service holder

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☑ Non- Diabetic ☐ GIT ☐ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take :

Anthropometric Parameters

Weight : 62 Kg Height : 170 cm BMI : 21.45

Expected Body Weight : 53-71 Kg Ideal Body Weight : 62.71 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 110 mm Hg/ 70 mmHg ☑ Anemia

☑ Edema ☑ Jaundice ☑ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : Masters

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate .....mmol/l
■ HbA1c ..... %	■ Calcium .....mmol/l
■ S. Albumin .....mg/dl	■ Potassium ....4.3.....mmol/l
■ Total Protein ..... g/dl	■ Sodium ....140..... mmol/l
■ TG .....mg/dl	■ Siram Chloride ....106.....mmol/l
■ HDL .....mg/dl	■ HB ....11.....g/dl
■ LDL .....mg/dl	■ Hematocrit ....35.2..... %
■ Cholesterol, Total .....mg/dl	■ ESR .....mml
■ BUN .....mg/dl	■ SGOT .....IU/l
■ S. Creatinine ....0.8.....mg/dl	■ SGPT .....U/l
■ Urea .....mg/dl	■ Alk. Phos .....SomU/L
■ Bilirubin .....mmol/dl	■ Amylase .....IU/l
■ STCO2 ....23.....	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Inj: Trijeet (1gm)
2. Inj: Esoral (40mg)
3. Inj: Emistat (8mg)
4. T. Monas 0+0+1
5. T. Docapa (200mg) 1+0+1
6. T. Rivotril (0.5mg) 0+0+1
7. T. Hemofix Fz 1+0+1
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	6	60			240
Pulse	3	9	3		45
Sub Total - A	18	121	27		589

Prescribed CHO = 282.19

Sub Total = 121

Difference = 161.19

No of serving is required for CHO (diff./15) = $\frac{161.19}{15} = 10.74 \cong 11$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		121	27		589
Cereals	11	165	22		770
Sub Total - B		286	49		1359

Prescribed Protein = 94.06

Sub Total = 49

Difference = 45.06

No of serving is required for Protein (diff./7) = $\frac{45.06}{7} = 6.43$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		286	49		1359
Egg	1		6.7	6.8	90
Meat / Fish	5		35	15	275
Sub Total - C		286	90.7	21.8	1724

Prescribed Fat = 41.80

Sub Total = 21.8

Difference = 21.7

No of serving is required for Protein (diff./5) = $\frac{21.7}{5} = 4.34$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		286	90.7	21.8	1724
Oil & Fats	5 4			20	180
Total		286	90.7	41.8	1904

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1 - 2 L/per age

Calculation of Energy Requirement

- Calorie Requirement : 1881.3 Kcal
- Calorie Modification : 1904 Kcal.
- Carbohydrate (60%) : 1128.78 kcal = 282.19gm
- Protein (20%) : 376.26 kcal = 94.06 gm
- Fat (20%) : 376.26 kcal = 41.80gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	4 4 1	4pc bread 2 cup mixed vege 1 egg
Mid Morning Snacks	Fruit	3	3 cup watermelon
Lunch	Rice vegetable Fish pluse	4 3 2 1	2 cup rice 1 ½ cup mixed vege 60 gm low fat without skin ½ cup thicked
Afternoon Snacks	Fruit	3	3 orange.
Dinner	Ruti vegetable Chiken pluse	3 3 3 1	3 Attar ruti 1 ½ cup mixed vege 60 gm low fat ½ cup thicked
Late Night Snacks	Milk	1	1 glass skimmed milk.

4 tea spoon oil.

Food Note :

① Eat atleast one citrus fruit in a day.

② Whole wheat flour brown rice etc are goods.

③ One serving of green leafy vegetables should be taken.

④ All types of bakery product e.g. cakes, pastry etc should be avoided.

⑤ Artificial sweeteners soft drinks should be avoided.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 25/10/2022

Name : Arif Ullah.

Address : Vill/House No: NIZMEHER, P.O: Shahrashi, P.S: Shahrath Hossain

Distric : Chandpur

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : BIRDEM GENERAL HOSPITAL

Admission Date : 19-09-22

Reason of Admission : Generalized weakness for 7 days, Anorexia for same duration, Burning mictornition for same duration

Ward No : 142 (Nephro-3) Bed No : 1427

Age : 30 years Sex : ☑ Male ☐ Female

Occupation : Businessman.

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Maxsulis-R 8+8+6.

Anthropometric Parameters

Weight : 72 Kg Height : 156 cm BMI : 29.58

Expected Body Weight : 49-61 Kg Ideal Body Weight : 52.80 Kg

Body Frame Size : ☐ Small ☐ Medium ☑ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 90 mmHg ☑ Anemia (mild)

☑ Edema (Edema) ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Change) : ☑ Yes ☐ No

Recent Weight gain / lose : How Much : 7/8 Kg

Socio – Economic Information

- middle class.

Monthly Family Income : Average Taka Religion : Islam

Living Status : middle class. Education : S.S.C

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate .....mmol/l
■ HbA1c .....11.5..... %	■ Calcium .....mmol/l
■ S. Albumin .....mg/dl	■ Potassium .....3.6.....mmol/l
■ Total Protein .....100..... g/dl	■ Sodium .....135..... mmol/l
■ TG .....mg/dl	■ Siram Chloride .....100.....mmol/l
■ HDL .....mg/dl	■ HB .....13.6.....g/dl
■ LDL .....mg/dl	■ Hematocrit ..... %
■ Cholesterol, Total .....mg/dl	■ ESR .....mml
■ BUN .....mg/dl	■ SGOT .....IU/l
■ S. Creatinine .....2.5.....mg/dl	■ SGPT .....U/l
■ Urea .....mg/dl	■ Alk. Phos .....SomU/L
■ Bilirubin .....mmol/dl	■ Amylase .....IU/l
■ STCO2 .....15.....	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Cap: Dicaltpol (0.25mg) 1+0+0.
2. Tab. Hypophos (66X) 1+0+1
3. Cap Dexilend (300mg) 1+0+0.
4. Tab. Esylifel (10mg) 0+0+1
5. Tab. Omidon (10mg) 1+1+1
6. Tab NaCl (300ml) 2+2+2
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	9	45	18		252
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	16	103	28		522

Prescribed CHO = 257.4

Sub Total = 103

Difference = 154.4

No of serving is required for CHO (diff./15) = $\frac{154.4}{15} = 10.29$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		103	28		522
Cereals	10	150	20		700
Sub Total - B		253	48		1222

Prescribed Protein = 59.4

Sub Total = 48

Difference = 11.4

No of serving is required for Protein (diff./7) = $\frac{11.4}{7} = 1.62 \cong 2.$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		253	148		1222
Egg	1		6.7	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		253	61.7	9.8	1367

Prescribed Fat = 35.2

Sub Total = 9.8

Difference = 25.4

No of serving is required for Protein (diff./5) = $\frac{25.4}{5} = 5.08$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		253	61.7	9.8	1367
Oil & Fats	5			25	225
Total		253	61.7	34.8	1592

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement.
- Vitamin : According to age.
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1584 Kcal
- Calorie Modification : 1592 Kcal.
- Carbohydrate (65%) : 1029.6 Kcal = 257.4gm
- Protein (15%) : 237.6 Kcal = 59.4gm
- Fat (20%) : 316.8 Kcal = 35.2gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread Vegetable Egg	4 3 1	4pc bread 1 ½ cup mixed vege 1 boiled egg
Mid Morning Snacks	Fruit	2	180gm watermelon
Lunch	Rice vegetable Chiken Pluse	3 3 1 1	1 ½ cup rice 1 ½ cup mixed vege 1 pc low fat chiken ½ cup thicked liquid
Afternoon Snacks	Fruit	2	2cup papaye
Dinner	Ruti vegetable pluse	3 3 1	3pc Attar ruti 1½ cup mixed vege ½ cup thicked liquid
Late Night Snacks	Milk	1	1 glass skimmed milk.

5 tea spoon.

Food Note :

1. Food Cooking by Cover.
2. Saturated fat e.g. butter, ghee, margarine should be taken moderately.
3. Take meals timely, Meal should not be skipped.
4. All types of bakery product e.g. cakes, burgers, pizza etc, should be avoided.
5. Artificial sweeteners, soft drinks, should be avoided.

W-81
B-810.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 28

Patient's Information

Date : 29/09/22

KAZI MD-

Name : KAZI-MD-HUMAYUN KABIR.

Address : BIRDEM

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date :

Reason of Admission : ① Shortness of breath on exertion for 4 days
② Rt lower abdominal Pain (Umbilica Hernia)
(HTN)

Ward No : W-123 Bed No : 1229

Age : 64 years Sex : ☑ Male ☐ Female

Occupation : Asst. Cook.

Health Condition : Stable

Mental State : Sound.

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take :

Anthropometric Parameters

Weight : 75 Kg Height : 170 cm BMI : 24.91

Expected Body Weight : 58-72 Kg Ideal Body Weight : 62.71 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 140 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

Blood Glucose (F) :	mmol/dl	Magnesium 0.7	mmol/l
Blood Glucose (ASF) :	mmol/dl	Phosphate 3.2	mmol/l
HbA1c	%	Calcium 8.5	mmol/l
S. Albumin 38.8	mg/dl	Potassium 4.5	mmol/l
Total Protein 65.3	g/dl	Sodium 145	mmol/l
TG	mg/dl	Sram Chloride 115	mmol/l
HDL	mg/dl	HB 12.7	g/dl
LDL	mg/dl	Hematocrit 39.0	%
Cholesterol, Total	mg/dl	ESR	mml
BUN 45	mg/dl	SGOT 28	IU/l
S. Creatinine 1.4	mg/dl	SGPT 38	U/l
Urea 45	mg/dl	Alk. Phos 73	SomU/L
Bilirubin 0.4	mmol/dl	Amylase	IU/l
STCO2 20		Uric Acid	mg/dl
		Bicarbonate	mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. Ecosprin (75)
2. T. Astova (10)
3. T. Ramonil (1.25mg)
4. T. Betaloc (2.5mg)
5. T. Nitsin SR (2.6)
6. Trocam spray
7. T. Othera (20mg)
8. T. Algin (50mg)
9. T. Flamex 400
10. Cap. Tyeil (500mg)

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	15	98	26		494

Prescribed CHO = 235.16

Sub Total = 98

Difference = 137.16

No of serving is required for CHO (diff./15) = $\frac{137.16}{15} = 9.14$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	9	135	18		630
Sub Total - B		233	44		1124

Prescribed Protein = 78.38

Sub Total = 44

Difference = 34.38

No of serving is required for Protein (diff./7) = $\frac{34.38}{7} = 4.91 \cong 5$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		233	44		1124
Egg	1		6.7	6.8	90
Meat / Fish	4		28	12	220
Sub Total - C		233	78.7	18.8	1434

Prescribed Fat = 34.83

Sub Total = 18.8

Difference = 16.03

No of serving is required for Protein (diff./5) = $\frac{16.03}{5}$ = 3.20

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		233	78.7	18.8	1434
Oil & Fats	3			15	135
Total		233	78.7	33.8	1569

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1 - 2 L/per age

Calculation of Energy Requirement

- Calorie Requirement : 1567.75 Kcal.
- Calorie Modification : 1569 Kcal
- Carbohydrate (60%) : 940.65 Kcal = 235.16 gm
- Protein (20%) : 313.55 Kcal = 78.38 gm
- Fat (20%) : 313.55 Kcal = 34.83 gm.
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread Vegetable Egg	3 4 1	3 Attar ruti 2 cup mixed vege 1 boild egg
Mid Morning Snacks	Fruit	2	2 Orange
Lunch	Rice vegetable Fish pluse	3 3 2 1	1½ cup rice 1½ cup mixed vege 60gm low fat without skin ½ cup thicked
Afternoon Snacks	Fruit	2	2 pear
Dinner	Ruti Vegetable Chiken pluse	3 3 2 1	3 Attar ruti 1½ cup mixed vege 60gm low fat without skin ½ cup thicked.
Late Night Snacks	Milk	1	1 glass low fat skimmed milk.

3 tea spoon oil

Food Note :

1. One serving of green leafy vegetables should be taken.
2. Mustard oil, Soybean oil. should be used in Cooking as they are.
3. All types of bakery product e.g. cakes, pastry etc should be avoided.
4. High Sodium high fat foods e.g. chips burgers pizza etc should be avoided.
5. Artificial sweeteners, soft drinks should be avoided.
6. Whole wheat flour. brown rice etc are goods.

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Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 25-09-22

Name : MANIK

Address : H-25 BL-B Noboda Housing Mohamadpu Dhaka

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 22/09/2022

Reason of Admission : .....

Ward No : 142 Bed No : 1435

Age : 48 years Sex : ☑ Male ☐ Female

Occupation : Service holder

Health Condition : Sound

Mental State : Stable

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj- Humulin R 8+12+8
Inj - Lantus Sotustan 0+0+16

Anthropometric Parameters

Weight : 65 Kg Height : 159 cm BMI : 25.71

Expected Body Weight : 46 – 62 Kg Ideal Body Weight : 54 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle-Class Education : Degree

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium 0.7 ..... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate 3.2 .....mmol/l
■ HbA1c ..... %	■ Calcium 8.5 .....mmol/l
■ S. Albumin 38.8 .....mg/dl	■ Potassium 4.5 .....mmol/l
■ Total Protein 65.3 ..... g/dl	■ Sodium 145 ..... mmol/l
■ TG .....mg/dl	■ Siram Chloride 115 .....mmol/l
■ HDL .....mg/dl	■ HB 8.4 .....g/dl
■ LDL .....mg/dl	■ Hematocrit 26.0 ..... %
■ Cholesterol, Total .....mg/dl	■ ESR .....mml
■ BUN 45 .....mg/dl	■ SGOT 28 .....IU/l
■ S. Creatinine 1.4 .....mg/dl	■ SGPT 38 .....U/l
■ Urea 45 .....mg/dl	■ Alk. Phos 73 .....SomU/L
■ Bilirubin 0.4 .....mmol/dl	■ Amylase .....IU/l
■ STCO2 20	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Cap Cardizem SR (90mg)
2. Tab Cilosta (100mg)
3. Tab oxifyl
4. Tab. Qcin (300mg)
5. Tab. Esomix (20mg)
6. Tab. Omidon (10mg)
7. Table Salt .
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	15	98	26		494

Prescribed CHO = 246.8

Sub Total = 98

Difference = 148.8

No of serving is required for CHO (diff./15) = $\frac{148.8}{15} = 9.75 \approx 10$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	10	135	18		630
Sub Total - B		233	44		1124

Prescribed Protein = 82.2

Sub Total = 44

Difference = 38.2

No of serving is required for Protein (diff./7) = $\frac{38.2}{7} = 5.4 \approx 5.$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		233	44.2		1124
Egg	1		6.7	6.8	90
Meat / Fish	4		28	12	220
Sub Total - C		233	78.7	18.8	1434

Prescribed Fat = 36.56

Sub Total = 18.8

Difference = 17.76

No of serving is required for Protein (diff./5) = $\frac{17.76}{5} = 3.5 \cong 4$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		233	78.7	18.8	1434
Oil & Fats	4			20	180
Total		233	78.7	38.8	1514

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age.
- Minerals : According to age.
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1645.5 Kcal.
- Calorie Modification : 1514 Kcal.
- Carbohydrate (60%) : 987.3 Kcal = 246.8 gm
- Protein (20%) : 329.1 Kcal = 82.2 gm
- Fat (20%) : 329.1 kcal = 36.56 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	4 3 1	4 Attar ruti 1½ cup mixed vegetable 1 boiled
Mid Morning Snacks	Fruit	2	2 Orange
Lunch	Rice vegetable chiken pluse	3 3 2 1	1½ cup rice 1½ cup mixed vegetable 60 gm low fat without skin ½ cup thicked liquied
Afternoon Snacks	Fruit	2	2 pear
Dinner	Ruti vegetable Chiken pluse	3 2 2 1	3 Attar ruti 1½ cup mixed vege 60 gm low fat without skin ½ cup thicked liquied
Late Night Snacks	Milk	1	240 gm without fat skimmed milk.

4 tea spoon.

Food Note :

1. Take meals timely. Meal should not be skipped.
2. Wash vegetable before cutting to retain vitamin and minerals.
3. Maximum 5gm NaCl / Salt can taken.
4. One serving of green leafy vegetables should be taken.
5. Whole wheat flour, brown rice etc are goods.
6. Artificial sweeteners, soft drinks should be avoided.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 26/09/22

Name : Ismail Mridha

Address : Block-D, mirpur-6, Postal Code - 1216.

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 24/09/2022.

Reason of Admission : Altered consciousnes since last night, vomiting (4-5) times in 1 day, H/o fever 1 day back

Ward No : 131 (Nuro-1) Bed No : 1315

Age : 55 years Sex : ☑ Male ☑ Female

Occupation : Businessman

Health Condition : Critical.

Mental State : Sound

Disease (if present) : ☐ Non-Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj. Actrapid 8+0+0
Inj. Insulatard 8+0+0.

Anthropometric Parameters

Weight : 75 Kg Height : 164 cm BMI : 27.8

Expected Body Weight : 49 - 66 Kg Ideal Body Weight : 58.36 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 140 mm Hg/ 90 mmHg ☐ Anemia

☑ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☑ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☑ Moderate Worker ☐ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : NO How Much : 4 Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class. Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 32.4 mmol/dl	■ Magnesium 11.3 mmol/l
■ Blood Glucose (ABF) : ..... mmol/dl	■ Phosphate 7.2 mmol/l
■ HbA1c 12.0 %	■ Calcium ..... mmol/l
■ S. Albumin 32.9 mg/dl	■ Potassium 4.3 mmol/l
■ Total Protein 62.2 g/dl	■ Sodium 136 mmol/l
■ TG 486 mg/dl	■ Siram Chloride 108 mmol/l
■ HDL 30 mg/dl	■ HB 11.2 g/dl
■ LDL 163 mg/dl	■ Hematocrit 32.9 %
■ Cholesterol, Total 288 mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 8.6 mg/dl	■ SGPT ..... U/l
■ Urea 170 mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin ..... mmol/dl	■ Amylase ..... IU/l
■ STCO2 17	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Drugs :

1. T. Arlin 400mg 1+0+1
2. T. Febustal 40mg 0+0+1
3. Cap. Dicathnsl 0.25 0+1+0
4. Tab. Xyril 25mg 0+0+1
5.
6.
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	5	50			200
Pulse	2	12.8	5.4		72
Sub Total - A	16	114.8	29.4		576

Prescribed CHO = 284.37

Sub Total = 114.8

Difference = 169.57

No of serving is required for CHO (diff./15) = $\frac{169.57}{15} = 11.30$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		114.8	29.4		576
Cereals	11	165	22		770
Sub Total - B		279.8	51.4		1346

Prescribed Protein = 65.6

Sub Total = 51.4

Difference = 14.2

No of serving is required for Protein (diff./7) = $\frac{14.2}{7} = 2.02$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		279.8	51.4		1346
Egg	1		6.7	6.8	90
Meat / Fish	1		7	5	75
Sub Total - C		279.8	65.1	11.8	1511

Prescribed Fat = 38

Sub Total = 11.8

Difference = 26.2

No of serving is required for Protein (diff./5) = $\frac{26.2}{5} = 5.24$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		279.8	65.1	11.8	1511
Oil & Fats	5			25	225
Total		279.8	65.1	36.8	1736

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age.
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1750 Kcal
- Calorie Modification : 1736 Kcal.
- Carbohydrate (65%) : 1137.5 Kcal = 284.37 gm
- Protein (15%) : 262.5 Kcal = 65.6 gm
- Fat (20%) : 350 Kcal = 38 gm.
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	4 3 1	4 pc bread 1 ½ cup mixed vege 1 boiled egg
Mid Morning Snacks	Fruit	3	3 cup watermelon
Lunch	Rice vegetable Fish Pluse	4 3 1 1	2 cup rice 1 ½ cup mixed vege 1 pc low fat fish ½ cup medium
Afternoon Snacks	Fruit	2	180 gm papaya.
Dinner	Ruti vegetable Pluse	3 3 1	3 pc Attare ruti 1 ½ cup vege ½ cup medium.
Late Night Snacks	Milk	1	1 glass skimmed milk.

5 tea spoon oil.

Food Note :

1. Eat at least 1 citrus fruit in a day.
2. Whole wheat flour, brown rice etc are good.
3. One servino of green leafy vegetables should be taken.
4. Mustard oil, Soybean oil should be used in cooking as they are.
5. All types of bakery product e.g. cakes, pastry etc should be avoided.
6. Take meals timely. Meal should not be skipped.
7. Maximum 5g NaCl / Salt can taken.
8. Saturated fat e.g. butter, ghee, margarine should be taken moderately.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : .....

Name : Md. Yousuf Ali

Address : House No-201/16 পশ্চিম চন্দ্র স্কুল রোড , P.S : কাশিপুর

Dist: সাতক্ষীরা

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 21/09/22

Reason of Admission : O shortnum of breath for 3days

Ward No : 142 Bed No : 1430

Age : 52 years Sex : ☑ Male ☐ Female

Occupation : service holdere

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☑ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Maxsulin - 6+0+6

Anthropometric Parameters

Weight : 60 Kg Height : 161 cm BMI : 23.14

Expected Body Weight : 52 - 66 Kg Ideal Body Weight : 56.24 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☑ Swallowing Problem ☐ Constipation ☐ Gas Formation

left kidney.

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	17	98	26		494

Prescribed CHO = 274.13

Sub Total = 98

Difference = 176.13

No of serving is required for CHO (diff./15) = $\frac{176.13}{15} = 11.7$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	11	165	22		770
Sub Total - B		263	48		1264

Prescribed Protein = 63.26

Sub Total = 48

Difference = 15.26

No of serving is required for Protein (diff./7) = $\frac{15.26}{7} = 2.18 = 2$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		263	48		1264
Egg	1		6.7	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		263	61.7	9.8	1409

Prescribed Fat = 37.4

Sub Total = 9.8

Difference = 27.6

No of serving is required for Protein (diff./5) = $\frac{27.6}{5} = 5.52$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		263	61.7	9.8	1409
Oil & Fats	5			25	225
Total		263	61.7	34.8	1634

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie intake.
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement.
- Vitamin : According to age.
- Minerals : According to age.
- Fluid : 1-2 L/perday.

Calculation of Energy Requirement

- Calorie Requirement : 1687.2 Kcal.
- Calorie Modification : 1634 Kcal.
- Carbohydrate (65%) : 1096.68 Kcal = 274 gm
- Protein (15%) : 253.08 Kcal = 63.27 gm
- Fat (20%) : 337.44 Kcal = 37.49 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg pluse	4 4 1 1	4 Attar ruti 2 cup mixed vege 1 boild egg 1/2 Cup thicked liquid
Mid Morning Snacks	Fruit	2	100gm citrus Fruit.
Lunch	Rice vegetable Chiken pluse	4 3 1 1	2 cup rice 1 1/2 cup vege low fat 1 pc chiken 1/2 cup
Afternoon Snacks	Fruit	2	100gm citrus Fruit.
Dinner	Ruti vegetable	3 3	3 Attar ruti 1 1/2 cup vegetable
Late Night Snacks	Milk	1	1 glass skimmed milk.

5 tea spoon. oil.

Food Note :

1. Take meals timely, Meal should not be skipped.
2. Wash vegetable before cutting to retain vitamin and minerals.
3. Eat whole fruit instead of fruit Juice.
4. Omega 6 ও food intake.
5. Maximum 5g NaCL / salt can taken.

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Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's' Information

Date : 26/09/22

Name : Md. Main Uddin

Address : Hossainpur, P.O: Ashraf pur, P.S: Shahamasti
Dist : Chandpur

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 18/09/2022

Reason of Admission : Blurring of vision for 8-9 months, Burning sensation during micturition for few days. Increased thirst for few days, fatigue for few days.

Ward No : 131 Bed No : 1320

Age : 35 years Sex : ☑ Male ☐ Female

Occupation : Expatriate worker.

Health Condition : Stable

Mental State : sound.

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Actrapid → 14+10+22
Inj: Lantus → 1+0+0

Diabetic diet.

Anthropometric Parameters

Weight : 71 Kg Height : 161 cm BMI : 27.39

Expected Body Weight : 52 – 66 Kg Ideal Body Weight : 56.24 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : H.S.C.

Lab/Biochemical Test

■ Blood Glucose (F) : 9.6 mmol/dl	■ Magnesium 1.00 mmol/l
■ Blood Glucose (ABF) : 15.8 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c 12.5 %	■ Calcium ..... mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 5.0 mmol/l
■ Total Protein ..... g/dl	■ Sodium 142 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 108 mmol/l
■ HDL ..... mg/dl	■ HB 12 g/dl
■ LDL ..... mg/dl	■ Hematocrit ↓ 36.5 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT 16 IU/l
■ S. Creatinine 2.4 mg/dl	■ SGPT 15 U/l
■ Urea 85 mg/dl	■ Alk. Phos 100 SomU/L
■ Bilirubin 0.4 mmol/dl	■ Amylase ..... IU/l
■ STCO2 24	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. Linatab (5) 1+0+0
2. T. Bizonan (5/20) 0+0+1
3. T. Atora (10) 0+0+1
4. T. Napa 1+1+1
5. T. Levox (500mg) 0+0+1.
6. T. Dulox (20mg) 1+0+0.
7. T. Bisopmo (2.5) 0+0+1.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	17	98	26		494

Prescribed CHO = 274.13

Sub Total = 98

Difference = 176.13

No of serving is required for CHO (diff./15) = $\frac{176.13}{15}$ = 11.74

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	11	165	22		770
Sub Total - B		263	48		1264

Prescribed Protein = 63.26

Sub Total = 48

Difference = 15.26

No of serving is required for Protein (diff./7) = $\frac{15.26}{7}$ = 2.18

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		263	48		1264
Egg	1		6.75	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		263	61.7	9.8	1409

Prescribed Fat = 37.4

Sub Total = 9.8

Difference = 27.6

No of serving is required for Protein (diff./5) = $\frac{27.6}{5} = 5.52$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		273	61.7	9.8	1409
Oil & Fats	5			25	225
Total		273	61.7	34.8	1634

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day

Calculation of Energy Requirement

- Calorie Requirement : 1687 Kcal
- Calorie Modification : 1639 Kcal.
- Carbohydrate (65%) : 1096.55 = 274.13 gm
- Protein (15%) : 253.05 = 63.26 gm
- Fat (20%) : 337.4 = 37.4 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg Pluse	4 4 1 1	4 Attar ruti 2 cup mixed vege 1 boild egg ½ cup thicked liquid
Mid Morning Snacks	Fruit	2	100gm citrus fruit
Lunch	Rice vegetable Chiken pluse	4 3 1 1	2 cup rice 1½ cup vege. low fat 1pc chiken ½ cup
Afternoon Snacks	Fruit	2	100gm citrus fruit
Dinner	Ruti vegetable	3 3	3 Attar ruti. 1½ cup vege.
Late Night Snacks	Milk.	1	1 glass skimmed milk.

5 tea spoon.

Food Note :

1. Eat at least 1 citrus fruit in a day.
2. Maximum 5g NaCl / Salt can taken.
3. Taken meals timely meal should not be skipped.
4. Whole wheat flour, brown, rice etc are good.
5. Artificial sweeteners, soft drinks should be avoided.
6. Food cooking by cover.
7. One servino of green leafy vegetables should be taken.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 33

Patient's Information

Date : 01/10/22

Name : Abdur Rahman

Address : Nazipur, Hajiganj

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 24/09/22

Reason of Admission : fever, cough, Uncontrolled DM, Raised blood Pressure, Anorexia,

Ward No : W-123 Bed No : 1241

Age : 36 years Sex : ☑ Male ☐ Female

Occupation : N/S

Health Condition : Normal

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☑ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Ansislina (100IU) 20+8+0
Inj: Insulatard (100IU) 10+0+6.

Anthropometric Parameters

Weight : 58 Kg Height : 158 cm BMI : 23.23

Expected Body Weight : 50-62 Kg Ideal Body Weight : 54.17 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 140 mm Hg/ 80 mmHg ☑ Anemia

☑ Edema ☐ Jaundice ☑ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☑ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : lose How Much : 1 Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : middle class Education : H.S.C

Lab/Biochemical Test

Blood Glucose (F) : 7.1 mmol/dl	Magnesium 0.9 mmol/l
Blood Glucose (ABF) : 8.3 mmol/dl	Phosphate 2.8 mmol/l
HbA1c 12.9 %	Calcium 7.3 mmol/l
S. Albumin 27.9 mg/dl	Potassium 3.7 mmol/l
Total Protein 58.6 g/dl	Sodium 138 mmol/l
TG ..... mg/dl	Siram Chloride 105 mmol/l
HDL ..... mg/dl	HB 9.2 g/dl
LDL ..... mg/dl	Hematocrit 26.9 %
Cholesterol, Total ..... mg/dl	ESR 81 mml
BUN ..... mg/dl	SGOT 30 IU/l
S. Creatinine 2.4 mg/dl	SGPT 37 U/l
Urea 58 mg/dl	Alk. Phos ..... SomU/L
Bilirubin 0.4 mmol/dl	Amylase ..... IU/l
STCO2 22	Uric Acid ..... mg/dl
	Bicarbonate ..... mmol/l

☐ Supplements	Yes	No,	If, Yes	
Type,	☐ Vitamin			
	☐ Minerals Vitamins			
	☐ Minerals			
Appetite :	☐ Excellent	☐ Good	☐ Fair	☐ Poor

Drugs :

1. Tab. Furex 500 1+0+1.
2. Cap. Seclo 20mg 1+0+1
3. Cap Caltrol. 25mg 0+1+0.
4. Tab. Ecosprin 75mg 0+1+0
5. Tab. Fixocard 5/50mg 1+0+1
6. Tab. Napa 500mg 1+1+1
7. Tab Ferocit 1+0+1
8. Syp. Avolac
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A		98	26		494

Prescribed CHO = 264.07

Sub Total = 98

Difference = 166.07

No of serving is required for CHO (diff./15) = $\frac{166.07}{15} = 11.07$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	11	165	22		770
Sub Total - B		263	48		1264

Prescribed Protein = 60.94

Sub Total = 48

Difference = 12.94

No of serving is required for Protein (diff./7) = $\frac{12.94}{7} = 1.84 \cong 2$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		263	48.1		1264
Egg	1		6.7	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		263	61.7	9.8	1409

Prescribed Fat = 36.11

Sub Total = 9.8

Difference = 26.31

No of serving is required for Protein (diff./5) = $\frac{26.31}{5} = 5.26$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		263	61.7	9.8	1409
Oil & Fats	5			25	225
Total		263	61.7	34.8	1634

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement.
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/day

Calculation of Energy Requirement

- Calorie Requirement : 1625.1 Kcal
- Calorie Modification : 1639 Kcal.
- Carbohydrate (65%) : 1056.31 Kcal = 264.07 gm
- Protein (15%) : 243.76 Kcal = 60.94 gm
- Fat (20%) : 325.02 Kcal = 36.11 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	4 4 1	4 Attar ruti 2 cup mixed vege 1 boild egg
Mid Morning Snacks	Fruit	2	2 Orange.
Lunch	Rice vegetable Chiken pluse	3 3 1 1	1 ½ cup rice 1 ½ cupmixed vege 30gm lowfat without skin ½ cupthicked
Afternoon Snacks	Fruit	2	2 pear
Dinner	Ruti vegetable pluse	3 3 1	3 Attar ruti 1 ½ cupmixed vege ½ cup mixed
Late Night Snacks	Milk	1	1 glass low fat skimmed milk.

5 tea spoon oil.

Food Note :

① Omega 6 ও intake food.

② Eat whole fruit instead of fruit juice

③ Wash vegetable before cutting to retain vitamin and minerals

④ All types of bakery product e.g cakes pastry etc should be avoided.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 14

Patient's Information

Date : 27/09/22

Name : Md. Delowar Hossain

Address : vill : ATi Bazar , P.O : Keranigong

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 6/09/22

Reason of Admission : ① cough for 5 days ② Difficulty in breathing for same duration . ③ Fever for 1 days

Ward No : W-113 (Endocrinology-2) Bed No : 1139

Age : 39 years Sex : ☐ Male ☐ Female

Occupation : Unemployedment

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj. Humulis R 12+0+18

Inj : Humulis N 16+0+14.

Anthropometric Parameters

Weight : 73 Kg Height : 160 cm BMI : 28.51

Expected Body Weight : 51-64 Kg Ideal Body Weight : 55.5 Kg

Body Frame Size : ☐ Small ☐ Medium ☑ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 180 mm Hg/ 100 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☑ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : poor Taka Religion : Islam

Living Status : Lower middle Class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 6.3 mmol/dl	■ Magnesium 0.19 mmol/l
■ Blood Glucose (ABF) : 6.4 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium 7.1 mmol/l
■ S. Albumin 24.0 mg/dl	■ Potassium 3.2 mmol/l
■ Total Protein ..... g/dl	■ Sodium 150 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 94 mmol/l
■ HDL 31 mg/dl	■ HB 8.2 g/dl
■ LDL 118 mg/dl	■ Hematocrit 2420 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN 71 mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 2.5 mg/dl	■ SGPT ..... U/l
■ Urea 140 mg/dl	■ Alk. Phos 39 SomU/L
■ Bilirubin 0.4 mmol/dl	■ Amylase ..... IU/l
■ STCO2 40	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. Cotson 10mg 4+0+0
2. T. Thyrox 50mg 1+0+0
3. T. Enlecavir (0.5) 1+0+0
4. T. Alphaypres 2.5 1+1+1
5. T. Nidipin SR 20mg 1+0+1
6. T. Spiretic 25 mg 1+1+0
7. T. Finexy Clav 625 mg 1+1+0
8. Inj: Maxpro 40 mg
9. Inj: Lasix
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	15	98	26		494

Prescribed CHO = 270

Sub Total = 98

Difference = 172

No of serving is required for CHO (diff./15) = $\frac{172}{15} = 11.4$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	11	165	22		770
Sub Total - B		263	48		1264

Prescribed Protein = 62.43

Sub Total = 48

Difference = 14.43

No of serving is required for Protein (diff./7) = $\frac{14.43}{7} = 2.06$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		263	48		1264
Egg	1		6.7	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		263	61.7	9.8	1409

Prescribed Fat = 37

Sub Total = 9.8

Difference = 27.2

No of serving is required for Protein (diff./5) = $\frac{27.2}{5} = 5.44$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		273	61.7	9.8	1409
Oil & Fats	5			25	225
Total		273	61.7	34.8	1634

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement.
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1665 kcal
- Calorie Modification : 1634 kcal
- Carbohydrate (65%) : 1082.25 kcal = 270 gm
- Protein (15%) : 249.75 kcal = 62.43 gm
- Fat (20%) : 333 kcal = 37 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg	4 4 1	4 Attare ruti 2 cup mixed vege 1 boild egg
Mid Morning Snacks	Fruit	2	200 orange
Lunch	Rice vegetable chiken pluse	4 3 1 1	2 cup rice 1 ½ cup vege low fat 1 pc chiken with out skin ½ cup thicked
Afternoon Snacks	Fruit	2	2 pear
Dinner	Ruti vegetable pluse	3 3 1	3 Attare ruti 1 ½ cup vegetable ½ cup thicked liquid.
Late Night Snacks	Milk	1	1 glass skimmed milk

5 tea spoon oil.

Food Note :

1. Maximum 5g NaCl / Salt can taken.
2. Take meals timely, Meal should not be skipped
3. Wash vegetable before cutting to retain vitamin and minerals.
4. Eat whole fruit instead of fruit Juice.
5. Omega 6 Gr food intake.
6. All types of bakery product e.g. cakes, pastry etc should be avoided.
7. Artificial sweeteners, soft drinks should be avoided.

Mim

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 04/10/22

Name : BILKIS ARA BEGUM

Address : 622, Boro magbazar, Dhaka

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 29/09/22

Reason of Admission : Concern about raising serum creatinine after diarrhwea, cough for 7 days. Anorexia, G. weakness for 2hurs

Ward No : W-143 Bed No : 1450

Age : 55 years Sex : ☐ Male ☑ Female

Occupation : Home maker.

Health Condition : AKIon CKD duto AGE. Hypothyroidsm DM, HTN, IHD

Mental State : .....

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : .....

Anthropometric Parameters

Weight : 50 Kg Height : 143 cm BMI : 24.45

Expected Body Weight : 37-47 Kg Ideal Body Weight : 44.37 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 70 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 5.0 mmol/dl	■ Magnesium 0.7 mmol/l
■ Blood Glucose (ABF) : 6.2 mmol/dl	■ Phosphate 3.9 mmol/l
■ HbA1c ..... %	■ Calcium 7.2 mmol/l
■ S. Albumin 34.1 mg/dl	■ Potassium 4.5 mmol/l
■ Total Protein ..... g/dl	■ Sodium 141 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 114 mmol/l
■ HDL ..... mg/dl	■ HB 9.2 g/dl
■ LDL ..... mg/dl	■ Hematocrit 28.4 %
■ Cholesterol, Total ..... mg/dl	■ ESR 24 mml
■ BUN ..... mg/dl	■ SGOT 16 IU/l
■ S. Creatinine 6.4 mg/dl	■ SGPT 15 U/l
■ Urea 111 mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin 0.4 mmol/dl	■ Amylase ..... IU/l
■ STCO2	■ Uric Acid 6.7 mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab. Lino 0+1+0
2. T. Clopid 0+1+0
3. T. Nidocand RTD 1+1+0
4. T. Fegio FL 0+1+1
5. Cap. Gabrol 1+0+1
6. T. Ost+K 0
7. T. Thynox ½+0+0
8. T. Satinati 1+1+1
9. T. De Fiux (10) 1+1+1
10. T. Vesen e 1+0+1.

T. MONAS 0+0+1.

T. DOX Na 1+0+0.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	15	98	26		494

Prescribed CHO = 216.28

Sub Total = 98

Difference = 118.28

No of serving is required for CHO (diff./15) = $\frac{118.28}{15} = 7.8 \cong 8$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		198	26		494
Cereals	8	120	16		560
Sub Total - B		218	42		1054

Prescribed Protein = 50

Sub Total = 42

Difference = 8

No of serving is required for Protein (diff./7) = $8/7 = 1.14$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		218	42		1054
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		218	48.7	6.8	1144

Prescribed Fat = 29.58

Sub Total = 9.8

Difference = 19.78

No of serving is required for Protein (diff./5) = $\frac{19.78}{5} = 3.95 \cong 4$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		218	48.7	6.8	1144
Oil & Fats	4			20	180
Total		218	48.7	26.8	1324

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1 - 2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1331.1 Kcal
- Calorie Modification : 1324 Kcal.
- Carbohydrate (65%) : 865.21 Kcal = 216.28 gm
- Protein (15%) : 199.66 Kcal ≈ 50 gm
- Fat (20%) : 266.22 Kcal = 29.58 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread Vegetable Egg	3 3 1	3slice of bread 1½ cup mixed vege 1 boiled egg.
Mid Morning Snacks	Fruit	2	2 Hog plum
Lunch	Rice vegetable pluse	3 3 1	1½ cup rice 1½ cup mixed vege ½ cup thicked
Afternoon Snacks	Fruit	2	100gm mango
Dinner	Ruti vegetable pluse	2 2 1	2 Attar ruti 1 cup mixed vege ½ cup
Late Night Snacks	Milk	1	1 glass skimmed milk.

4tea spoon.

Food Note :

1. Eat at least one citrus fruit in a day.
2. One serving of green leafy vegetables should be taken.
3. Mustard oil, soybean oil should be used in cooking as they are.
4. All types of bakery product e.g. cakes, pastry etc should be avoided.
5. Artificial sweeteners, soft drinks should be avoided.
6. Maximum 5g NaCl / Salt can taken.

Mim.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 04/10/22

Name : Sarmin Akter

Address : Barera, Dabiddar, Camilla.

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : .....

Reason of Admission : ① Scanty. Micturation for 04 day, Nausea for 4 days. Generalited smelling of body for same duration.

Ward No : 143 Bed No : 1458

Age : 30 years Sex : ☐ Male ☑ Female

Occupation : House wife

Health Condition : AKI, Hypothyroid, GN, Migrone headach.

Mental State : .....

Disease (if present) : ☑ Non- Diabetic ☐ GIT ☐ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : .....

Anthropometric Parameters

Weight : 80 Kg Height : 153 cm BMI : 34.17

Expected Body Weight : 45 - 57 Kg Ideal Body Weight : 50.79 Kg

Body Frame Size : ☐ Small ☐ Medium ☑ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☑ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 160 mm Hg/ 80 mmHg ☑ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☑ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : 15,000 Taka Religion : Islam

Living Status : Middle class Education : Class 10

Lab/Biochemical Test

Blood Glucose (F) : .....mmol/dl	Magnesium ..... mmol/l
Blood Glucose (ABF) : .....mmol/dl	Phosphate .....mmol/l
HbA1c ..... %	Calcium .....mmol/l
S. Albumin .....mg/dl	Potassium ....5.6.....mmol/l
Total Protein ..... g/dl	Sodium ....140..... mmol/l
TG ....233.....mg/dl	Siram Chloride ....108.....mmol/l
HDL ....23.....mg/dl	HB ....10.0.....g/dl
LDL ....162.....mg/dl	Hematocrit ..... %
Cholesterol, Total .....mg/dl	ESR .....mml
BUN ....82.....mg/dl	SGOT .....IU/l
S. Creatinine ....1.3.....mg/dl	SGPT .....U/l
Urea ....82.....mg/dl	Alk. Phos .....SomU/L
Bilirubin .....mmol/dl	Amylase .....IU/l
STCO2 ....122.0.....	Uric Acid .....mg/dl
	Bicarbonate .....mmol/l

☐ Supplements	Yes	No,	If, Yes	
Type,	☐ Vitamin			
	☐ Minerals Vitamins			
	☐ Minerals			
Appetite :	☐ Excellent	☐ Good	☐ Fair	☐ Poor

Drugs :

1. Tab. Thyrox 50 1+0+0
2. Tab. Vave 100mg 1+1+1.
3. Tab. Otherra 20mg 1+0+1
4. Inj. Lasix 20mg
5. Tab. Telma 40mg 1+0+1
6. Tab. Nidifin SR 20mg 1+0+1.
7. Tab. Sodicarb 600mg 1+1+1
8. Tab. Rivotril 1mg 0+0+1
9. Tab. Nortin 10 mg 1+0+0.
10. Tab. Topirva 25mg 1+0+1

Tab. Emslat 8mg 1+1+1.

Tab. Monlene 10mg 0+0+1.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	15	98	26		494

Prescribed CHO = 247.60

Sub Total = 198

Difference = 149.60

No of serving is required for CHO (diff./15) = $\frac{149.60}{15} = 9.97 \cong 10$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	10	150	20		700
Sub Total - B		248	46		1194

Prescribed Protein = 57.13

Sub Total = 46

Difference = 11.13

No of serving is required for Protein (diff./7) = $\frac{11.13}{7} = 1.59 \cong 2$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		248	46.3		1194
Egg	1		6.7	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		248	59.7	9.8	1339

Prescribed Fat = 33.86

Sub Total = 9.8

Difference = 24.06

No of serving is required for Protein (diff./5) = $\frac{24.06}{5} = 4.81 \cong 5$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		248	59.7	9.8	1339
Oil & Fats	5			25	225
Total		248	59.7	34.8	1564

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day

Calculation of Energy Requirement

- Calorie Requirement : 1523.7 Kcal
- Calorie Modification : 1564 Kcal
- Carbohydrate (65%) : 990.40 Kcal = 247.60 gm
- Protein (15%) : 228.55 Kcal = 57.13
- Fat (20%) : 304.74 Kcal = 33.86 gm
- If any restriction : Protein

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 3 1	3 pc bread 1 ½ cup mixed vege 1 boiled egg
Mid Morning Snacks	Fruit	2	180gm papaya
Lunch	Rice vegetable Fish pluse	3 3 1 1	2 cup rice 1 ½ cup mixed vege 1 pc low fat witout chiken ½ cup thicked
Afternoon Snacks	Fruit	2	2 cup guava
Dinner	Ruti vegetable pluse	3 3 1	3pc Attam ruti 1 ½ cup vege ½ cup thicked liquid
Late Night Snacks	Milk	1	1 glass skimmed milk.

5 tea spoon oil.

Food Note :

1. Maximum 5g NaCl / Salt can taken.
2. Takes meals timely meal should not be skipped.
3. Whole wheat flour, brown, rice etc are good.
4. One serving of green leafy vegetables should be taken.
5. Artificial sweeteners, soft drinks should be avoided.

Mim

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 04/10/22

Name : SHEFALY RANI DAS

Address : Gongadhlaon pdly, Sodon, Manikgang, Manikgang.

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 01 /10 /22

Reason of Admission : Vertigo for 7 days, (ii) Anorexia for same duration, (iii) Burning sensation during micturition for same duration.

Ward No : W-143 Bed No : 1448

Age : 55 years Sex : ☐ Male ☑ Female

Occupation : House wife

Health Condition : UTI Non healing ulcer on rt foot, CKD, DM, HTN. IHD (EF = 24%)

Mental State : .....

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Injulet - R - 12+6+0
Inj : Injulet - N - 6+0+6.

Anthropometric Parameters

Weight : 50 Kg Height : 153 cm BMI : 21.35

Expected Body Weight : 45-57 Kg Ideal Body Weight : 50.79 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 80 mmHg ☑ Anemia

☑ Edema ☐ Jaundice ☑ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Hindu

Living Status : Middle class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 5.0 mmol/dl	■ Magnesium 0.8 mmol/l
■ Blood Glucose (ABF) : 6.8 mmol/dl	■ Phosphate 4.4 mmol/l
■ HbA1c ..... %	■ Calcium 7.4 mmol/l
■ S. Albumin 27.5 mg/dl	■ Potassium 3.7 mmol/l
■ Total Protein 72.5 g/dl	■ Sodium 123 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 92 mmol/l
■ HDL ..... mg/dl	■ HB 7.3 g/dl
■ LDL ..... mg/dl	■ Hematocrit 22.1 %
■ Cholesterol, Total ..... mg/dl	■ ESR 52 mml
■ BUN 161 mg/dl	■ SGOT 17 IU/l
■ S. Creatinine 4.5 mg/dl	■ SGPT 10 U/l
■ Urea 161 mg/dl	■ Alk. Phos 169 SomU/L
■ Bilirubin 0.7 mmol/dl	■ Amylase ..... IU/l
■ STCO2 15	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. C. Maxpro (20) 1+0+1
2. T. Prutopress (10) 1+1+1.
3. T. Nidocand 1+1+0.
4. T. Candex (3.125) 1+0+1
5. T. Ipec Super 1+0+1
6. T. Neuromate 1+0+1
7. T. Avas (10) 0+0+1
8. Inj: Epomax (5000) S/C - weekly
9. Inj: Lasix 20 1m BD 28
10. T. Omidon (10) 1+1+1.

(11) T. Sodicanb (600) 2+2+2.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	9	45	18		252
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	16	103	28		522

Prescribed CHO = 206.33

Sub Total = 103

Difference = 103.33

No of serving is required for CHO (diff./15) = $\frac{103.33}{15} = 6.88 \cong 7$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		103.33	28		522
Cereals	7	105	14		490
Sub Total - B		208	42		1012

Prescribed Protein = 47.61

Sub Total = 42

Difference = 5.61

No of serving is required for Protein (diff./7) = $\frac{5.61}{7} = 0.80 \cong 1$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		208	42		1012
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		208	48.7	6.8	1102

Prescribed Fat = 28.21

Sub Total = 6.8

Difference = 21.41

No of serving is required for Protein (diff./5) = $\frac{21.41}{5} = 4.282$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		208	48.7	6.8	1102
Oil & Fats	4			20	180
Total		208	48.7	26.8	1282

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age.
- Minerals : According to age.
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1269.75 Kcal
- Calorie Modification : 1282 Kcal
- Carbohydrate (65%) : 825.33 Kcal = 206.33 gm
- Protein (15%) : 190.46 Kcal = 47.61 gm
- Fat (20%) : 253.95 Kcal = 28.21 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg Oils	3 3 1 1	3 slice of bread 1 ½ cup of mixed vege 1 boild. 1 table spoon.
Mid Morning Snacks	Fruit	2	2 Small banana
Lunch	Rice vegetable Pluse oils	2 3 1 2	1 cup rice 1 ½ cup mixed vege ½ cup 2 table spoon
Afternoon Snacks	Fruit	2	2 Orange.
Dinner	Ruti vegetable pluse oils	2 3 1 1	2 Allare ruti 1 ½ cup mixed vege ½ cup. 1 table spoon
Late Night Snacks	Milk	1	1 glass skimmed milk

Food Note :

① All types of bakery product e.g. cakes, pastry etc should be avoided.

② Whole wheat flour, brown rice etc are goods.

③ Artificial sweeteners, soft drinks should be avoided.

④ Mustard oil, soybean oil should be used in cooking as they are.

⑤ High sodium, high fat foods e.g. chips burgers pizza etc should be avoided.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 26/09/2022

Name : Md. Farid Uddin Chowdhury.

Address : House : 7, P.O : Sec : 14, P.S : Uttara, Road : 19
District : Dhaka.

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 20/09/22

Reason of Admission : (i) Infected womd bellow the right seapula for 3 days
(ii) Fever for same duration.

Ward No : 131 (Nephro - 01) Bed No : 1313

Age : 45 years Sex : ☑ Male ☐ Female

Occupation : Service holder.

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non-Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj : Actrapid 20+14+6
Inj : lamtus 0+0+36.

Anthropometric Parameters

Weight : 80 Kg Height : 5.10 cm BMI : 33.29

Expected Body Weight : 44 – 59 Kg Ideal Body Weight : 52.13 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☑ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 110 mm Hg/ 70 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : M.B.A

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium ....0.7.... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate .....mmol/l
■ HbA1c ..... %	■ Calcium ....8.2....mmol/l
■ S. Albumin ....24.6....mg/dl	■ Potassium ....3.7....mmol/l
■ Total Protein ..... g/dl	■ Sodium ....133.... mmol/l
■ TG .....mg/dl	■ Siram Chloride ....100....mmol/l
■ HDL .....mg/dl	■ HB ....0.3....g/dl
■ LDL .....mg/dl	■ Hematocrit ....27.2.... %
■ Cholesterol, Total .....mg/dl	■ ESR .....mml
■ BUN .....mg/dl	■ SGOT .....IU/l
■ S. Creatinine ....5.2....mg/dl	■ SGPT ....71....U/l
■ Urea ....85....mg/dl	■ Alk. Phos .....SomU/L
■ Bilirubin .....mmol/dl	■ Amylase .....IU/l
■ STCO2 ....18....	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. Arkin 400mg 1+0+1
2. T. Febustal 40mg 0+0+1
3. Cap. Dicetrol 0.25 0+1+0
4. Tab. Xynil 25mg 0+0+1
5.
6.
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	9	45	18		252
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	16	103	28		522

Prescribed CHO = 253.98

Sub Total = 103

Difference = 150.98

No of serving is required for CHO (diff./15) = $\frac{150.98}{15} = 10.06$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		103	28		522
Cereals	10	150	20		700
Sub Total - B		253	48		1222.

Prescribed Protein = 58.61

Sub Total = 48

Difference = 10.61

No of serving is required for Protein (diff./7) = $\frac{10.61}{7} = 1.51 \cong 2.$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		253	48.61		1222
Egg	1		6.7	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		253	61.7	9.8	1367

Prescribed Fat = 34.73

Sub Total = 9.8

Difference = 24.93

No of serving is required for Protein (diff./5) = $\frac{24.93}{5} = 4.98$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		253	61.7	9.8	1367
Oil & Fats	4			20	180
Total		253	61.7	29.8	1547

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement.
- Fat : 20% of total Calorie requirement.
- Vitamin : According to age.
- Minerals : According to age.
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1563 Kcal.
- Calorie Modification : 1547 Kcal.
- Carbohydrate (65%) : 1015.95 Kcal = 253.98 gm
- Protein (15%) : 234.45 = 58.61 gm
- Fat (20%) : 312.6 = 34.73 gm.
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 3 1	3 pc bread. 1½ cup mixed vege 1 boiled egg
Mid Morning Snacks	Fruit	2	180gm papaya.
Lunch	Rice vegetable Fish Pluse	4 3 1 1	2 cup rice. 1½ cup mixed vege 1 pc lowfat fish ½ cup thicked liquid
Afternoon Snacks	Fruit	2	2 cup watermelon.
Dinner	Ruti vegetable Pluse	3 3 1	3 pc Attare ruti. 1½ cup vege ½ cup thicked liquid
Late Night Snacks	Milk.	1	1 glass skimmed milk.

4 tea spoon.

Food Note :

1. Eat at least one citrus fruit in a day.
2. Whole wheat flour, brown, rice etc are good.
3. Mustard oil, soybean oil, should be used in Cooking as they are.
4. High sodium, high fat foods e.g. chips burgers, pizza, etc. should be avoided.
5. Artifical sweeteners, soft drinks should be avoided.
6. Omega 6 ক্স source ক্স food intake.
7. Food cooking by cover.
8. Saturated fat e.g. butter, ghee, margarine should be taken moderately.

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Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 27/09/22

Name : Titu sarkerr

Address : vill : Chunkuthiya , P.O : Hinduparra , P.S : Keraniganj

Dist : Dhaka .

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 24/09/22

Reason of Admission : ① Generalized weakness for 1 month
shortness of breth for 1 week
uncontrolled blood sugar for 1 day

Ward No : 113 (Nephro - 01) Bed No : 1145

Age : 47 years Sex : ☑ Male ☐ Female

Occupation : Unemployedment .

Health Condition : অসুস্থ

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj. Ansulin (30/70) 14+0+12 .

Anthropometric Parameters

Weight : 68 Kg Height : 5.10" cm BMI : 28.30

Expected Body Weight : 44-59 Kg Ideal Body Weight : 52.13 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : ..... mm Hg/ ..... mmHg ☑ Anemia

☑ Edema ☑ Jaundice ☑ Dehydration

☐ Nausea ☐ Vomiting ☑ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☑ Yes ☐ No

Recent Weight gain / lose : Yes How Much : 5 Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Hindu

Living Status : Middle class. Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 8.4 mmol/dl	■ Magnesium 0.95 mmol/l
■ Blood Glucose (ABF) : 9.3 mmol/dl	■ Phosphate 4.3 mmol/l
■ HbA1c 5.6 %	■ Calcium 118.L mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 5.2 mmol/l
■ Total Protein ..... g/dl	■ Sodium 140 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 105 mmol/l
■ HDL ..... mg/dl	■ HB 8.5 g/dl
■ LDL ..... mg/dl	■ Hematocrit ..... %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN 144 mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 6.6 mg/dl	■ SGPT ..... U/l
■ Urea ..... mg/dl	■ Alk. Phos 56 SomU/L
■ Bilirubin 0.5 mmol/dl	■ Amylase ..... IU/l
■ STCO2 21	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab : Bisol (5) 2+0+2
2. Tab : Prazopness 2+0+2.
3. Tab : Amlevo 2+0+2
4. Tab : Tiglinan 0+0+1
5. Tab : Sodicarb
6. Tab : hemofixfa 1+0+1.
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	9	45	18		252
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	16	103	28		522

Prescribed CHO = 253.98

Sub Total = 103

Difference = 150.98

No of serving is required for CHO (diff./15) = $\frac{150.98}{15} = 10.06$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		103	28		522
Cereals	10	150	20		700
Sub Total - B		253	48		1222

Prescribed Protein = 58.61

Sub Total = 48

Difference = 10.61

No of serving is required for Protein (diff./7) = $\frac{10.61}{7} = 1.51 \cong 2$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		253	48		1222
Egg	1		6.7	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		253	61.7	9.8	1367

Prescribed Fat = 34.73

Sub Total = 9.8

Difference = 24.93

No of serving is required for Protein (diff./5) = $\frac{24.93}{5} = 4.98$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		253	61.7	9.8	1367
Oil & Fats	4			20	180
Total		253	61.7	29.8	1547

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1563.9 Kcal
- Calorie Modification : 1547 Kcal.
- Carbohydrate (65%) : 1016.53 kcal = 254.13 gm
- Protein (15%) : 234.58 Kcal = 58.64 gm
- Fat (20%) : 312.78 Kcal = 34 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 3 1	3pc bread 1 ½ cup mixed vege 1 boiled egg
Mid Morning Snacks	Fruit	2	180 gm papaya
Lunch	Rice vegetable Fish pluse	4 3 1 1	2 cup rice 1 ½ cup mixed vege 1 pc low fat fish ½ cup thicked liquid.
Afternoon Snacks	Fruit	2	2 cup watermelon
Dinner	Ruti vegetable pluse	3 3 1	3pc Attan ruti 1 ½ cup vege ½ cup thicked liquid
Late Night Snacks	Milk	1	1 glass skimmed Milk.

4 tea-spoon.

Food Note :

1. Food Cooking by Cover.
2. Saturated fat e.g. butter, ghee, margarine should be taken moderately.
3. Take meals timely, Meal should not be skipped.
4. All types of bakery product e.g. cakes, burgers, pizza etc, should be avoided.
5. Artificial sweeteners, soft drinks, should be avoided.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 03/10/22

Name : Md. Rafiqul Islam

Address : Bauphal ; Patuakhal.

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 01/10/22

Reason of Admission : ① Abdominal pain for 1 year
② Nausea for same duration.
③ Low back pain for 2 month

Ward No : 113 Bed No : 1152

Age : 18 years Sex : ☑ Male ☐ Female

Occupation : Student

Health Condition : FcPD, DM

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : No insulin intake, only diet control.

Anthropometric Parameters

Weight : 51 Kg Height : 169 cm BMI : 17.85

Expected Body Weight : ..... Kg Ideal Body Weight : ..... Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☑ Underweight ☐ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : NO How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle Class Education : H.S.C

Lab/Biochemical Test

■ Blood Glucose (F) : 6.1 mmol/dl	■ Magnesium 0.9 mmol/l
■ Blood Glucose (ABF) : ..... mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium 8.9 mmol/l
■ S. Albumin 45.6 mg/dl	■ Potassium 3.9 mmol/l
■ Total Protein ..... g/dl	■ Sodium 140 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 109 mmol/l
■ HDL ..... mg/dl	■ HB 13 g/dl
■ LDL ..... mg/dl	■ Hematocrit 36.3 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT 18 IU/l
■ S. Creatinine 0.8 mg/dl	■ SGPT 22 U/l
■ Urea ..... mg/dl	■ Alk. Phos 81 SomU/L
■ Bilirubin 0.6 mmol/dl	■ Amylase 28 IU/l
■ STCO2 20	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Cap. Zymet Pro
2. Cap. Sengel (20mg)
3. Tab. Omidon (10mg)
4. Tab. Algin (50mg)
5. Tab. Napadol (325)
6.
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	2	24	16		160
Vegetables	9	45	18		252
Fruits	5	50			200
Pulse	3	19.2	8.1		108
Sub Total - A	19	138.2	42.1		720

Prescribed CHO = 278.86

Sub Total = 138.2

Difference = 140.66

No of serving is required for CHO (diff./15) = $\frac{140.66}{15} = 9.37$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		140.66	42.1		720
Cereals	9	135	18		630
Sub Total - B		5.66	60.1		1350

Prescribed Protein = 92.95

Sub Total = 60.1

Difference = 32.85

No of serving is required for Protein (diff./7) = $\frac{32.85}{7} = 4.69$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		5.66	32.85		1350
Egg	1		6.7	6.8	90
Meat / Fish	3		21	15	225
Sub Total - C		5.66	5.15	21.8	1665

Prescribed Fat = 41.31

Sub Total = 21.8

Difference = 19.51

No of serving is required for Protein (diff./5) = $\frac{19.51}{5} = 3.902$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		5.66	5.15	19.51	1665
Oil & Fats	3			15	135
Total		5.66	5.15	4.51	1800

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement.
- Fat : 20% of total Calorie requirement.
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-3 L/perday.

Calculation of Energy Requirement

- Calorie Requirement : 1859.1
- Calorie Modification : 1800
- Carbohydrate (60%) : 1115.46 Kcal = 278.86 gm
- Protein (20%) : 371.82 Kcal = 92.95 gm
- Fat (20%) : 371.82 Kcal = 41.31 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg Pluse Milk	3 3 1 1 1	3 slice 1½ cup vege. 1 bolied ½ cup 1 glass
Mid Morning Snacks	Fruit	3	1½ cup fruit.
Lunch	Rice vegetable Fish pluse	3 3 2 1	1½ cup rice. 1½ cup vege. 60 gm ½ cup medium.
Afternoon Snacks	Fruit Egg	2 1	1 cup vege. 1 bolied egg
Dinner	Ruti vegetable Chiken pluse	3 3 1 1	3 Attar ruti 1½ cup vege mixed 30 gm ½ cup.
Late Night Snacks	Milk	1	1 glass

Food Note :

1. Eat whole fruit instead of fruit Juices.
2. Maximum 5g NaCl/Salt can taken.
3. Take meals timely, Meal should not be skipped.
4. Wash vegetable before cutting to retain vitamin and minerals.
5. All types of bakery product e.g. Cakes, Pastry etc should be avoided.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 25

Patient's Information

Date : 29/09/22

Name : MD. ABDUL AZIZ KHAN

Address : MATUAIL , P.O: MRDRASHA BAZAER, MAJPARA, JATRABARI

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : 27/09/22

Admission Date : 27/09/22

Reason of Admission : ① Generalized weakness for 3 days.
① Isselauant talk and atled level of consciusness for the same duration.

Ward No : 141 Bed No : 1420

Age : 65 years Sex : ☐ Male ☐ Female

Occupation : Retired

Health Condition : Not well

Mental State : Not well

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj. MixTARD 30 → 20 + 0 + 6

Anthropometric Parameters

Weight : 61 Kg Height : 168 cm BMI : 21.61

Expected Body Weight : 56-71 Kg Ideal Body Weight : 61.24 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 60 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☑ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☑ Constipation ☑ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☑ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : 20,000 Taka Religion : Islam

Living Status : Lower-middle Class Education : S.S.C

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium ....0.8.... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate .....mmol/l
■ HbA1c ..... %	■ Calcium ....8.6....mmol/l
■ S. Albumin .....mg/dl	■ Potassium ....4.7....mmol/l
■ Total Protein ..... g/dl	■ Sodium ....13.... mmol/l
■ TG .....mg/dl	■ Siram Chloride ....103....mmol/l
■ HDL .....mg/dl	■ HB ....12.1....g/dl
■ LDL .....mg/dl	■ Hematocrit ....34.0.... %
■ Cholesterol, Total .....mg/dl	■ ESR .....mml
■ BUN .....mg/dl	■ SGOT ....1....IU/l
■ S. Creatinine ....1.5....mg/dl	■ SGPT ....15....U/l
■ Urea .....mg/dl	■ Alk. Phos .....SomU/L
■ Bilirubin .....mmol/dl	■ Amylase .....IU/l
■ STCO2 ....18....	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. TAB LITENTA 5G - 0+1+0
2. TAB. ECOSPRIN 75mg 0+1+0
3. TAB. BISIOL (5 mg) 1+0+0
4. TAB TELMIDIP (5/80) mg
5. TAB CO-DOPA (110mg) 1+1+1
6. CAP URDMAX (0.4mg) 0+0+1
7. CAP PROLERT (20mg (1+0+0)
8. TAB RIVOTRIL (1mg) 0+0+1/2
9. CAP. MAXPRO (20mg) 1+0+1
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	16	98	26		494

Prescribed CHO = 229.65

Sub Total = 98

Difference = 131.65

No of serving is required for CHO (diff./15) = $\frac{131.65}{15} = 8.77 \cong 9$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		103	26		494
Cereals	9	135	18		630
Sub Total - B		238	44		1124

Prescribed Protein = 76.55

Sub Total = 44

Difference = 32.55

No of serving is required for Protein (diff./7) = $\frac{32.55}{7} = 4.65$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		238	44		1124
Egg	1		6.7	6.8	90
Meat / Fish	3		21	9	165
Sub Total - C		238	71.7	15.8	1379

Prescribed Fat = 34.02

Sub Total = 15.8

Difference = 18.22

No of serving is required for Protein (diff./5) = $\frac{18.22}{5} = 3.64$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		238	73.7	15.8	1379
Oil & Fats	3			15	135
Total		238	73.7	30.8	1514

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per age.

Calculation of Energy Requirement

- Calorie Requirement : 1531 Kcal
- Calorie Modification : 1514 Kcal.
- Carbohydrate (60%) : 918.6 Kcal = 229.65gm
- Protein (20%) : 306.2 Kcal = 76.55 gm
- Fat (20%) : 306.2 Kcal = 34.02gm.
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg Pluse	3 3 1 1	3pc slice bread 1½ cup mixed vege 1 boiled egg. ½ cup
Mid Morning Snacks	Fruit	2	180 gm papaya.
Lunch	Rice vegetable Fish Pluse	3 3 1 1	1½ cup rice 1½ cup mixed vege 30 gm low fat ½ cup
Afternoon Snacks	Fruit	2	2 cup orange.
Dinner	Ruti vegetable. Chiken	3 3 2	3pc Attar ruti 1½ cup mixed vege 60 gm low fat chiken without skin
Late Night Snacks	Milk	1	1 glass skimmed milk.

3 tea spoon oil.

Food Note :

1. Take meals timely, Meal should not be skipped.
2. Eat whole fruit instead of fruit Juices.
3. Omega 6 ও source ও food intake.
4. Maximum 5g NaCl / salt can taken.
5. Wash vegetable before cutting to retain vitamin and minerals.
6. Saturated fat e.g. butter, ghee, margarine should be taken moderately.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 27/09/22

Name : Siraj Hossain

Address : Abdullahpur Munshigonj , Tongibari

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 1/09/22

Reason of Admission : Constipition

Ward No : W-113 Bed No : 1148

Age : 55 years Sex : ☑ Male ☐ Female

Occupation : Unemployed ment

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : MNT

Anthropometric Parameters

Weight : 65 Kg Height : 5.7" cm BMI : 27.40

Expected Body Weight : 43-59 Kg Ideal Body Weight : 51.46 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : ..... mm Hg/ ..... mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☑ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

Blood Glucose (F) : 5.6 mmol/dl	Magnesium ____ mmol/l
Blood Glucose (ABF) : 6.5 mmol/dl	Phosphate ____ mmol/l
HbA1c ____ %	Calcium ____ mmol/l
S. Albumin ____ mg/dl	Potassium 4.2 mmol/l
Total Protein ____ g/dl	Sodium 134 mmol/l
TG ____ mg/dl	Sram Chloride 104 mmol/l
HDL ____ mg/dl	HB 7.1 g/dl
LDL ____ mg/dl	Hematocrit 22.4 %
Cholesterol, Total ____ mg/dl	ESR ____ mm
BUN ____ mg/dl	SGOT 22 IU/l
S. Creatinine 5.3 mg/dl	SGPT 15 IU/l
Urea ____ mg/dl	Alk. Phos 551 SomU/L
Bilirubin 0.7 mmol/dl	Amylase ____ IU/l
STCO2 19	Uric Acid ____ mg/dl
	Bicarbonate ____ mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Inj Gigabac
2. T. Napadol (375) 1+1+1
3. T. Monas (10) 1+1+1
4. T. Pixoid (2.5) 1+0+1
5. T. Ohsps (20) 1+0+1
6. T. Lasix (40 1+0+1
7. riodin
8. T. Fex O 0+0+1
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		90
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	16	98	26		504

Prescribed CHO = 250.86

Sub Total = 98

Difference = 152.86

No of serving is required for CHO (diff./15) = $\frac{152.86}{15} = 10.19$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		103	26		504
Cereals	10	150	20		700
Sub Total - B		253	46		1204

Prescribed Protein = 57.89

Sub Total = 46

Difference = 11.89

No of serving is required for Protein (diff./7) = $\frac{11.89}{7} = 1.69 \cong 2.$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		253	46		1204
Egg	1		6.7	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		253	59.7	9.8	1349

Prescribed Fat = 34.30

Sub Total = 9.8

Difference = 24.5

No of serving is required for Protein (diff./5) = $\frac{24.5}{5}$ = 4.9 ≅ 5

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		253	59.7	9.8	1349
Oil & Fats	5			25	225
Total		253	59.7	34.8	1574

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age.
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1543.8 Kcal.
- Calorie Modification : 1574 Kcal.
- Carbohydrate (65%) : 1003.47 Kcal = 250.86 gm
- Protein (15%) : 231.57 Kcal = 57.89 gm
- Fat (20%) : 308.76 Kcal = 34.30 gm.
- If any restriction : Protein rest

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread Vegetable Egg	3 3 1	3 Slice of bread 1½ cup mixed vegg 1 egg
Mid Morning Snacks	Fruit	2	180 gm papaye
Lunch	Rice vegetable Chiken Pluse	3 3 1 1	1½ cup rice 1½ cup mixedvege 30 gm low fat without skin ½ cup
Afternoon Snacks	Fruit	2	2 Orange
Dinner	Ruti vegetable Plus	3 3 1	3 Attare ruti 1½ cup mixed vege ½ cup
Late Night Snacks	Milk	1	1 glass skimmed milk.

5 teaspoon oil.

Food Note :

1. Take meals timely. Meal should not be skipped.
2. Eat whole fruit instead of fruit Juices.
3. Omega 6 Gr. source Gr. food intake.
4. Maximum 5g NaCl / Salt can taken.
5. Wash vegetable before cutting to retain vitamin and minerals.
6. Saturated fat e.g. butter, ghee, margarine should be taken moderately.

Mim

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 18

Patient's Information

Date : 27/09/22

Name : SHARNA KARMOKAR.

Address : 503/5, BRGANBARI, MALIBAGH.

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 01/10/22

Reason of Admission : (I) Nausea for 3-4 days. (II) Generalised weakness for 5-6 days

Ward No : W-143 Bed No : 1443

Age : 26 years Sex : ☐ Male ☑ Female

Occupation : Student

Health Condition : AKI on CKD, DM, HTN

Mental State :

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☑ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: NOVORAPID FLEXPEN 6+0+4

Type-1 diabetic (12years)

Anthropometric Parameters

Weight : 50 Kg Height : 141 cm BMI : 25.14

Expected Body Weight : 38 - 48 Kg Ideal Body Weight : 43.14 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 80 mmHg ☑ Anemia

☑ Edema ☐ Jaundice ☑ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : HINDU

Living Status : Middle class Education : Masters.

Lab/Biochemical Test

■ Blood Glucose (F) : 5.2 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 7.9 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 3.5 mmol/l
■ Total Protein ..... g/dl	■ Sodium 132 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 97 mmol/l
■ HDL ..... mg/dl	■ HB 11 g/dl
■ LDL ..... mg/dl	■ Hematocrit 36.1 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN 131 mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 2.5 mg/dl	■ SGPT ..... U/l
■ Urea 131 mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin ..... mmol/dl	■ Amylase ..... IU/l
■ STCO2 24	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab. NIDIPINE SR (20mg) 1+1+1
2. TAb. BISOREN (5mg) 1+0+0
3. TAB. SOBICARB (600mg) 2+2+2.
4. TAB. DOMIREN (10mg) 1+1+1.
5. T. Emistat (8m) 1+1+1.
6.
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	6	30	12		168
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	11	68	22		358

Prescribed CHO = 210.30

Sub Total = 68

Difference = 142.3

No of serving is required for CHO (diff./15) = $\frac{142.3}{15} = 9.48$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		68	22		358
Cereals	9	135	18		630
Sub Total - B		203	40		988

Prescribed Protein = 48.53

Sub Total = 40

Difference = 8.53

No of serving is required for Protein (diff./7) = $\frac{8.53}{7} = 1.21$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		203	40		988
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		203	46.7	6.8	1078

Prescribed Fat = 28.76

Sub Total = 6.8

Difference = 21.96

No of serving is required for Protein (diff./5) = $\frac{21.96}{5} = 4.39$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		203	46.7	26.86	1078
Oil & Fats	4			20	180
Total		203	46.7	26.86	1258

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age.
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1294.2 Kcal.
- Calorie Modification : 1258 Kcal.
- Carbohydrate (65%) : 841.23 Kcal = 210.30gm.
- Protein (15%) : 194.13 Kcal = 48.53gm
- Fat (20%) : 258.84 Kcal = 28.76gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 2 1	3 Slice 1 cup mixed vege 1 egg .
Mid Morning Snacks	Fruit	1	50 gm guava
Lunch	Rice vegetable pluse	3 2 1	1½ cup rice 1 cup mixed vege ½ cup thicked liquid .
Afternoon Snacks	Fruit	1	50 gm ammra
Dinner	Ruti vegetable pluse	2 2 1	2 Attare ruti 1 cup mixed vege ½ cup thicked liquid
Late Night Snacks	Milk	1	1 glass without Skimmed milk .

4 tea spoon oil .

Food Note :

1. Eat at least one citrus fruit in a day.
2. Whole wheat flour, brown, rice etc are good.
3. Mustard oil, soybean oil, should be used in cooking as they are.
4. Artificial sweeteners, soft drinks should be avoided.
5. Omega 6 ও source ও food intake.
6. Food cooking by cover.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 24

Patient's Information

Date : 29/9/22

Name : Noor Jahan

Address : 1/1 Kutubpur, voighor, Fotolla, Narayngonj

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 24/09/22

Reason of Admission : ① vertigo followed by loss of concionness for 30 miniutes 4 hours back.

Ward No : W-141 (Neuro-1) Bed No : 14/24

Age : 54 years Sex : ☐ Male ☑ Female

Occupation : House wife

Health Condition : Normal

Mental State : Normal.

Disease (if present) : ☑ Non- Diabetic ☐ GIT ☐ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take :

Anthropometric Parameters

Weight : 75 Kg Height : 160.5 cm BMI : 26.25

Expected Body Weight : (52 - 71) Kg Ideal Body Weight : 61.97 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 80 mmHg ☑ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☐ Light Worker

Appetite : ☐ Excellent ☑ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : Yes How Much : 5 Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Upper Middle class Education : class - 9

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium 0.99 ..... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate 4.1 .....mmol/l
■ HbA1c ..... %	■ Calcium 8.4 .....mmol/l
■ S. Albumin 38.8 .....mg/dl	■ Potassium 4.50 .....mmol/l
■ Total Protein 68.8 ..... g/dl	■ Sodium 147 ..... mmol/l
■ TG 302 .....mg/dl	■ Siram Chloride 100.0 .....mmol/l
■ HDL 25 .....mg/dl	■ HB 8.3 .....g/dl
■ LDL 101 .....mg/dl	■ Hematocrit 24.0 ..... %
■ Cholesterol, Total 101 .....mg/dl	■ ESR .....mml
■ BUN 39 .....mg/dl	■ SGOT 29 .....IU/l
■ S. Creatinine 1.29 .....mg/dl	■ SGPT 26 .....U/l
■ Urea 39 .....mg/dl	■ Alk. Phos 88 .....SomU/L
■ Bilirubin 0.4 .....mmol/dl	■ Amylase .....IU/l
■ STCO2 25.0	■ Uric Acid 3.3 .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab: RANSYS (20mg) 0+0+1
2. Tab. ROSU (5mg) 0+0+1
3. Tab GABAROLCK 0+0+1
4. Tab FLEXIBACK 1+0+1
5. Cap. SERGEL (20mg) 1+0+1.
6. Tab. DISOPAN
7. Tab Fluvar (10mg 0+0+1
8. Tab AMYTRIPLIN (10mg) 0+0+1
9. Tab Vertgon (5mg) ½+0+½
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	6	30	12		168
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	11	68	22		358

Prescribed CHO = 201

Sub Total = 68

Difference = 133

No of serving is required for CHO (diff./15) = $\frac{201}{68} = 8.86 \cong 9$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		68	22		358
Cereals	9	135	18		630
Sub Total - B		203	40		988

Prescribed Protein = 46

Sub Total = 40

Difference = 6

No of serving is required for Protein (diff./7) = $\frac{6}{7} = 0.85 \cong 1$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		203	40		988
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		203	46.7	6.8	1078

Prescribed Fat = 27.54

Sub Total = 6.8

Difference = 20.74

No of serving is required for Protein (diff./5) = $\frac{20.74}{5} = 4.14$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		203	46.7	6.8	1078
Oil & Fats	4			20	180
Total		203	46.7	26.8	1258

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1 - 2 L/perday .

Calculation of Energy Requirement

- Calorie Requirement : 1239.4 Kcal
- Calorie Modification : 1258 Kcal .
- Carbohydrate (65%) : 805.61 Kcal = 201 gm
- Protein (15%) : 185.91 Kcal = 46.47 gm
- Fat (20%) : 27.54 Kcal = 27.54 gm
- If any restriction : Protein

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg	3 2 1	3 Attar ruti 1 cup mixed vege 1 boiled egg
Mid Morning Snacks	Fruit	1	50 gm guava
Lunch	Rice vegetable pluse	3 2 1	1½ cup 1 cup ½ cup
Afternoon Snacks	Fruit	1	50 gm amra
Dinner	Bread vegetable pluse	3 2 1	3 slice 1 cup vege ½ cup
Late Night Snacks	Bread Milk	1	1 glass skimmed milk.

4 tea spoon oil.

Food Note :

① One serving of green leaf vegetables should be taken.

② Mustrad oil, soybean oil should be used in cooking as the are.

③ High sodium, high fat foods e.g. chips, burgers pizza etc should be avoided.

④ Artificial sweeteners, soft drinks, should be avoided.

⑤ Whole wheat flour, brown rice etc are good.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 26/09/22

Name : Mostafa Ramal

Address : Solodama, P.O : Golbandarsharif. P.S : Faridgong

Dist : Chandpur.

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 25-09-22

Reason of Admission : Fever for 12 days, Burning sensation for micturition cough for same duration.

Ward No : 131 (Nephro-1) Bed No : 1322

Age : 50 years Sex : ☑ Male ☐ Female

Occupation : Unemployedment

Health Condition : Stable

Mental State : Sound.

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj : Maxsulin-R (10.) 4+4+4

Anthropometric Parameters

Weight : 64 Kg Height : 165 cm BMI : 23.50

Expected Body Weight : 55-69 Kg Ideal Body Weight : 59.07 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 80 mmHg ☑ Anemia mild

☑ Edema (A) ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☑ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : Degree

Lab/Biochemical Test

■ Blood Glucose (F) : 8.6 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 10.1 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin 27.4 mg/dl	■ Potassium 4.1 mmol/l
■ Total Protein ..... g/dl	■ Sodium 140 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 107 mmol/l
■ HDL ..... mg/dl	■ HB 7.6 g/dl
■ LDL ..... mg/dl	■ Hematocrit 22.3 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT ..... IU/l
■ S. Creatinine .9.8 mg/dl	■ SGPT ..... U/l
■ Urea ..... mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin ..... mmol/dl	■ Amylase ..... IU/l
■ STCO2 17	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab : Linatab 1+0+0
2. T. Alphapress 1+0+1
3. T Bisoren 1+0+1
4. T. Avas 0+0+1
5. T. Sodicarb 2+2+2.
6. T. Amdinal 1+0+1
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	9	45	18		252
Fruits	5	50			200
Pulse	2	12.8	5.4		72
Sub Total - A	16	119.8	31.4		604

Prescribed CHO = 287.96

Sub Total = 119.8

Difference = 168.16

No of serving is required for CHO (diff./15) = $\frac{168.16}{15} = 11.21$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		119.8	31.4		604
Cereals	11	165	22		770
Sub Total - B		284.8	53.4		1374

Prescribed Protein = 66.45

Sub Total = 53.4

Difference = 13.05

No of serving is required for Protein (diff./7) = $\frac{13.05}{7} = 1.86 \cong 2$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		284.8	53.4		1374
Egg	1		6.7	6.8	90
Meat / Fish	1		7	5	75
Sub Total - C		284.8	67.1	11.8	1539

Prescribed Fat = 39.38

Sub Total = 11.8

Difference = 27.58

No of serving is required for Protein (diff./5) = $\frac{27.58}{5} = 5.51$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		284.8	67.1	11.8	1539
Oil & Fats	5			25	225
Total		284.8	67.1	36.8	1764

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement.
- Protein : 15% of total Calorie requirement.
- Fat : 20% of total Calorie requirement.
- Vitamin : According to age.
- Minerals : According to age.
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1772.1
- Calorie Modification : 1764.
- Carbohydrate (65%) : 1151 Kcal = 287.96 gm
- Protein (15%) : 265.81 = 66.45
- Fat (20%) : 354.42 = 39.38.
- If any restriction : Protein.

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg	4 3 1	3 pc Attar ruti 1 ½ cup mixed vege 1 boiled egg
Mid Morning Snacks	Fruit	3	3 cup watermelon
Lunch	Rice vegetable Fish Pluse	4 3 1 1	2 cup rice 1½ cup mixed vege. 1 pc low fat fish ½ cup medium
Afternoon Snacks	Fruit	2	180 gm papaye
Dinner	Ruti vegetable Pluse	3 3 1	3pc Attar ruti 1½ cup vegetable ½ cup medium
Late Night Snacks	Milk	1	1 glass skimmed milk.

5 tea spoon oil.

Food Note :

1. Maximum 5g NaCl / Salt can taken
2. Take meals timely meal should not be skipped.
3. Whole wheat flour, brown, rice etc are good.
4. One serving of green leafy vegetables should be taken.
5. Artificial sweeteners, soft drinks should be avoided.
6. Food cooking by cover.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 10

Patient's Information

Date : 27/09/22

Name : MD. Nasir.

Address : Omarpur, Char Fasion, Bhola.

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 21/09/2022

Reason of Admission : Diriness of vision 13E for 6 months.

Ward No : 1131 Bed No : 1151

Age : 57 years Sex : ☑ Male ☐ Female

Occupation : Unemployment

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj. Maxsulin 10+0+6

T. Linase 1+0+0

T. Met-XR 0+0+1

Anthropometric Parameters

Weight : 64.2 Kg Height : 156 cm BMI : 26.38

Expected Body Weight : 49 – 61 Kg Ideal Body Weight : 52.80 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 110 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☐ Light Worker

Appetite : ☑ Excellent ☐ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 5.7 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 7.1 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium 104 mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 3.5 mmol/l
■ Total Protein ..... g/dl	■ Sodium 142 mmol/l
■ TG ..... mg/dl	■ Siram Chloride ..... mmol/l
■ HDL ..... mg/dl	■ HB 12.7 g/dl
■ LDL ..... mg/dl	■ Hematocrit 38.1 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT ..... IU/l
■ S. Creatinine ..... mg/dl	■ SGPT ..... U/l
■ Urea ..... mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin ..... mmol/dl	■ Amylase ..... IU/l
■ STCO2 27	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. Amdocal (50) 0+0+1
2. T. Angilock (50) 1+0+0
3. T. Ecosprin (75) 0+1+0
4. T Rosutin (5) 0+0+1
5. Cap. Omcef (100) 1+0+1
6. T. Napa (500) 1+0+1
7. T. Ema (20) 1+0+1
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	7	35	14		196
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	12	73	24		386

Prescribed CHO = 198

Sub Total = 73

Difference = 125

No of serving is required for CHO (diff./15) = $\frac{125}{15} = 8.33$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		73	24		386
Cereals	8	120	16		560
Sub Total - B		193	40		946

Prescribed Protein = 66

Sub Total = 40

Difference = 26

No of serving is required for Protein (diff./7) = $\frac{26}{7} = 3.71 \cong 4$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		193	40		946
Egg	1		6.7	6.8	90
Meat / Fish	3		21	9	165
Sub Total - C		193	67.7	15.8	1201

Prescribed Fat = 29.33

Sub Total = 15.8

Difference = 13.53

No of serving is required for Protein (diff./5) = $\frac{13.53}{5} = 2.70 \cong 3$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		193	67.7	15.8	1201
Oil & Fats	3			15	135
Total		193	67.7	30.8	1336

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement.
- Protein : 20% of total Calorie requirement.
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1320 Kcal
- Calorie Modification : 1336 Kcal.
- Carbohydrate (60) : 792 Kcal = 198 gm
- Protein (20) : 264 Kcal = 66 gm
- Fat (20) : 264 Kcal = 29.33 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread Vegetable Egg	3 3 1	3 Slice 1 ½ cup mixed vege 1 boild egg
Mid Morning Snacks	Fruit	1	1 Malta.
Lunch	Rice Vegetable Fish Pluse	3 2 2 1	1 ½ cup rice 1 cup mixed vege 60 gm lowfat fish ½ cup thicked
Afternoon Snacks	Fruit	1	1 banana
Dinner	Ruti vegetable Chiken pluse	2 2 1 1	2 Attar ruti 60 gm 1 cup mixed vege 30 gm without skin chiken ½ cup
Late Night Snacks	Milk	1	240 ml skimmed milk.

3 tea spoon oil.

Food Note :

1. Food Cooking by Cover.
2. Maximum 5g NaCl / Salt can taken.
3. Take meals timely meal should not be skipped.
4. Artificial sweeteners, soft drinks should be avoided.
5. One serving of green leafy vegetables should be taken.
6. Whole wheat flour, brown rice etc are good.

Mim

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 27/02/22

Name : Anu Miah

Address : Vill: Paikpara P.S: B. Baria

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 21/02/22

Reason of Admission : ① Pain & weakness while walking on both leg for 3 months
② Generalized weakness for 3 months.

Ward No : W-113 (Nephr II) Bed No : 1155

Age : 63 years Sex : ☑ Male ☐ Female

Occupation : Day workers

Health Condition : Sound

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Insuble 28 + 0 + 24
Inj: HUMULIN 6 + 6 + 6
Inj: H

Anthropometric Parameters

Weight : 50.4 Kg Height : 152 cm BMI : 21.64

Expected Body Weight : 46.58 Kg Ideal Body Weight : 50.13 Kg

Body Frame Size : ☑ Small ☐ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 70 mmHg ☑ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☑ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : N/S Taka Religion : Islam

Living Status : Lower Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 2.1 mmol/dl	■ Magnesium 0.7 mmol/l
■ Blood Glucose (ABF) : ..... mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium 8.1 mmol/l
■ S. Albumin 30.6 mg/dl	■ Potassium 3.7 mmol/l
■ Total Protein 72.8 g/dl	■ Sodium 133 mmol/l
■ TG 557 mg/dl	■ Siram Chloride 101 mmol/l
■ HDL 20 mg/dl	■ HB 12 g/dl
■ LDL 31 mg/dl	■ Hematocrit 37.5 %
■ Cholesterol, Total 122 mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT 25 IU/l
■ S. Creatinine 1.5 mg/dl	■ SGPT 16 U/l
■ Urea 43 mg/dl	■ Alk. Phos 86 SomU/L
■ Bilirubin 0.4 mmol/dl	■ Amylase ..... IU/l
■ STCO2 21	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. BETALOC 10 1+0+1
2. T. AMLOCARD 5 1+0+1
3. T. NIDOCARD RTD 2.6 2 1+0+1
4. T. ECOSPRIN 75 mg 0+1+0
5. T. MONAS 10 mg 0+0+1
6. T. MAX PRO 20 mg 1+0+1
7. C. PREGABA 50 mg 0+0+1
8. T. SODICARB 600 mg 2+2+2
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	6	30	12		168
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	11	68	22		358

Prescribed CHO = 187.98

Sub Total = 68

Difference = 119.98

No of serving is required for CHO (diff./15) = $\frac{119.98}{15} = 7.99 \cong 8$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		168	22		358
Cereals	8	120	16		560
Sub Total - B		188	38		918

Prescribed Protein = 62.66

Sub Total = 38

Difference = 24.66

No of serving is required for Protein (diff./7) = $\frac{24.66}{7} = 3.52 \cong 4$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		188	38		918
Egg	1		6.7	6.8	90
Meat / Fish	3		21	9	165
Sub Total - C		188	65.7	15.8	1173

Prescribed Fat = 27.85

Sub Total = 15.8

Difference = 12.05

No of serving is required for Protein (diff./5) = $\frac{12.05}{5} = 2.41 \cong 3$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		188	65.7	15.8	1173.
Oil & Fats	3			15	135
Total		188	65.7	30.8	1308

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age.
- Minerals : According to age.
- Fluid : 1 - 2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1253.25 Kcal
- Calorie Modification : 1308 Kcal.
- Carbohydrate (60%) : 751.95 Kcal = 187.98 gm
- Protein (20%) : 250.65 Kcal = 62.66 gm
- Fat (20%) : 250.65 Kcal = 27.85 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 2 1	3 Slice 1 cup mixed vege. 1 boiled egg
Mid Morning Snacks	Fruit	1	50 gm guava
Lunch	Rice vegetable Fish pluse	3 2 2 1	1½ cup rice 1 cup mixed vege 60gm low fat without skin ½ cup
Afternoon Snacks	Fruit	1	50 gm amra.
Dinner	Ruti vegetable Chiken pluse	2 2 1 1	2 Attar ruti 1 cup mixed vege 50 gm low fat ½ cup medium.
Late Night Snacks	Milk	1	1 glass skimmed milk.

3 tea spoon oil.

Food Note :

1. Eat atleast one citrus fruit in a day.
2. Whole wheat flour, brown rice etc are goods.
3. Mustard oil, Soybean oil, should be used in cooking as they are.
4. Artificial sweetners, soft drinks should be avoided.
5. Omega 6 ग्र source ग्र food intake.
6. Food cooking by cover.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 08

Patient's Information

Date : 29/09/22

Name : MD. ABUL HOSSAIN

Address : 222/9-A. Modhubazar, 19 (OLD) Dhanmondi.

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 25/09/22.

Reason of Admission : (i) Angle deviasion to right (ii) Left side weakness (iii) Slurring of speech.

Ward No : W-141 (Neuro - II) Bed No : 1421

Age : 65 years Sex : ☑ Male ☐ Female

Occupation : Retired.

Health Condition : Stable

Mental State : Stable.

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Humulin-R 8+12+0

Inj: Humulin - N 10+0+0.

Anthropometric Parameters

Weight : 70 Kg Height : 5'3" cm BMI : 29.90

Expected Body Weight : 43-58 Kg Ideal Body Weight : 50.79 Kg

Body Frame Size : ☐ Small ☐ Medium ☑ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 150 mm Hg/ 75 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☑ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : 40,000 Taka Religion : Islam

Living Status : Middle class Education : Masters

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium ....0.8.... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate ....3.3....mmol/l
■ HbA1c ..... %	■ Calcium ....9.3....mmol/l
■ S. Albumin ....40.7....mg/dl	■ Potassium ....4.2....mmol/l
■ Total Protein ..... g/dl	■ Sodium ....139.... mmol/l
■ TG ....170....mg/dl	■ Siram Chloride ....108....mmol/l
■ HDL ....19....mg/dl	■ HB ....12.6....g/dl
■ LDL ....85....mg/dl	■ Hematocrit ....36.9.... %
■ Cholesterol, Total ....138....mg/dl	■ ESR ....32....mml
■ BUN ....37....mg/dl	■ SGOT .....IU/l
■ S. Creatinine ....1.1....mg/dl	■ SGPT .....U/l
■ Urea .....mg/dl	■ Alk. Phos .....SomU/L
■ Bilirubin ....0.4....mmol/dl	■ Amylase .....IU/l
■ STCO2 ....20....	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. Ecosprin 75mg 0+1+0.
2. T. Taven 20mg 0+0+1.
3. T. Osarchil 50 mg 0+0+1
4. T Cildip 10mg 1+0+0.
5. T. SFAMOTID (2mg) 1+0+1
6. Syp D-LAC 6ts.
7. Tab: CLACIDO (18) 1+0+1
8. T: MXQUIN (400mg) 0+1+0.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	4	20	8		112
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	9	58	18		302

Prescribed CHO = 152.37

Sub Total = 58

Difference = 94.37

No of serving is required for CHO (diff./15) = $\frac{94.37}{15} = 6.29 \cong 7$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		94.37	18		302
Cereals	7	105	14		490
Sub Total - B		163	32		792

Prescribed Protein = 50.79

Sub Total = 32

Difference = 18.79

No of serving is required for Protein (diff./7) = $\frac{18.79}{7} = 2.68 \cong 3$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		163	32		792
Egg	1		6.7	6.8	90
Meat / Fish	2		14	6	110
Sub Total - C		163	52.7	12.8	992

Prescribed Fat = 22.57

Sub Total = 12.8

Difference = 10.57

No of serving is required for Protein (diff./5) = $\frac{10.57}{5} = 2.114$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		163	52.7	12.8	992
Oil & Fats	2			10	90
Total		163	52.7	22.8	1082

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/day.

Calculation of Energy Requirement

- Calorie Requirement : 1015.8 Kcal
- Calorie Modification : 1082 Kcal.
- Carbohydrate (60%) : 609.48 Kcal = 152.37 gm
- Protein (20%) : 203.16 Kcal = 50.79 gm
- Fat (20%) : 203.16 Kcal = 22.57 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg	3 2 1	3 Attar ruti 1 cup mixed vege 1 boild egg
Mid Morning Snacks	Fruit	1	1 pear
Lunch	Rice vegetable Fish pluse	2 1 1 1	1 cup rice ½ cup mixed vege 30 gm low fat without skin ½ cup thicked
Afternoon Snacks	Fruit	1	1 banana.
Dinner	Bread vegetable Chiken pluse	2 1 1 1	2 slice ½ cup mixed vege 30 gm low fat without skin ½ cup thicked.
Late Night Snacks	Milk	1	1 glass low fat skimmed milk.

2 tea spoon oil

Food Note :

1. Eat at least one citrus fruit in a day.
2. Artificial sweeteners, soft drinks should be avoided.
3. One serving of green leafy vegetables should be taken.
4. Use yellow, orange, red and colourful vegetables in cooking as they provide vitamin A, vitamin C and minerals.
5. Take meals timely Meal should not be skipped.
6. Saturated fat e.g. butter, ghee, margarine should be taken moderately.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 03/10/22

Name : HELANA BEGUM.

Address : Sarder Matanuder, Char, Shihchar, Madaripur.

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 02/10/22.

Reason of Admission : Pain & weakness of right upper limb for 4 months. Pain & discharge from right ear for 2 months. Headache, Anorexia, slurring of speech.

Ward No : W-133 (Neurology) Bed No : 1360

Age : 24 years Sex : ☐ Male ☑ Female

Occupation : House wife.

Health Condition : old ischaemic stroke, CSOM (Right), DM.

Mental State : .....

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Actrapid 12+0+8
Inj: Insulatard 26+0+14.

Anthropometric Parameters

Weight : 53 Kg Height : 149 cm BMI : 23.87

Expected Body Weight : 41 - 55 Kg Ideal Body Weight : 48.17 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : ..... mm Hg/ ..... mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : NO How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : H.S.C

Lab/Biochemical Test

■ Blood Glucose (F) : 10.1 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 11.2 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin 43.8 mg/dl	■ Potassium 3.9 mmol/l
■ Total Protein 71.7 g/dl	■ Sodium 134 mmol/l
■ TG 278 mg/dl	■ Siram Chloride 99 mmol/l
■ HDL 36 mg/dl	■ HB 10.7 g/dl
■ LDL 64 mg/dl	■ Hematocrit 29.9 %
■ Cholesterol, Total 156 mg/dl	■ ESR 49 mml
■ BUN ..... mg/dl	■ SGOT 14 IU/l
■ S. Creatinine 0.7 mg/dl	■ SGPT 21 U/l
■ Urea 27 mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin 0.4 mmol/dl	■ Amylase ..... IU/l
■ STCO2 24	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Cap. Pregaba 0+0+1
2. Tab. Ecosprin 0+1+0
3. Tab. Rocovas (10mg) 0+0+1
4. Tab. Napa (500mg) 1+1+1
5. Tab. Neuro B 1+0+1
6. Tab. Nasillu (10 mg) 0+0+1.
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	7	35	14		196
Fruits	2	20			80
Pulse	4	12	4		60
Sub Total - A		79	26		416

Prescribed CHO = 216

Sub Total = 79

Difference = 137

No of serving is required for CHO (diff./15) = 137/15 = 9.13

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		79	26		416
Cereals	9	135	18		630
Sub Total - B		214	44		1046

Prescribed Protein = 72

Sub Total = 44

Difference = 28

No of serving is required for Protein (diff./7) = 28/7 = 4

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		214	44		1046
Egg	1		6.7	6.8	90
Meat / Fish	3		21	9	165
Sub Total - C		214	71.7	15.8	1301

Prescribed Fat = 32.11

Sub Total = 15.8

Difference = 16.31

No of serving is required for Protein (diff./5) = $\frac{16.31}{5} = 3.206$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		214	71.7	15.8	1301
Oil & Fats	3			15	135
Total		214	71.7	30.8	1436

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requiement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age.
- Minerals : According to age
- Fluid : 1-3 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1445.1 Kcal
- Calorie Modification : 1436. Kcal
- Carbohydrate (60%) : 867.06 Kcal = 216.76
- Protein (20%) : 289.02 Kcal = 72.25
- Fat (20%) : 289.02 Kcal = 32.11.
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg Pluse	3 3 1 2	3 slice of bread mixed vege Boild egg Thick liquid.
Mid Morning Snacks	Fruit	1	1 apple.
Lunch	Rice vegetable Fish Pluse	4 2 2 2	2 cup rice. 1 cup mixed vege low fat fixed without skin Thick liquid.
Afternoon Snacks	Fruit	1	1 guava (50 gm)
Dinner	Ruti vegetable Chiken	2 2 1	Attar ruti 1 cup mixed vege without skin 1 pc.
Late Night Snacks	Milk	1	Skimed milk.

3 tea spoon oil.

Food Note :

① Food cooking by cover.

② Omega 6 ও source ও food intake.

③ Wash vegetable before cutting to retain vitamin and minerals.

④ Mustard oil, soybean oil should be used in cooking as they are.

⑤ Saturated fat e.g. butter, ghee, margarine should be taken moderately.

⑥ Take meals timely. Meal should not be skipped.

⑦ Eat at least one citrus fruit in a day.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 26/09/2022

Name : ABED Mia

Address : Munshirtara. RD, mumunagar, PS: Toongi Dist: Gazipur.

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 18/09/2022.

Reason of Admission : (i) Swollen of both leg for 10 days. (ii) Loss of appetite for 7 days. (iii) Reduced urinary output for same duration.

Ward No : 131 (Nephro - II) Bed No : 1323.

Age : 57 years Sex : ☑ Male ☐ Female

Occupation : currently unemployed.

Health Condition : .....

Mental State : .....

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj-Humulin-R 4+0 / Inj:- Linatab(5) 1+0+0

Anthropometric Parameters

Weight : 74 Kg Height : 160 cm BMI : 28.90

Expected Body Weight : 51-64 Kg Ideal Body Weight : 55.5 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 140 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☑ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : Yes How Much : 1 Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

(*) Iron requirement : 1530 mg.

Lab/Biochemical Test

Blood Glucose (F) : .....mmol/dl	Magnesium ..... mmol/l
Blood Glucose (ABF) : .....mmol/dl	Phosphate .....mmol/l
HbA1c ..... %	Calcium .....mmol/l
S. Albumin 35.6 .....mg/dl	Potassium 4.8 .....mmol/l
Total Protein 61.1 ..... g/dl	Sodium 132 ..... mmol/l
TG 70 .....mg/dl	Siram Chloride 107 .....mmol/l
HDL 27 .....mg/dl	HB 8.4 .....g/dl
LDL 43 .....mg/dl	Hematocrit 24.8 ..... %
Cholesterol, Total 84 .....mg/dl	ESR .....mml
BUN .....mg/dl	SGOT 21 .....IU/l
S. Creatinine 5.1 .....mg/dl	SGPT 19 .....U/l
Urea .....mg/dl	Alk. Phos .....SomU/L
Bilirubin 0.4 .....mmol/dl	Amylase .....IU/l
STCO2 15	Uric Acid .....mg/dl
	Bicarbonate .....mmol/l

☐ Supplements	Yes	No,	If, Yes	
Type,	☐ Vitamin			
	☐ Minerals Vitamins			
	☐ Minerals			
Appetite :	☐ Excellent	☐ Good	☐ Fair	☐ Poor

Drugs :

1. T. Alphapress (5) 1+0+1
2. T. Andocal plus (5/50)
3. T. Clopid (75) 0+1+0
4. T. Thyrox 50 mg 1+0+0
5. T. Lunix 20mg
6. T. Sodinate (600) 2+2+2.
7. T. Omidon (10) 1+1+1.
8. T. Rivotril (0+0+1)
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	15	98	26		494

Prescribed CHO = 270.56

Sub Total = 98

Difference = 172.56

No of serving is required for CHO (diff./15) = $\frac{172.56}{15} = 11.5$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	11	165	22		770
Sub Total - B		263	48		1264

Prescribed Protein = 62.43

Sub Total = 48

Difference = 14.43

No of serving is required for Protein (diff./7) = $\frac{14.43}{7} = 2.06$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		263	48		1264
Egg	1		6.7	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		263	61.7	9.8	1409

Prescribed Fat = 37

Sub Total = 9.8

Difference = 27.2

No of serving is required for Protein (diff./5) = $\frac{27.2}{5} = 5.44$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		263	61.7	9.8	1409
Oil & Fats	5			25	225
Total		263	61.7	34.8	1634

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requriment.
- Fat : 20% of total Calorie requriment
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1665 Kcal
- Calorie Modification : 1634 Kcal
- Carbohydrate (65%) : 1082.25 Kcal = 270.56 gm.
- Protein (15%) : 249.75 Kcal = 62.43 gm
- Fat (20%) : 333 Kcal = 37 gm
- If any restriction : Protein.

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg Plus	4 4 1	4 Slice 2 cup mixed vege 1 boild egg
Mid Morning Snacks	Fruit	2	100gm Citrus Fruit
Lunch	Rice vegetable. Chiken Pluse	3 3 1 1	1½ cup rice. 1½ cupvege low fat 1 pc chiken ½ cup
Afternoon Snacks	Fruit	2	100gm citrus fruit.
Dinner	Ruti vegetable pluse	3 3 1	3 pc Attare ruti 1½ cup mixed vege ½ cup
Late Night Snacks	Milk	1	1 glass skimmed milk.

5 teaspoon oil.

Food Note :

1. Maximum 5g NaCl/Salt can taken.
2. Whole wheat flour, brow. rice etc are good.
3. Atrifical sweeteners, soft drinks should be avoided.
4. Food Cooking by covers.
5. One serving of green leafy vegetables should be taken.

mm

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 21

Patient's Information

Date : 29/09/22

Name : MAKSURA BEGUM

Address : Diara, Kolaroa, Satkhira.

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 24/09/22.

Reason of Admission : ① Left sided weakness for 17 days. ⑪ Slurring of speech for 17 days. ③ Mouth ulcer for 10 days.

Ward No : (W-141) (Neuro-1) Bed No : 1425

Age : 43 years Sex : ☐ Male ☑ Female

Occupation : House wife.

Health Condition : Getting better.

Mental State : Good.

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : only tablet

Anthropometric Parameters

Weight : 72 Kg Height : 5'2" cm BMI : 28.84

Expected Body Weight : 46-62 Kg Ideal Body Weight : 54.17 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☑ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☑ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 12.7 mmol/dl	■ Magnesium 0.7 mmol/l
■ Blood Glucose (ABF) : 16.9 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c 6.1 %	■ Calcium 8.8 mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 4.2 mmol/l
■ Total Protein ..... g/dl	■ Sodium 140 mmol/l
■ TG 164 mg/dl	■ Siram Chloride 108 mmol/l
■ HDL 36 mg/dl	■ HB 12.2 g/dl
■ LDL 61 mg/dl	■ Hematocrit 37.7 %
■ Cholesterol, Total 130 mg/dl	■ ESR 40 mml
■ BUN 40 mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 0.7 mg/dl	■ SGPT ..... U/l
■ Urea 40 mg/dl	■ Alk. Phos 71 SomU/L
■ Bilirubin 0.8 mmol/dl	■ Amylase ..... IU/l
■ STCO2 21	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. Ecosprin (75) 0+1+0.
2. T. TAVEN (10) 0+0+1
3. T. BISOPRO (2.5) 1+0+0.
4. T. ARBITEL AM 0+0+1
5. C. SERUEL 1+0+1
6. Inj. B-50 Forte
7. Inj: MECOLAGIN
8. T. RIVOTRIL 0+0+1
9. Syp. AVOLAC 30ml BD.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	17	98	26		494

Prescribed CHO = 246.15

Sub Total = 98

Difference = 148.15

No of serving is required for CHO (diff./15) = $\frac{148.15}{15} = 9.87 = 10$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		198	26		494
Cereals	9	135	18		630
Sub Total - B		233	44		1124

Prescribed Protein = 82.05

Sub Total = 44

Difference = 38.05

No of serving is required for Protein (diff./7) = $\frac{38.05}{7} = 5.43$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		233	44		1124
Egg	1		6.7	6.8	90
Meat / Fish	4		28	12	220
Sub Total - C		233	78.7	18.8	1434

Prescribed Fat = 36.46

Sub Total = 18.8

Difference = 17.66

No of serving is required for Protein (diff./5) = $\frac{17.66}{5} = 3.53 \cong 4$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		233	78.7	18.8	1434
Oil & Fats	4			20	180
Total		233	78.7	38.8	1614

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age.
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1641 kcal
- Calorie Modification : 1614 Kcal.
- Carbohydrate (60%) : 984.6 Kcal = 246.15 gm
- Protein (20%) : 328.2 Kcal = 82.05 gm
- Fat (20%) : 328.2 kcal = 36.46 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 3 1	3 Attar ruti 1½ cup mixed vege 1 boild egg.
Mid Morning Snacks	Fruit	2	2 Orange
Lunch	Rice vegetable Fish pluse	3 3 2 1	1½ cup rice 1½ cup mixed vege 60gm low fat without skin ½ cup thicked
Afternoon Snacks	Fruit	2	2 peare
Dinner	Ruti vegetable chiken pluse	3 2 2 1	3 Attar ruti 1½ cup mixed vege 60gm low fat without skin ½ cup mixed
Late Night Snacks	Milk	1	1 glass low fat skimmed milk.

4 tea spoon.

Food Note :

1. Omega 6 & 3 intake food.
2. Eat whole fruit instead of fruit Juice.
3. Wash vegetable before cutting to retain vitamin and minerals.
4. Eat whole fruit instead of fruit Juice.
5. All types of bakery product e.g cakes. pastry etc should be avoided.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 31

Patient's Information

Date : 30/09/22

Name : BASHIR.

Address : Ojirakandi, Titas, Cummillah.

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 25/09/22

Reason of Admission : ① fever - 7 days, Anorexia, nausea, vomitting, jaundice
Obstructive jaundice & DM

Ward No : W-123 Bed No : 1232.

Age : 50 years Sex : ☑ Male ☐ Female

Occupation : Businessman

Health Condition : Not well

Mental State : Break down

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : Diasulin R 6+6+6

10014

Anthropometric Parameters

Weight : 65 Kg Height : 5'8" cm BMI : 25.71

Expected Body Weight : 46-62 Kg Ideal Body Weight : ..... Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 70 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : NO How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium .....0.9..... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate .....mmol/l
■ HbA1c ..... %	■ Calcium .....mmol/l
■ S. Albumin .....21.8.....mg/dl	■ Potassium .....3.3.....mmol/l
■ Total Protein .....55.1..... g/dl	■ Sodium .....124..... mmol/l
■ TG .....mg/dl	■ Siram Chloride .....91.....mmol/l
■ HDL .....mg/dl	■ HB .....11.0.....g/dl
■ LDL .....mg/dl	■ Hematocrit .....30.6..... %
■ Cholesterol, Total .....mg/dl	■ ESR .....mml
■ BUN .....mg/dl	■ SGOT .....88.....IU/l
■ S. Creatinine .....2.1.....mg/dl	■ SGPT .....43.....U/l
■ Urea .....60.....mg/dl	■ Alk. Phos .....136.....SomU/L
■ Bilirubin .....11.5.....mmol/dl	■ Amylase .....IU/l
■ STCO2 .....21.0.....	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Inj' Otherca 40mg
2. Inj. Emistat
3. Syp D-lac
4. T. Napa 500mg 2+2+2
5. Inj' Tram -3 1gm
6. C. Doxicap 100mg.
7. Inj Aciphin.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	13	78	26		414

Prescribed CHO = 222.82

Sub Total = 78

Difference = 144.82

No of serving is required for CHO (diff./15) = $\frac{144.82}{15} = 9.65$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		78	26		414
Cereals	9	135	18		630
Sub Total - B		213	44		1044

Prescribed Protein = 51.42

Sub Total = 44

Difference = 7.42

No of serving is required for Protein (diff./7) = $\frac{7.42}{7} = 1.06$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		213	44		1044
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		213	50.7	6.8	1134

Prescribed Fat = 30.47

Sub Total = 6.8

Difference = 23.67

No of serving is required for Protein (diff./5) = $\frac{23.67}{5} = 4.73 \cong 5$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		213	50.7	6.8	1134
Oil & Fats	5			25	225
Total		213	50.7	31.8	1359

Basic Principles of Diet Management

- ◊ Carbohydrate : 65% of total Calorie requirement
- ◊ Protein : 15% of total calorie requirement
- ◊ Fat : 20% of total calorie requirement
- ◊ Vitamin : According to age
- ◊ Minerals : According to age
- ◊ Fluid : 1 - 2 L/perday.

Calculation of Energy Requirement

- ◊ Calorie Requirement : 1371.25 Kcal
- ◊ Calorie Modification : 1359 Kcal.
- ◊ Carbohydrate (65%) : 891.31 Kcal = 222.82 gm
- ◊ Protein (15%) : 205.68 Kcal = 51.42 gm
- ◊ Fat (20%) : 274.25 Kcal = 30.47 gm
- ◊ If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Breed vegetable Egg	3 3 1	3 Slice 1 ½ cup mixed vege 1 boild egg
Mid Morning Snacks	Fruit	1	1 banana
Lunch	Rice vegetable pluse	3 3 1	1 ½ cup rice 1 ½ cup mixed vege ½ cup thicked
Afternoon Snacks	Fruit	1	1 pear
Dinner	Ruti vegetable pluse	3 2 1	3 Attar ruti 1 cup mixed vege ½ cup thicked.
Late Night Snacks	Milk	1	1 glass skimmed milk.

5 tea spoon.

Food Note :

1. Artificial sweeteners soft drinks should be avoided.
2. High sodium, high fat foods e.g. chips burgers pizza etc should be avoided.
3. One serving of green leafy vegetables should be taken.
4. Whole wheat flour brown, rice etc are goods.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 27/09/22

Name : MR. Shahdat ALam.

Address : vill: Hemnagar , P.O : Kaheta . P.S : Gopalpur .
District: Tangail.

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 22/09/22.

Reason of Admission : (I) Passage of loose stool - 1 year
(II) Lower back pain - 2month.

Ward No : W-113 Bed No : 1152

Age : 45 years Sex : ☑ Male ☐ Female

Occupation : Farmer

Health Condition : Stable

Mental State : Sound.

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Diasulin 10+0+10
T. Lijenta (5mg) 1+0+0.

Anthropometric Parameters

Weight : 44 Kg Height : 159 cm BMI : 17.40

Expected Body Weight : 51 - 64 Kg Ideal Body Weight : 54.85 Kg

Body Frame Size : ☑ Small ☐ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : ..... mm Hg/ ..... mmHg ☑ Anemia

☐ Edema ☐ Jaundice ☑ Dehydration

☑ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☐ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☑ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : 1 Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 6.3 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 9.3 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin 37.3 mg/dl	■ Potassium 4.1 mmol/l
■ Total Protein 63.3 g/dl	■ Sodium 137 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 109 mmol/l
■ HDL ..... mg/dl	■ HB 12.9 g/dl
■ LDL ..... mg/dl	■ Hematocrit 36.0 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT 20 IU/l
■ S. Creatinine 0.7 mg/dl	■ SGPT 27 U/l
■ Urea 23 mg/dl	■ Alk. Phos 115 SomU/L
■ Bilirubin 0.3 mmol/dl	■ Amylase ..... IU/l
■ STCO2 17	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. Zimax 500mg 0+0+1
2. T. Famotak 20mg 1+0+1
3. C. Uromax (0.4 mg) 0+0+1
4. T. Pase (1mg) 0+0+1
5. T. Rostil (135 mg) 1+0+1
6. T. Napa Extend (665 mg) 1+0+1
7. T. Beklo (5mg) 1+0+1
8. T. Fexo (120 mg) 1+0+1
9. T. Nabumel (500mg) 1+0+1
10. T. Nabumel 1+0+1

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	2	24	16		160
Vegetables	8	40	16		224
Fruits	5	50			200
Pulse	3	19.2	8.1		108
Sub Total - A	18	133.2	40.1		692

Prescribed CHO = 287

Sub Total = 133.2

Difference = 153.8

No of serving is required for CHO (diff./15) = $\frac{153.8}{15}$ = 10.25.10

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		133.2	40.1		692
Cereals	10	150	20		700
Sub Total - B		283.2	60.1		1392

Prescribed Protein = 95.98

Sub Total = 60.1

Difference = 35.88

No of serving is required for Protein (diff./7) = $\frac{35.88}{7}$ = 5.12

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		283.2	60.1		1392
Egg	1		6.7	6.8	90
Meat / Fish	4		21	12	220
Sub Total - C		283.2	87.8	18.8	1702

Prescribed Fat = 42.66

Sub Total = 18.8

Difference = 23.86

No of serving is required for Protein (diff./5) = $\frac{23.86}{5} = 4.77$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		283.2	87.8	18.8	1702
Oil & Fats	4			20	180
Total		283.2	87.8	38.8	1882

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement.
- Fat : 20% of total Calorie requirement.
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1919.75 Kcal
- Calorie Modification : 1882 Kcal.
- Carbohydrate (60%) : 1151.85 Kcal = 287 gm
- Protein (20%) : 383.95 Kcal = 95.98 gm
- Fat (20%) : 383.95 Kcal = 42.66 gm.
- If any restriction : .....

.....

Whole Day Diet Plan

4 tables spoon oils.

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg Pluse Milk	3 3 1 1 1	3 slice 1½ cup mixed vege 1 bolid ½ cup 1 glass skimmed
Mid Morning Snacks	Fruit	3	1½ cup Fruit
Lunch	Rice vegetable Fish pluse	4 3 2 1	1½ cup rice 1½ cup mixed vege 60gm low fat fish ½ cup medium
Afternoon Snacks	Fruit Egg	2 1	1 cup vege 1 bolied egg
Dinner	Ruti vegetable Chiken Pluse	3 3 2 1	3 Attar ruti 1½ cup mixed vege 60 gm low fat vege ½ cup medium
Late Night Snacks	Milk	1	1 glass skimmed milk.

Food Note :

1. Take meals timely. Meal should not be skipped.
2. All types of bakery product e.g. cakes, burgers, pizza etc. should be avoided.
3. Artificial sweeteners, soft drinks, should be avoided.
4. Food cooking by cover.
5. Saturated fat e.g. butter, ghee, margarine should be taken moderately.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 23-09-22

Name : ATER RAHMAN

Address : vill: Lohair , P.S : Mokeedpur

Dis : Gopal Gonj

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 23-09-22

Reason of Admission : swelling for 7 days, fever same duration, vomitting for 15 days, weakness, Uncontrolled blood pressure.

Ward No : 142 Bed No : 1433

Age : 44 years Sex : ☑ Male ☐ Female

Occupation : Employed

Health Condition : Stable

Mental State : Sound.

Disease (if present) : ☑ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : .....

Anthropometric Parameters

Weight : 65 Kg Height : 164 cm BMI : 24.16

Expected Body Weight : 54 – 67 Kg Ideal Body Weight : 58.36 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 160 mm Hg/ 80 mmHg ☐ Anemia ++

☐ Edema Oedema ☐ Jaundice ☐ Dehydration

☐ Nausea ☑ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☑ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : Masters.

(iPTH) → 452 pg/ml
(7-53) pg/ml

Lab/Biochemical Test

Blood Glucose (F) : .....mmol/dl	Magnesium ..... mmol/l
Blood Glucose (ABF) : .....mmol/dl	Phosphate .....mmol/l
HbA1c .....6.1..... %	Calcium .....9.5.....mmol/l
S. Albumin .....mg/dl	Potassium .....3.4.....mmol/l
Total Protein .....100..... g/dl	Sodium .....140..... mmol/l
TG .....mg/dl	Siram Chloride .....103.....mmol/l
HDL .....mg/dl	HB .....8.9.....g/dl
LDL .....mg/dl	Hematocrit .....28.5..... %
Cholesterol, Total .....mg/dl	ESR .....mml
BUN .....mg/dl	SGOT .....IU/l
S. Creatinine .....8.0.....mg/dl	SGPT .....U/l
Urea .....mg/dl	Alk. Phos .....SomU/L
Bilirubin .....mmol/dl	Amylase .....IU/l
STCO2 .....21.....	Uric Acid .....mg/dl
	Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Iv. Rofecain (1gm
2. T. Thyrin (50mg) 1+0+0
3. T. Cildip (10mg) 0+0+1
4. T Gmistal (8) 1+1+1
5. T motigul (10) 1+1+1
6. C. Dicalthrol (0.25) 0+
7. T. Sodinate (600) 2+2+2
8. Cap. Sergel (20) 1+0+1
9. T. Lofos (667) 0+1+1
10. T. RUCal-D 0+1+0
11. Phoscon (210mg) 1+0+1.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	9	45	18		252
Fruits	5	50			200
Pulse	2	12.8	54		72
Sub Total - A	16	119.8	31.4		604

Prescribed CHO = 284.50

Sub Total = 119.8

Difference = 164.7

No of serving is required for CHO (diff./15) = $\frac{164.7}{15} = 10.98$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		119.8	31.4		604
Cereals	10	150	20		700
Sub Total - B		269.8	51.4		1304

Prescribed Protein = 65.

Sub Total = 51.4

Difference = 13.6

No of serving is required for Protein (diff./7) = $\frac{13.6}{7}$ $1.94 \cong 2$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		269.8	51.4		1304
Egg	1		6.7	6.8	90
Meat / Fish	1		7	5	75
Sub Total - C		269.8	65.1	11.8	1469

Prescribed Fat = 38.90

Sub Total = 11.8

Difference = 27.1

No of serving is required for Protein (diff./5) = $\frac{27.1}{5}$ = 5.42

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		269.8	65.1	11.8	1469
Oil & Fats	5			25	225
Total		269.8	65.1	36.8	1694

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age.
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1750 Kcal.
- Calorie Modification : 1694 Kcal.
- Carbohydrate (65%) : 1138.02 Kcal = 284.50gm
- Protein (15%) : 262.62 Kcal = 65gm
- Fat (20%) : 350.16 Kcal = 38.90gm.
- If any restriction : Protein.

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg	3 3 1	3pc Attar ruti 1½ cup mixed vege 1 boiled egg.
Mid Morning Snacks	Fruit	3	3 cup watermelon
Lunch	Rice vegetable Chiken Pluse	4 3 1 1	2 cup rice 1½ cup mixed vege 1 pc without skin ½ cup medium
Afternoon Snacks	Fruit	2	180 gm papaye
Dinner	Ruti vegetable pluse	3 3 1	3 pc Attar ruti 1½ cup vegetable ½ cup
Late Night Snacks	Milk	1	1 glass skimmed milk.

5 tea spoon.

Food Note :

① Eat whole fruit instead of fruit Juices.

② Maximum 5g NaCl / Salt can taken.

③ Take meals timely. Meal should not be skipped.

④ Wash vegetable before cutting to retain vitamin and minerals.

⑤ All types of bakery product e.g. cakes, pastry etc should be avoided.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 01/10/22

Name : JOJ MIAH

Address : DUPTARA, DUPTARA
Ari hazar . N. gonj

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 26/09/22

Reason of Admission : Nausea. vomitting after taking food - 15 days
Hiccugh - 2 days (CKD - Electolyte insaline.

Ward No : 123 Bed No : 1247

Age : 57 years Sex : ☐ Male ☐ Female

Occupation : Unemployed

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Disculin 16 + 0 + 10

Anthropometric Parameters

Weight : 62 Kg Height : 5'6" cm BMI : 21.45

Expected Body Weight : 53 - 71 Kg Ideal Body Weight : 62.71 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 75 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : Yes How Much : 2 Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle Education : 6

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate .....mmol/l
■ HbA1c ..... %	■ Calcium .....mmol/l
■ S. Albumin ....28.8.....mg/dl	■ Potassium ....2.7.....mmol/l
■ Total Protein ..... g/dl	■ Sodium ....131..... mmol/l
■ TG .....mg/dl	■ Siram Chloride ....90.....mmol/l
■ HDL .....mg/dl	■ HB ....9.6.....g/dl
■ LDL .....mg/dl	■ Hematocrit ....26.0..... %
■ Cholesterol, Total .....mg/dl	■ ESR .....mml
■ BUN ....41.....mg/dl	■ SGOT ....22.....IU/l
■ S. Creatinine ....1.7.....mg/dl	■ SGPT ....23.....U/l
■ Urea ....41.....mg/dl	■ Alk. Phos ....70.....SomU/L
■ Bilirubin ....0.8.....mmol/dl	■ Amylase .....IU/l
■ STCO2 ....29.....	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Inj : Othere
2. Inj : Emistat
3. Cap : Emestop 0+1+0
4. T. omidon 1+1+1
5. T. Menanil 1+1+1
6. Inj: Onicef
7. Inj. Nalepsin
8. T. spinocard
9. T. Nacl.
10. Table

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	17	98	26		494

Prescribed CHO = 235.16

Sub Total = 98

Difference = 137.16

No of serving is required for CHO (diff./15) = $\frac{137.16}{15} = 9.14$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	9	135	18		630
Sub Total - B		233	44		1124

Prescribed Protein = 78.38

Sub Total = 44

Difference = 34.38

No of serving is required for Protein (diff./7) = $\frac{34.38}{7} = 4.34$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		233	44		1124
Egg	1		6.7	6.8	90
Meat / Fish	3		21	9	165
Sub Total - C		233	71.7	15.8	1379

Prescribed Fat = 34.83

Sub Total = 15.8

Difference = 19.03

No of serving is required for Protein (diff./5) = $\frac{19.03}{5} = 3.80 \cong 4$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		233	71.7	15.8	1379
Oil & Fats	4			20	180
Total		233	71.7	35.8	1559

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1 - 2 L/perday.

Calculation of Energy Requirement

- Calorie Requirement : 1567.75 Kcal
- Calorie Modification : 1559 Kcal
- Carbohydrate (60) : 940.65 Kcal = 235.16 gm
- Protein (20) : 313.55 Kcal = 78.38 gm
- Fat (20) : 313.55 Kcal = 34.83 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 4 1	3 Attare ruti 2 cup mixed vege 1 boild egg
Mid Morning Snacks	Fruit	2	2 peare
Lunch	Rice vegetable Fish pluse	3 3 2 1	1½ cup rice 1½ cup mixed vege 60gm low fat without skin ½ cup thicked.
Afternoon Snacks	Fruit	2	2 Orange.
Dinner	Ruti vegetable chiken pluse	3 3 1 1	3 Attare ruti 1½ cup mixed vege 30 gm low fat without skin ½ cup thicked.
Late Night Snacks	Milk	1	1 glass low fat skimmed milk.

4 tea spoon oil.

Food Note :

① One serving of green leafy vegetable should be taken.

② Mustard oil, Soybean oil should be used in Cooking as they are.

③ All types of bakery product e.g cakes, pastry etc should be avoided.

④ High sodium high fat foods e.g chips burgers pizza etc should be avoided.

⑤ Artificial sweeteners soft drinks should be avoided.

⑥ Whole wheat flour brown rice etc are goods.

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Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 03/10/22.

Name : KULSUM BEGUM.

Address : 684, South Rafiul, KANTOLMENT, DHAKA.

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 28/09/22.

Reason of Admission : Generalized weakness for, last 2 months.

Ward No : W-133 Bed No : 1340.

Age : 55 years Sex : ☐ Male ☑ Female

Occupation : House wife.

Health Condition : DM, CKD, HTN, Infected Non-healing ulcer on the Rt foot.

Mental State : .....

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM.

If IDDM , Insulin take : Inj. MAXSULIN 20+0+8.

Anthropometric Parameters

Weight : 55 Kg Height : 155 cm BMI : 22.89

Expected Body Weight : (43 - 67) Kg Ideal Body Weight : 49.85 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 170 mm Hg/ 80 mmHg ☑ Anemia

☑ Edema ☑ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : N/S Taka Religion : Islam

Living Status : low-socio-economic class Education : N/S

Lab/Biochemical Test

Blood Glucose (F) : 6.2 mmol/dl	Magnesium ..... mmol/l
Blood Glucose (ABF) : 12.4 mmol/dl	Phosphate ..... mmol/l
HbA1c ..... %	Calcium ..... mmol/l
S. Albumin ..... mg/dl	Potassium 4.6 mmol/l
Total Protein ..... g/dl	Sodium 135 mmol/l
TG ..... mg/dl	Siram Chloride 105 mmol/l
HDL ..... mg/dl	HB 8.1 g/dl
LDL ..... mg/dl	Hematocrit 25.4 %
Cholesterol, Total 218 mg/dl	ESR 78 mml
BUN ..... mg/dl	SGOT ..... IU/l
S. Creatinine 2.2 mg/dl	SGPT 15 U/l
Urea ..... mg/dl	Alk. Phos ..... SomU/L
Bilirubin ..... mmol/dl	Amylase ..... IU/l
STCO2 20.0	Uric Acid ..... mg/dl
	Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin I1

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. TAB. Ecospim plus 0+1+0
2. Tab. Fwodar 1+ ++1
3. Tap. Qcin 300mg 0+1+0
4. Tab. Caral max -
5. Cap. Maxplo (20mg) 1+0+1
6. Tab. Neuo B 1+0+1
7. Tab. Xysil (10mg) 1+0+1
8. Tab. Napa + 1+0+0
9. Tab. Rivotril (0.5) 0+0+1
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	6	30	12		168
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	11	68	22		358

Prescribed CHO = 186.93

Sub Total = 68

Difference = 118.93

No of serving is required for CHO (diff./15) = 7.92 ≅ 8

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		68	22		358
Cereals	8	120	16		560
Sub Total - B		188	38		918

Prescribed Protein = 62

Sub Total = 38

Difference = 24

No of serving is required for Protein (diff./7) = 3.42

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		188	38		918
Egg	1		6.7	6.8	90
Meat / Fish	2.		14	10	150
Sub Total - C		188	58.7	16.8	1158

Prescribed Fat = 27.69

Sub Total = 16.8

Difference = 10.89

No of serving is required for Protein (diff./5) = 2.17 = 3

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		188	58.7	16.8	1158
Oil & Fats	3			15	135
Total		188	58.7	31.8	1293

Basic Principles of Diet Management

- ◊ Carbohydrate : 60% of total Calorie requirement.
- ◊ Protein : 20% of total Calorie requirement.
- ◊ Fat : 20% of total calorie requirement.
- ◊ Vitamin : According to age.
- ◊ Minerals : According to age.
- ◊ Fluid : 1 - 3 L/per day.

Calculation of Energy Requirement

- ◊ Calorie Requirement : 1246.25 Kcal.
- ◊ Calorie Modification : 1293. Kcal.
- ◊ Carbohydrate (60%) : 747.75 Kcal = 186.93 gm
- ◊ Protein (20%) : 249.25 = 62.31 gm
- ◊ Fat (20%) : 249.25 = 27.69
- ◊ If any restriction : Red meat.

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable. Egg	3 2 1	Attare ruti 1 cup 1 egg.
Mid Morning Snacks	Fruit	1	50 gm ammra.
Lunch	Rice vegetable. Fish. pluse.	3 2 1 1	1 ½ cup. 1 cup. 30 gm medium fat
Afternoon Snacks	Fruit	1	50 gm guava
Dinner	Ruti. vegetable. Chiken.	2 2 1	Attare ruti 1 cup 30 gm with medium fat.
Late Night Snacks	Milk	1	1 glass without fat.

3 tea spoon.

Food Note :

① Eat atleast 1 citrus fruit in a day.

② Whole wheat flour, brown rice etc are good.

③ One serving of green Leafy vegetables should be taken.

④ Mustard oil, soybean oil should be used in cooking as they are.

⑤ Avoid processed food.

⑥ At least 2-3 litters of water should be drunk.

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Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 03.10.22

Name : MD. Farcuqul Millah

Address : Vill: Purba, P.O: Serchar, Road: Madaripur

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital : B

Admission Date : 28/9/22

Reason of Admission : - Pain and discharge from the wound for 1 day (H/O of bleeding)

Ward No : 113 Bed No : 1151

Age : 50 years Sex : ☑ Male ☐ Female

Occupation : Unemployed

Health Condition : Infected wound in left foot, DM, HTN, CKD

Mental State : Sound.

Disease (If present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj. Maxsulin (30/70)

Anthropometric Parameters

Weight : 54 Kg Height : 164 cm BMI : 20.07

Expected Body Weight : ..... Kg Ideal Body Weight : 58.36 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 180 mm Hg/ 90 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : NO How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : Degree

Lab/Biochemical Test

■ Blood Glucose (F) : 6.6 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 9.6 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 2.7 mmol/l
■ Total Protein ..... g/dl	■ Sodium 118 mmol/l
■ TG ..... mg/dl	■ Siram Chloride .89 mmol/l
■ HDL ..... mg/dl	■ HB 9.2 g/dl
■ LDL ..... mg/dl	■ Hematocrit 24.7 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT 65 IU/l
■ S. Creatinine ..... mg/dl	■ SGPT 36 U/l
■ Urea ..... mg/dl	■ Alk. Phos 101 SomU/L
■ Bilirubin 0.4 mmol/dl	■ Amylase ..... IU/l
■ STCO2 17	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Inj. ceftizon (1gm)
2. Inj. Amisol gold
3. Ij. Traxyl (500)
4. Inj. Emistat (8mg)
5. Tab. Levoxin (500)
6. Tab Mydinin (5mg)
7. T. TCL R (10mg)
8. Cap. Losecfil (40)
9. T. Neuro-B
10. Cap. Vnomax (0.4)
11. T. Napadol (375)

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	5	50			200
Pulse	2	12.8	5.4		72
Sub Total - A	15	114.8	29.4		576

Prescribed CHO = 262.62

Sub Total = 114.8

Difference = 147.82

No of serving is required for CHO (diff./15) = $\frac{147.82}{15} = 9.85 \cong 10$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		114.8	29.4		576
Cereals	10	150	20		770
Sub Total - B		264.8	49.4		1346

Prescribed Protein = 87.54

Sub Total = 49.4

Difference = 38.4

No of serving is required for Protein (diff./7) = $\frac{38.4}{7} = 5.48$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		264.8	99.4		1346
Egg	1		6.7	6.8	90
Meat / Fish	4		28	12	220
Sub Total - C		264.8	84.1	18.8	1656

Prescribed Fat = 38.00

Sub Total = 18.8

Difference = 20.1

No of serving is required for Protein (diff./5) = $\frac{20.1}{5}$ = 4.02

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		264.8	84.1	18.8	1656
Oil & Fats	4			20	180
Total		264.8	84.1	38.8	1836

Food Habit of the Patient

Group of Food	Name of Food	Time per day
Rice, Bread & Cereals	Rice Bread Ruti Biscuit Muri Cake Khichuri Others :	
Meat , Fish & Egg	Fish curry/ Bhuna/ Others Beef curry/ Bhuna/ Others Chicken Egg Lean Meat/ Fish Fatty Meat/ Fish Small Fish Others :	
Milk & Milk Products	Whole Milk Skim Milk Curd Yoghurt Sweet Ice – cream Others :	

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1 - 1.5 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1750 Kcal
- Calorie Modification : 1836 Kcal.
- Carbohydrate (60%) : 1050.48 Kcal = 262.62 gm
- Protein (20%) : 350.18 Kcal = 87.54 gm
- Fat (20%) : 350.18 Kcal = 38.90 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable. Egg Pluse	4 3 1 1	4 Attar ruti 1 ½ cup vege 1 boild egg. ½ cup.
Mid Morning Snacks	Fruit	3	180 gm papaye
Lunch	Rice vegetable pluse Fish	3 3 1 2	1 ½ cup rice 1 ½ cup mixed vege ½ cup 60gm
Afternoon Snacks	Fruit	2	100gm
Dinner	Ruti vegetable Chiken	3 3 2	3 Attar ruti 1 ½ cup mixed vege 60gm
Late Night Snacks	Milk.	1	1 glass skimmed milk.

4 tea spoon.

Food Note :

1. Eat atleast 1 citrus fruit in a day.
2. Whole wheat flour, brown rice etc are good.
3. One serving of green Leafy vegetables should be taken.
4. Mustard oil, soybean oil should be used in cooking as they are.
5. Avoid processed food.
6. At least 2-3 litters of water should be drunk.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 28/09/22

Name : MD. Abdul Mazid Sardar

Address : Vill: East Rahmmtpur, P.O: Mrida Baji, P.S: Jatrabari

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : BIRDEM GENERAL HOSPITAL.

Admission Date : 20/09/22

Reason of Admission : (i) Fever for last 8-10 days, (ii) Altered level of consciousness for last 2 days

Ward No : 141 (Neurology) Bed No : 1422

Age : 74 years Sex : ☑ Male ☐ Female

Occupation : Unemployed

Health Condition : Stable

Mental State : Not so good

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Insulintard 14 + 0 + 12

Inj: Actrapid 10 + 14 + 6.

Anthropometric Parameters

Weight : 75 Kg Height : 6'11" cm BMI : 22.34

Expected Body Weight : 61 - 82 Kg Ideal Body Weight : 71.87 Kg

Body Frame Size : ☐ Small ☐ Medium ☑ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 110 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☑ Poor

Taste & Smell perception (Any Charge) : ☑ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam.

Living Status : Middle class. Education : uneducated.

Lab/Biochemical Test

Blood Glucose (F) : 12.7 mmol/dl	Magnesium 0.90 mmol/l
Blood Glucose (ABF) : 14.7 mmol/dl	Phosphate ..... mmol/l
HbA1c ..... %	Calcium 7.3 mmol/l
S. Albumin 18.9 mg/dl	Potassium 4.6 mmol/l
Total Protein 58 g/dl	Sodium 146 mmol/l
TG 123 mg/dl	Siram Chloride 110 mmol/l
HDL 10 mg/dl	HB 12.2 g/dl
LDL 16 mg/dl	Hematocrit 36.0 %
Cholesterol, Total 61 mg/dl	ESR ..... mml
BUN 115 mg/dl	SGOT ..... IU/l
S. Creatinine 1.8 mg/dl	SGPT ..... U/l
Urea 115 mg/dl	Alk. Phos 340 SomU/L
Bilirubin ..... mmol/dl	Amylase ..... IU/l
STCO2 19	Uric Acid ..... mg/dl
	Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Inj. Vanryc'n 1gm
2. INT. AEROPEN (1g)
3. IN MOXQUIN
4. TAB. CALDIL PLUS 1+0+0
5. TAB. BISLOL (2.5mg) 1+0+0
6. TAB NAPA (500mg) 1+1+1
7. TAB. FILFRESH (3mg 0+0+1
8. TAB. CO-DOPA (110mg) ½+½+½
9. CAP. CUBICAX (24mc8) 1+0+1
10. TAB. DOMIREN (10mg) 1+1+1

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	18	40	16		224
Fruits	6	60			240
Pulse	3	9	3		45
Sub Total - A	20	121	27		589

Prescribed CHO = 269.51

Sub Total = 121

Difference = 148.51

No of serving is required for CHO (diff./15) = $\frac{148.51}{15} = 9.90 \cong 10$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		121	27		589
Cereals	10	150	20		700
Sub Total - B		271	47		1289

Prescribed Protein = 89.83

Sub Total = 47

Difference = 42.83

No of serving is required for Protein (diff./7) = $\frac{42.83}{7} = 6.11$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		271	47		1289
Egg	1		13.4	13.6	180
Meat / Fish	4		28	12	220
Sub Total - C		271	88.4	25.6	1689

Prescribed Fat = 39.92

Sub Total = 25.6

Difference = 14.32

No of serving is required for Protein (diff./5) = $\frac{14.32}{5} = 2.86 \cong 3$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		271	88.4	25.6	1689
Oil & Fats	3			15	135
Total		271	88.4	40.6	1824

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day

Calculation of Energy Requirement

- Calorie Requirement : 1796 Kcal
- Calorie Modification : 1824 Kcal.
- Carbohydrate (60%) : 1078.05 Kcal = 269.51 gm
- Protein (20%) : 359.35 Kcal = 89.83 gm
- Fat (20%) : 359.35 Kcal = 39.92 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread Vegetable Egg	4 4 1	4 pc bread 2 cup mixed vege 1 egg
Mid Morning Snacks	Fruit	3	3 cup watermelon
Lunch	Rice vegetable Fish pluse	4 3 2 1	2 cup rice 1½ cup mixed vege 60gm low fat without skin ½ cup thicked
Afternoon Snacks	Fruit Egg	3 1	3 orange 1 boild egg.
Dinner	Ruti vegeetable Chiken pluse	3 3 2 1	3 Attar ruti 1½ cup mixed vege. 60gm lowfat without skin ½ cup thicked
Late Night Snacks	Milk	1	1 glass skimmed milk.

3 tea spoon oil

Food Note :

1. Maximum 5g NaCl / Salt taken.
2. Take meals timely meal should not be skipped.
3. Whole wheat flour, brown rice, etc are good.
4. One serving of green leafy vegetables should be taken.
5. Artificial sweeteners, soft drinks should be avoided.
6. Food cooking by cover.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 24

Patient's Information

Date : 29/09/22

Name : Harun Or Rashid

Address : MODINANAGAR KERANIGONJ , DHAKA

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 24/09/22

Reason of Admission : (I) Mild Abdominal pain for 5 days (Acute Abdomen)
(II) Vomiting for same duration.

Ward No : W-123 Bed No : 1230

Age : 38 years Sex : ☑ Male ☐ Female

Occupation : Farmer

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : T. Lijesta 0+1+0.

Anthropometric Parameters

Weight : 62 Kg Height : 5'4" cm BMI : 26.48

Expected Body Weight : 47-59 Kg Ideal Body Weight : 50.79 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 85 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☑ Moderate Worker ☐ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : N/S Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

Blood Glucose (F) : 8.8 mmol/dl	Magnesium 1.0 mmol/l
Blood Glucose (ABF) : 9.1 mmol/dl	Phosphate ..... mmol/l
HbA1c ..... %	Calcium 9.1 mmol/l
S. Albumin 34.5 mg/dl	Potassium 4.4 mmol/l
Total Protein ..... g/dl	Sodium 134 mmol/l
TG 838 mg/dl	Siram Chloride 99 mmol/l
HDL 24 mg/dl	HB 10 g/dl
LDL 188 mg/dl	Hematocrit 28.6 %
Cholesterol, Total ..... mg/dl	ESR ..... mml
BUN 147 mg/dl	SGOT 20 IU/l
S. Creatinine 11.9 mg/dl	SGPT 23 U/l
Urea 147 mg/dl	Alk. Phos 133 SomU/L
Bilirubin 0.9 mmol/dl	Amylase ..... IU/l
STCO2 24	Uric Acid ..... mg/dl
	Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab Prazopress 5mg 1+0+1
2. T. Bislol (5mg) 1+0+1
3. C. Tpec Plus 1+0+1
4. T. Neuro B 1+0+1
5. T. Lofos (665mg) 1+0+1
6. Cap Sergel (20mg 1+0+1
7. T. Nidipine SR (20mg) 1+0+1
8. Inj: Algin 1amp
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	6	60			240
Pulse	3	9	3		45
Sub Total - A	18	121	27		589

Prescribed CHO = 288

Sub Total = 121

Difference = 167

No of serving is required for CHO (diff./15) = $\frac{167}{15} = 11.13$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		121	27		589
Cereals	11	165	22		770
Sub Total - B		286	49		1359

Prescribed Protein = 66.6

Sub Total = 49

Difference = 17.6

No of serving is required for Protein (diff./7) = $\frac{17.6}{7} = 2.5$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		286	49		1359
Egg	1		6.7	6.8	90
Meat / Fish	1		7	5	75
Sub Total - C		286	62.7	11.8	1524

Prescribed Fat = 39

Sub Total = 11.8

Difference = 27.2

No of serving is required for Protein (diff./5) = $\frac{27.2}{5} = 5.44$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		291	62.7	11.8	1524
Oil & Fats	5			25	225
Total		291	62.7	36.8	1749

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1777.65 Kcal.
- Calorie Modification : 1749 Kcal
- Carbohydrate (65%) : 1155 Kcal = 288 gm
- Protein (15%) : 266.6 Kcal = 66.6 gm
- Fat (20%) : 355.53 Kcal = 39 gm.
- If any restriction : Protein

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread Vegetable Egg	4 4 1	4 pc bread 2 cup mixed vege 1 egg
Mid Morning Snacks	Fruit	3	3 cup watermelon
Lunch	Rice vegetable Chiken Pluse	4 3 1 1	2 cup rice 2 cup mixed vege 30gm lowfat without skin chiken ½ cup medium
Afternoon Snacks	Fruit	3	150 gm mango
Dinner	Ruti vegetable pluse	3 3 1	3pc Attare ruti 1½ cup vege. ½ cup medium
Late Night Snacks	Milk	1	1 glass skimmed milk.

5 tea spoon oil.

Food Note :

1. Maximum 5g NaCl / Salt can taken
2. Take meals timely meal should not be skipped.
3. Whole wheat flour, brown, rice etc are good.
4. One serving of green leafy vegetables should be taken.
5. Artificial sweeteners, soft drinks should be avoided.
6. Food cooking by cover.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 04

Patient's Information

Date : 25/09/22

Name : Joynal Abydin

Address : vill : Sinamanchi , P.O : Bitghor

Dis: B. Baria

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 09/09/2022

Reason of Admission : ① Fever for 4-5 days with abdominal pain

② Swelling of both lower limb for 2days.

Ward No : 142 Bed No : 143 1

Age : 60 years Sex : ☑ Male ☐ Female

Occupation : Service holder

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☑ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : Inj : APIDRA 6 + 6 + 4 .

Anthropometric Parameters

Weight : 47 Kg Height : 152 cm BMI : 20.34

Expected Body Weight : 46 - 58 Kg Ideal Body Weight : 50.13 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☑ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/S

Lab/Biochemical Test

Blood Glucose (F) : .....mmol/dl	Magnesium .....1.2..... mmol/l
Blood Glucose (ABF) : .....mmol/dl	Phosphate .....3.1.....mmol/l
HbA1c ..... %	Calcium .....mmol/l
S. Albumin .....mg/dl	Potassium .....4.2.....mmol/l
Total Protein .....54.1..... g/dl	Sodium .....130..... mmol/l
TG .....mg/dl	Siram Chloride .....102.....mmol/l
HDL .....mg/dl	HB .....10.2.....g/dl
LDL .....mg/dl	Hematocrit ..... %
Cholesterol, Total .....mg/dl	ESR .....mml
BUN .....mg/dl	SGOT .....IU/l
S. Creatinine .....4.2.....mg/dl	SGPT .....U/l
Urea .....141.36.....mg/dl	Alk. Phos .....SomU/L
Bilirubin .....—.....mmol/dl	Amylase .....83.....IU/l
STCO2 .....17.....	Uric Acid .....mg/dl
	Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Drugs :

1. Tab. PEDILID 150 1+0+1
2. Tab SKMOX 500 2+0+2
3. Cap. Sergel 20 1+0+1
4. Tab. SODICARB 600 2+2+2
5. Tab. NACL 300 1+1+1
6. MICRAL GEL
7. Tab. Renovax R 1+1+1
8. Tab - Eprel (50) 0+0+1
9. Tab - Lonapan 0+0+1
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	6	30	12		168
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	11	68	22		358

Prescribed CHO = 203.65

Sub Total = 68

Difference = 135.65

No of serving is required for CHO (diff./15) = $\frac{135.65}{15} = 9.04$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		168	22		358
Cereals	9	135.5	18		630
Sub Total - B		203	40		988

Prescribed Protein = 46

Sub Total = 40

Difference = 6

No of serving is required for Protein (diff./7) = $6/7 = 0.85 \cong 1$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		203	40		988
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		203	46.7	6.8	1078

Prescribed Fat = 27.86

Sub Total = 6.8

Difference = 21.06

No of serving is required for Protein (diff./5) = $\frac{21.06}{5}$ = 4.212

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		203	46.7	6.8	1078
Oil & Fats	4			20	180
Total		203	46.7	26.8	1258

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1253.25
- Calorie Modification : 1258.
- Carbohydrate (65%) : 814.61 Kcal = 203.65 gm
- Protein (15%) : 187.98 Kcal = 46.99 gm
- Fat (20%) : 250.65 Kcal = 27.85
- If any restriction : Protein

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 2 1	3 slice 1 cup mixed vege 1 boiled egg
Mid Morning Snacks	Fruit	1	50gm guava
Lunch	Rice vegetable Pluse	3 2 1	1½ cup 1 cup ½ cup
Afternoon Snacks	Fruit	1	50gm amra.
Dinner	Ruti vegetable Pluse	3 1 1	3 Attar ruti 1 cup vege ½ cup
Late Night Snacks	Milk	1	1 glass skimmed milk

4 tea spoon oil.

Food Note :

1. Eat at least one citrus fruit in a day.
2. Whole wheat flour, brown rice etc are good.
3. Mustard oil, soybean oil, should be used in cooking as they are.
4. Artificial sweeteners, soft drinks should be avoided.
5. Omega 6 ও source ও food intake.
6. Food cooking by cover.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 03/10/22

Name : GENDIA

Address : 25 AGASRDEK Road, KOTOWALI DHAKA

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 01/10/22

Reason of Admission : Fever for 2 days, Burning sensation in mutuation for 2days

Ward No : 133 (Nephro-1) Bed No : 1358

Age : 60 years Sex : ☐ Male ☑ Female

Occupation : House wife

Health Condition : DM, HTN, CKD, Recussent UTI

Mental State : .....

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: MAXSULIN (30/70) 10 + 0 + 8
TAB: GLITIN (5mg) 0 + 1 + 0

Anthropometric Parameters

Weight : 48 Kg Height : 143 cm cm BMI : 28.47

Expected Body Weight : 39-50 Kg Ideal Body Weight : 44.37 Kg

Body Frame Size : ☑ Small ☐ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 110 mm Hg/ 80 mmHg ☑ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Christianity

Living Status : Middle class Education : Degree

Lab/Biochemical Test

■ Blood Glucose (F) : 10.0 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 8.2 mmol/dl	■ Phosphate 3.1 mmol/l
■ HbA1c ..... %	■ Calcium 7.0 mmol/l
■ S. Albumin 32.4 mg/dl	■ Potassium 3.6 mmol/l
■ Total Protein ..... g/dl	■ Sodium 130 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 107 mmol/l
■ HDL ..... mg/dl	■ HB 7.8 g/dl
■ LDL ..... mg/dl	■ Hematocrit 23.7 %
■ Cholesterol, Total ..... mg/dl	■ ESR 35 mml
■ BUN ..... mg/dl	■ SGOT ..... IU/l
■ S. Creatinine ..... mg/dl	■ SGPT ..... U/l
■ Urea 66 mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin ..... mmol/dl	■ Amylase ..... IU/l
■ STCO2 21	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. TAB. LOPIREL PLUS 0+1+0
2. TAB. RENOLAER (500mg) 1+0+1
3. TAB AVAS 10mg 0+0+1
4. TAB GTN SR (2.6mg) 1+0+1
5. TAB. SODICARB (600mg) 1+0+1
6. Inj : MEROPEN (500mg)
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40	10		160
Pulse	2	6	2		30
Sub Total - A	15	98	26		494

Prescribed CHO = 216.28

Sub Total = 98

Difference = 118.28

No of serving is required for CHO (diff./15) = $\frac{118.28}{15} = 7.8$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	8	120	16		560
Sub Total - B		218	42		1054

Prescribed Protein = 50

Sub Total = 42

Difference = 8

No of serving is required for Protein (diff./7) = $8/7 = 1.14 \cong 2$.

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		218	42		1054
Egg	1		6.7	6.8	90
Meat / Fish			7	3	
Sub Total - C		218	48.7	6.8	1144

Prescribed Fat = 29.57

Sub Total = 9.8

Difference = 19.77

No of serving is required for Protein (diff./5) = $\frac{19.77}{5} = 3.9 \cong 4$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		218	48.7	6.8	1144
Oil & Fats	4			20	180
Total		218	48.7	26.8	1324

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1 - 2 L / per day.

Calculation of Energy Requirement

- Calorie Requirement : 1331 Kcal.
- Calorie Modification : 1324 Kcal.
- Carbohydrate (65) : 865.15 = 216.28
- Protein (15) : 199.65 = 49.91
- Fat (20) : 266.2 = 29.57.
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread Vegetable Egg Pluse	3 3 1 1	3 slice of bread 1 ½ cup mixed vege 1 boiled egg. ½ cup thicked liquied
Mid Morning Snacks	Fruit	2	Citrus fruit
Lunch	Rice vegetable Pluse	3 3 1	1 ½ cup rice. 1 ½ cup mixed vege ½ cup thicked liquied
Afternoon Snacks	Fruit	2	Citrus fruit
Dinner	Ruti vegetable	2 2	2 Attar ruti 1 cup mixed vegetable
Late Night Snacks	Milk	1	1 glass skimed milk.

4 tea spoon oil.

Food Note :

1. Maximum 5g NaCl / Salt can taken.
2. Take meals timely; meal should not be skipped.
3. Whole wheat flour, brown, rice etc are good.
4. One serving of green leafy vegetables should be taken.
5. Artificial sweeteners, soft drinks should be avoided.
6. Food cooking by covers.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 23/10/22

Name : Ramrun Nahar

Address : AB-1, Dakhin Shahjahanpur, Railway colony Shahjahanpur, Dhaka,

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 29-09-22

Reason of Admission : Dinros & visia R>2 for 1 ½ years

Ward No : 133 Bed No : 1352

Age : 48 years Sex : ☐ Male ☑ Female

Occupation : House wife

Health Condition : PSC+WS Catant RE>2Ee- DMc HTN

Mental State : .....

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Manulin 50 + 0 + 40.

Anthropometric Parameters

Weight : 60 Kg Height : 149 cm BMI : 27.02

Expected Body Weight : 41.07 - 51.06 Kg Ideal Body Weight : 46.06 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : N/8

Lab/Biochemical Test

■ Blood Glucose (F) : 7.4 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 11.7 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 3.9 mmol/l
■ Total Protein ..... g/dl	■ Sodium 141 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 107 mmol/l
■ HDL ..... mg/dl	■ HB 10.1 g/dl
■ LDL ..... mg/dl	■ Hematocrit 32.4 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 0.7 mg/dl	■ SGPT ..... U/l
■ Urea ..... mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin ..... mmol/dl	■ Amylase ..... IU/l
■ STCO2 23	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Optimax x E/D
2. Bramnee E/D
3. Dnylict E/D
4. Tab Finix . 1+0+1
5. Tab Glucamin 0+1+1
6. Tab Lipicam 10
7. Tab Deiocad 10 1+0+0
8. Tab Osatil 50 0+0+1.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	6	30	12		168
Fruits	2	20			80
Pulse	4	12	4		60
Sub Total - A	11	74	24		388

Prescribed CHO = 207.27

Sub Total = 74

Difference = 133.27

No of serving is required for CHO (diff./15) = 133.27/15 = 8.8 ≅ 9

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		74	24		388
Cereals	9	135	18		630
Sub Total - B		209	42		1018

Prescribed Protein = 69.09

Sub Total = 42

Difference = 27.09

No of serving is required for Protein (diff./7) = 27.09/7 = 3.87 ≅ 4

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		209	4.2		1018
Egg	1		6.7	6.8	90
Meat / Fish	3		21	15	225
Sub Total - C		200	69.7	21.8	1333

Prescribed Fat = 30.70

Sub Total = 21.8

Difference = 8.9

No of serving is required for Protein (diff./5) = 8.9/5 = 1.78 ≅ 2.

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		209	69.7	21.8	1333
Oil & Fats	2			10	90
Total		200	69.7	31.8	1423

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement.
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-3 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1381.8
- Calorie Modification : 1423
- Carbohydrate (60%) : 207.27
- Protein (20%) : 69.09
- Fat (20%) : 30.70
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Ruti vegetable Egg	3 2 1	Attar ruti mixed vegetable 1 cup 1 fried egg.
Mid Morning Snacks	Fruit	1	50 gm Banana.
Lunch	Rice vegetable Chiken Pluse	4 2 2 1	2 1/2 cup 1 cup 60 gm medium fat medium liquid
Afternoon Snacks	Fruit	1	200gm watermelon.
Dinner	Ruti vegetable Chiken	2 2 1	Attar ruti mixed vege 1 cup 30gm with medium fat
Late Night Snacks	Milk	1	1 glass without fat

2 tea spoon oil.

Food Note :

1. Eat atleast 1 citrus fruit in a day.
2. Whole wheat flour, brown rice etc are good.
3. One serving of green Leafy vegetables should be taken.
4. Mustard oil, soybean oil should be used in cooking as they are.
5. Avoid processed food.
6. At least 2-3 litters of water should be drunk
7. Artificial sweeteners, soft drinks should be avoided.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : .....

Name : SHANTI BEGUM

Address : Goyali batri. Bijoy Nagar.

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 25-09-22.

Reason of Admission : Gradual dimness vision of right eye for 1 years. (ii) Hp PPU+MP+EL+SO 1 of the left Eye on 07/12/21.

Ward No : W-133 Bed No : 1341

Age : 55 years Sex : ☐ Male ☑ Female

Occupation : House wife.

Health Condition : Stable DM

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Actrapid 26+0+24
Inj: Insulatard 34+0+14.

Anthropometric Parameters

Weight : 57 Kg Height : 147 cm BMI : 26.37

Expected Body Weight : 39 - 53 Kg Ideal Body Weight : 46.89 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 120 mm Hg/ 80 mmHg ☑ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☑ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☑ No

Recent Weight gain / lose : NO How Much : Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Lower middle class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 6.2 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : ..... mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 4.4 mmol/l
■ Total Protein ..... g/dl	■ Sodium 130 mmol/l
■ TG 271 mg/dl	■ Siram Chloride 106 mmol/l
■ HDL ..... mg/dl	■ HB 10.1 g/dl
■ LDL ..... mg/dl	■ Hematocrit 30.3 %
■ Cholesterol, Total 212 mg/dl	■ ESR 83 mml
■ BUN ..... mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 2.0 mg/dl	■ SGPT 15 U/l
■ Urea 64 mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin ..... mmol/dl	■ Amylase ..... IU/l
■ STCO2 17	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab. Linatab 1+0+0
2. Tab. Losacard 1+0+0
3. Tab. losectil (20) 1+0+1
4. Tab. Aumay (250 mg) 1+0+1.
5. Syp. KT 2TSF.
6.
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	16	98	26		494

Prescribed CHO = 228.58

Sub Total = 98

Difference = 130.58

No of serving is required for CHO (diff./15) = $\frac{130.58}{15} = 8.70 \cong 9$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		103	26		494
Cereals	9	135	18		630
Sub Total - B		238	44		1124

Prescribed Protein = 52.75

Sub Total = 44

Difference = 8.75

No of serving is required for Protein (diff./7) = $\frac{8.75}{7} = 1.25$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		238	44		1124
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		238	50.7	6.8	1214

Prescribed Fat = 31.26

Sub Total = 6.8

Difference = 24.46

No of serving is required for Protein (diff./5) = $\frac{24.46}{5} = 4.89 = 4$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		238	50.7	6.8	1214
Oil & Fats	4			20	180
Total		238	50.7	26.8	1394

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1406.7 Kcal
- Calorie Modification : 1394 Kcal.
- Carbohydrate (65%) : 914.3 Kcal = 228.58 gm
- Protein (15%) : 211 Kcal = 52.75 gm
- Fat (20%) : 281.34 Kcal = 31.26 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 3 1	3 slice 1½ cup of mixed vege 1 boiled egg
Mid Morning Snacks	Fruit	2	100gm Apple
Lunch	Rice Vegetable Pluse	3 3 1	1½ cup of rice 1½ mixed vege ½ cup thicked liquid.
Afternoon Snacks	Fruit	2	100gm guava
Dinner	Ruti vegetable pluse	3 3 1	3 pc Attar ruti 1½ cup mixed vege. ½ cup thicked liquid
Late Night Snacks	Milk	1	1 glass skimmed milk.

4 tea spoon oil

Food Note :

1. Eat al least 1 citrus fruit in a day.
2. Maximum 5g NaCl / salt can taken.
3. Take meals timely meal should not be skipped.
4. Whole wheat flour, brown, rice etc are good.
5. Artificial sweeteners, soft drinks should be avoided.
6. Food cooking by cover.
7. One servino of green leafy vegetables should be taken.

Mim

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: .....

Patient's Information

Date : 04/10/22

Name : TANIA AKTER

Address : বকুলনগর , আশুলিয়া , ঢেমরা , ঢাকা.

☑ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital : .....

Admission Date : 29/09/22

Reason of Admission : Anorexia for 3month, weakness for same duration, Irregular Bowel moment.

Ward No : 143 Bed No : 1459.

Age : 49 years Sex : ☐ Male ☑ Female

Occupation : House wife

Health Condition : CKD, DM, HTN,

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj. Actrapid 20+4+30
Inj. Vibrenta 0+0+10.

Anthropometric Parameters

Weight : 55 Kg Height : 150 cm BMI : 24.4

Expected Body Weight : 41-51 Kg Ideal Body Weight : 48.82 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☑ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 140 mm Hg/ 85 mmHg ☑ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☑ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle Class Education : N/S

Lab/Biochemical Test

■ Blood Glucose (F) : 8.6 mmol/dl	■ Magnesium 0.61 mmol/l
■ Blood Glucose (ABF) : 11.0 mmol/dl	■ Phosphate 2.9 mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 4.2 mmol/l
■ Total Protein ..... g/dl	■ Sodium 131 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 97 mmol/l
■ HDL ..... mg/dl	■ HB 10.5 g/dl
■ LDL ..... mg/dl	■ Hematocrit 31.8 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN 40 mg/dl	■ SGOT 14 IU/l
■ S. Creatinine 1.9 mg/dl	■ SGPT 15 U/l
■ Urea 40 mg/dl	■ Alk. Phos 79 SomU/L
■ Bilirubin 0.4 mmol/dl	■ Amylase ..... IU/l
■ STCO2 .23	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Tab. Carvista (6.25mg) 1+0+1
2. Tab. Clontos (75mg) 0+1+0
3. Tab. Rosuva (10mg 0+0+1
4. Tab. Febus (40mg) 1+0+1
5. T. Feglo F_2 1+0+1
6. T. V-plex 1+0+1
7. T. Biocal-D 1+0+1
8. T. Lecent (.25mg) 1+0+1
9. T. Sodi Carb (600mg) 1+1+1
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	9	45	18		252
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	16	103	28		522

Prescribed CHO = 219.69

Sub Total = 103

Difference = 116.69

No of serving is required for CHO (diff./15) = $\frac{116.69}{15} = 7.77 = 8$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		103	28		522
Cereals	8	120	16		560
Sub Total - B		223	44		1082

Prescribed Protein = 73.23

Sub Total = 44

Difference = 29.23

No of serving is required for Protein (diff./7) = $\frac{29.23}{7} = 4.17$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		223	49		1082
Egg	1		6.7	6.8	90
Meat / Fish	3		21	9	165
Sub Total - C		223	71.7	15.8	1337

Prescribed Fat = 32.54

Sub Total = 15.8

Difference = 16.74

No of serving is required for Protein (diff./5) = $\frac{16.74}{5} = 3.34$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		223	71.7	15.8	1337
Oil & Fats	3			15	135
Total		223	71.7	30.8	1472

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1 - 2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1464.6 Kcal
- Calorie Modification : 1472 Kcal.
- Carbohydrate (60%) : 878.76 Kcal = 219.69 gm.
- Protein (20%) : 292.92 Kcal = 73.23 gm
- Fat (20%) : 292.92 Kcal = 32.54 gm
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg pluse	3 3 1 1	3 Slice bread 1 ½ mixed vege 1 boild ½ cup thicked
Mid Morning Snacks	Fruit	2	180 gm papaya.
Lunch	Rice vegetable Fish pluse	3 3 1 1	1 ½ cup rice 1 ½ mixed vege 30gm low fat ½ cup thicked
Afternoon Snacks	Fruit	2	2 Orange
Dinner	Ruti vegetable Chiken	2 3 2	2 Attar ruti 1 ½ mixed vege 60 low fat without skin
Late Night Snacks	Milk	1	1 glass low fat skimmed

3 tea spoon oil.

Food Note :

1. Maximum 5g NaCl / Salt can taken.
2. Takes meals timely meal should not be skipped.
3. whole wheat flour, brown, rice etc are good.
4. One serving of green leafy vegetables should be taken.
5. Artificial sweeteners, soft drinks should be avoided.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 26

Patient's Information

Date : 29/09/28

Name : AMINUL ISLAM

Address : Uzilals , W-6 , Sreepur Pourasava , Gazipur

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 28/09/22

Reason of Admission : (i) Abdominal pain for 3 day. (ii) Vomitting for some duration. (CDM) (Acute on chronic pancreatitis.

Ward No : W-123 Bed No : 12423

Age : 45 years Sex : ☑ Male ☐ Female

Occupation : Farmer.

Health Condition : Getting well

Mental State : sound

Disease (if present) : ☐ Non-Diabetic ☐ GIT ☐ IDDM ☐ NIDDM ☐ GDM

If IDDM , Insulin take : Inj: Actropid : 18 + 10 + 10
Inj: 20 + 10 + 10.

Anthropometric Parameters

Weight : 45 Kg Height : 5'6" cm BMI : .....

Expected Body Weight : .....Kg Ideal Body Weight : .....Kg

Body Frame Size : ☑ Small ☐ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☐ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 100 mm Hg/ 60 mmHg ☑ Anemia

☐ Edema ☑ Jaundice ☑ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☑ Moderate Worker ☐ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ✓ yes . How Much : 12/15 Kg

Socio – Economic Information

Monthly Family Income : 10,000 Taka Religion : Islam

Living Status : Middle class. Education : S.S.C.

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate .....mmol/l
■ HbA1c ..... %	■ Calcium .....7.7.....mmol/l
■ S. Albumin .....32.0.....mg/dl	■ Potassium .....3.1.....mmol/l
■ Total Protein ..... g/dl	■ Sodium .....121..... mmol/l
■ TG .....mg/dl	■ Siram Chloride .....88.....mmol/l
■ HDL .....mg/dl	■ HB .....9.3.....g/dl
■ LDL .....mg/dl	■ Hematocrit .....25.0..... %
■ Cholesterol, Total .....mg/dl	■ ESR .....mml
■ BUN .....mg/dl	■ SGOT .....17.....IU/l
■ S. Creatinine .....2.4.....mg/dl	■ SGPT .....15.....U/l
■ Urea .....mg/dl	■ Alk. Phos .....121.....SomU/L
■ Bilirubin .....0.5.....mmol/dl	■ Amylase .....IU/l
■ STCO2 .....17.....	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. Inj: Cetti 2ne
2. Inj: Arado l
3. In: sengl.
4. T. Ecosponia 0+1+0
5. T. Suzyme 2+2+2.
6. T. Hexinor 1+0+1.
7. Inj - Wal bnn - 2
8. T. Nacl (300)
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	16	98	26		494

Prescribed CHO = 247.4

Sub Total = 98

Difference = 149.4

No of serving is required for CHO (diff./15) = $\frac{149.4}{15} = 9.96 \cong 10$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	10	150	20		700
Sub Total - B		248	46		1194

Prescribed Protein = 57.09

Sub Total = 46

Difference = 11.09

No of serving is required for Protein (diff./7) = $\frac{11.09}{7} = 1.58 \cong 2$

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	8	40	16		224
Fruits	4	40			160
Pulse	2	6	2		30
Sub Total - A	16	98	26		494

Prescribed CHO = 247.4

Sub Total = 98

Difference = 149.4

No of serving is required for CHO (diff./15) = $\frac{149.4}{15} = 9.96 \cong 10$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		98	26		494
Cereals	10	150	20		700
Sub Total - B		248	46		1194

Prescribed Protein = 57.09

Sub Total = 46

Difference = 11.09

No of serving is required for Protein (diff./7) = $\frac{11.09}{7} = 1.58 \cong 2$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		248	46		1194
Egg	1	1	6.7	6.8	90
Meat / Fish	1		7	3	55
Sub Total - C		248	59.7	9.8	1339

Prescribed Fat = 33.83

Sub Total = 9.8

Difference = 24.03

No of serving is required for Protein (diff./5) = $\frac{24.03}{5} = 4.806$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		248	59.7	9.8	1339
Oil & Fats	4			20	180
Total		248	59.7	29.8	1519

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per age.

Calculation of Energy Requirement

- Calorie Requirement : 1522 Kcal
- Calorie Modification : 1519 Kcal.
- Carbohydrate (65%) : 989.62 Kcal = 247.4 gm
- Protein (15%) : 228.37 Kcal = 57.09 gm
- Fat (20%) : 304.5 Kcal = 33.83 gm.
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 3 1	3 pc bread 1 ½ cup mixed vege 1 boiled egg
Mid Morning Snacks	Fruit	2	180gm papaya.
Lunch	Rice vegetable Chiken Pluse	3 3 1 1	2 cup rice 1 ½ cup mixed vege 1pc low fat without chiken ½ cup thicked liquid
Afternoon Snacks	Fruit	2	2 cup guava.
Dinner	Ruti vegetable Pluse	3 3 1	3pc Attare ruti 1 ½ cup vege ½ cup thicked liquid
Late Night Snacks	Milk	1	1 glass skimmed milk.

4tea spoon oil.

Food Note :

① Eat at least one citrus fruit in a day.

② Whole wheat flour, broow, rice etc are good.

③ Mustard oil, soybean oil, should be used in cooking as they are.

④ Artifical sweeteners, soft drinks should be avoided.

⑤ Food cooking by cover.

Not complete

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 10

Patient's Information

Date : 26/09/22

Name : Md. Abdul Haque

Address : ২৯/২ বনগ্রাম, মানিকগঞ্জ

☐ Urban ☐ Urban Slum ☑ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 12/09/22

Reason of Admission : Increased breathless for 1 day, Increased cough for same duration. Fever for same duration.

Ward No : W-131 Bed No : 1319

Age : 84 years Sex : ☑ Male ☐ Female

Occupation : Unemployedment

Health Condition : Stable.

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take : Inj. Flex touch 100 IU
12 + 0 + 10 [Hold].

Anthropometric Parameters

Weight : 74 Kg Height : 5.7 cm BMI : 28.6

Expected Body Weight : 55-74 Kg Ideal Body Weight : 64.94 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : ..... mm Hg/ ..... mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☐ Nausea ☐ Vomiting ☐ Diarrhea

☑ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active

☐ Moderate Worker ☐ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☑ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : Yes How Much : 1 Kg

Socio – Economic Information

Monthly Family Income : Average Taka Religion : Islam

Living Status : Middle class Education : SSC

Lab/Biochemical Test

■ Blood Glucose (F) : 4.2 mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : 4.1 mmol/dl	■ Phosphate ..... mmol/l
■ HbA1c ..... %	■ Calcium ..... mmol/l
■ S. Albumin ..... mg/dl	■ Potassium 3.0 mmol/l
■ Total Protein ..... g/dl	■ Sodium 140 mmol/l
■ TG ..... mg/dl	■ Siram Chloride 94 mmol/l
■ HDL ..... mg/dl	■ HB 10.3 g/dl
■ LDL ..... mg/dl	■ Hematocrit 31.6 %
■ Cholesterol, Total ..... mg/dl	■ ESR ..... mml
■ BUN ..... mg/dl	■ SGOT ..... IU/l
■ S. Creatinine 1.0 mg/dl	■ SGPT ..... U/l
■ Urea ..... mg/dl	■ Alk. Phos ..... SomU/L
■ Bilirubin ..... mmol/dl	■ Amylase ..... IU/l
■ STCO2 34	■ Uric Acid ..... mg/dl
	■ Bicarbonate ..... mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1. T. clopi d (75mg) 0+1+0
2. T. M. Kast (10mg) 0+0+1
3. T. Quiet (25mg) ½+0+1
4. T. Doxiva (200mg 0+0 1
5.
6.
7.
8.
9.
10.

Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	6	30	12		168
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	11	68	22		358

Prescribed CHO = 194.82

Sub Total = 68

Difference = 126.82

No of serving is required for CHO (diff./15) = $\frac{126.82}{15} = 8.45$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		168	22		358
Cereals	8	120	16		560
Sub Total - B		188	38		918

Prescribed Protein = 62

Sub Total = 38

Difference = 24

No of serving is required for Protein (diff./7) = $\frac{24}{7} = 3.42$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		188	38		918
Egg	1		6.7	6.8	90
Meat / Fish	2		14	10	150
Sub Total - C		188	58.7	16.8	1158

Prescribed Fat = 27.73

Sub Total = 16.8

Difference = 10.93

No of serving is required for Protein (diff./5) = $\frac{10.93}{5} = 2.18$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		188	58.7	16.8	1158
Oil & Fats	2			10	90
Total		188	58.7	26.8	1248

Basic Principles of Diet Management

- Carbohydrate : 60% of total Calorie requirement
- Protein : 20% of total Calorie requirement
- Fat : 20% of total calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day

Calculation of Energy Requirement

- Calorie Requirement : 1298.8
- Calorie Modification : 1248
- Carbohydrate (60%) : 779.28 = 194.82 gm
- Protein (20%) : 249.64 Kcal = 62.41
- Fat (20%) : 249.64 Kcal = 27.73.
- If any restriction : .....

.....

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg pluse	3 2 1 1	3 slice 1 cup mixed vege 1 boiled egg ½ cup.
Mid Morning Snacks	Fruit	1	50 gm guava
Lunch	Rice vegetable pluse Fish	3 2 1 1	1½ cup 1 cup ½ cup 30gm without skin
Afternoon Snacks	Fruit	1	50gm ammra
Dinner	Ruti Vegetable. Chiken	2 2 1	Attar ruti 1 cup mixed vege 30gm medium fat
Late Night Snacks	Milk	1	1 glass skimmed milk.

2 tea spoon oil.

Food Note :

① Eat at least one citrus fruit in a day.

② Whole wheat flour, brown, rice etc are good.

③ Mustard oil, Soybean oil, should be used in cooking as they are.

④ High sodium, high fat foods e.g. chips burgers, Pizza, etc, should be avoided.

⑤ Artificial sweeteners, soft drinks should be avoided.

⑥ Omega 6 ও source ও food intake.

⑦ Food cooking by cover.

⑧ Saturated fat e.g. butter, ghee, margarine should be taken moderately.

Department of Food and Nutrition

Session : 2017-2018 , 4th Year

National College of Home Economics

Internship From

Case Study No: 30

Patient's Information

Date : 30/09/22

Name : DIN MOHAMMAD

Address : West Sonmandi, Sonmandi, Sonargan, Narayanganj.

☐ Urban ☐ Urban Slum ☐ Rural ☐ Tribal Area

Name of the Hospital :

Admission Date : 23/09/22.

Reason of Admission : (1) Generalized weakness for 10 days (uncontrolled DM) PLID
(11) Loss of appetite for 10 days AKI due to UTI (AKI)

Ward No : W-123 Bed No : 1235

Age : 70 years Sex : ☑ Male ☐ Female

Occupation : Unemployed (Freedom fighter)

Health Condition : Stable

Mental State : Sound

Disease (if present) : ☐ Non- Diabetic ☐ GIT ☐ IDDM ☑ NIDDM ☐ GDM

If IDDM , Insulin take :

Anthropometric Parameters

Weight : 61 Kg Height : 5'6" cm BMI : 25.72

Expected Body Weight : 43 - 59 Kg Ideal Body Weight : 59.46 Kg

Body Frame Size : ☐ Small ☑ Medium ☐ Large

BMI Status : ☐ Underweight ☐ Normal ☑ Overweight ☐ Obese

If BMI : ☐ Grade – 1 ☐ Grade – 2 ☐ Grade – 3

Clinical Assessment

☐ Blood Pressure : 130 mm Hg/ 80 mmHg ☐ Anemia

☐ Edema ☐ Jaundice ☐ Dehydration

☑ Nausea ☐ Vomiting ☐ Diarrhea

☐ Swallowing Problem ☐ Constipation ☐ Gas Formation

Nutritional / Dietary Information

Activity Level : ☐ Very Active ☐ Active ☐ Moderate Worker ☑ Light Worker

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Taste & Smell perception (Any Charge) : ☐ Yes ☐ No

Recent Weight gain / lose : ..... How Much : ..... Kg

Socio – Economic Information

Monthly Family Income : 20,000 Taka Religion : Islam

Living Status : Middle class Education : S.S.C

Lab/Biochemical Test

■ Blood Glucose (F) : .....mmol/dl	■ Magnesium ..... mmol/l
■ Blood Glucose (ABF) : .....mmol/dl	■ Phosphate .....mmol/l
■ HbA1c ..... %	■ Calcium .....mmol/l
■ S. Albumin .....mg/dl	■ Potassium ....5.2.....mmol/l
■ Total Protein ..... g/dl	■ Sodium ....134..... mmol/l
■ TG .....mg/dl	■ Siram Chloride ....104.....mmol/l
■ HDL .....mg/dl	■ HB ....10.6.....g/dl
■ LDL .....mg/dl	■ Hematocrit ....20..... %
■ Cholesterol, Total .....mg/dl	■ ESR .....mml
■ BUN .....mg/dl	■ SGOT .....IU/l
■ S. Creatinine ....6.0.....mg/dl	■ SGPT .....U/l
■ Urea ....174.....mg/dl	■ Alk. Phos .....SomU/L
■ Bilirubin .....mmol/dl	■ Amylase .....IU/l
■ STCO2 ....20.....	■ Uric Acid .....mg/dl
	■ Bicarbonate .....mmol/l

☐ Supplements Yes No, If, Yes

Type, ☐ Vitamin

☐ Minerals Vitamins

☐ Minerals

Appetite : ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Drugs :

1.
2.
3.
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Calculation Of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Milk	1	12	8		80
Vegetables	7	35	14		196
Fruits	2	20			80
Pulse	2	6	2		30
Sub Total - A	12	73	24		386

Prescribed CHO = 209.05

Sub Total = 73

Difference = 136.05

No of serving is required for CHO (diff./15) = $\frac{136.05}{15} = 9.07$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - A		73	24		386
Cereals	9	135	18		630
Sub Total - B		208	42		1016

Prescribed Protein = 48.24

Sub Total = 42

Difference = 6.24

No of serving is required for Protein (diff./7) = $\frac{6.24}{7} = 0.89 \cong 1$

Calculation of Meal Pattern

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - B		208	42		1016
Egg	1		6.7	6.8	90
Meat / Fish					
Sub Total - C		208	48.7	6.8	1106

Prescribed Fat = 28.58

Sub Total = 6.8

Difference = 21.78

No of serving is required for Protein (diff./5) = $\frac{21.78}{5} = 4.35$

Food Item	No. of Exchange	CHO (gm)	Protein (gm)	Fat (gm)	TOTAL KCAL
Sub Total - C		208	48.7	6.8	1106
Oil & Fats	4			20	180
Total		208	48.7	26.8	1286

Food Habit of the Patient

Group of Food	Name of Food	Time per day
Rice, Bread & Cereals	✓ Rice 3	1
	✓ Bread 3	1
	✓ Ruti 3	1
	Biscuit	
	Muri	
	Cake	
	Khichuri	
	Others : বনরুটি	1
Meat , Fish & Egg	✓ Fish curry/ Bhuna/ Others	1
	Beef curry/ Bhuna/ Others	1
	✓ Chicken	1
	✓ Egg	
	Lean Meat/ Fish	
	Fatty Meat/ Fish	
	Small Fish	
	Others :	
Milk & Milk Products	Whole Milk	
	✓ Skim Milk 1+ 1	2
	Curd	
	Yoghurt	
	Sweet	
	Ice – cream	
	Others :	

Basic Principles of Diet Management

- Carbohydrate : 65% of total Calorie requirement
- Protein : 15% of total Calorie requirement.
- Fat : 20% of total Calorie requirement
- Vitamin : According to age
- Minerals : According to age
- Fluid : 1-2 L/per day.

Calculation of Energy Requirement

- Calorie Requirement : 1286.5 Kcal
- Calorie Modification : 1286 Kcal.
- Carbohydrate (65%) : 836.22Kcal = 209.05 gm
- Protein (15%) : 192.97 Kcal = 48.24 gm
- Fat (20%) : 257.3 Kcal = 28.58 gm
- If any restriction : Protein

Whole Day Diet Plan

Meal Time	Food Time	No. of Exchange	Description of Food
Breakfast	Bread vegetable Egg	3 3 1	3 slice 1½ cup mixed vege 1 boild egg
Mid Morning Snacks	Fruit	1	50gm ammra
Lunch	Rice vegetable pluse	3 2 1	1½ cup rice 1 cup mixed vege ½ cup thicked
Afternoon Snacks	Fruit	1	50gm guava.
Dinner	Ruti vegetable pluse	3 2 1	3 Attar ruti 1 cup mixed vege ½ cup thicked
Late Night Snacks	Milk	1	1 glass without fat skimmed milk.

4 tea spoon oil

Food Note :

1. High sodium, high fat foods e.g. chips, burgers pizza, etc should be avoided.

2. Mustard oil, soybean oil should be used in cooking as they are.

3. Use yellow, orange, red and colourful vegetables in cooking as they provide vitamin A, vitamin C and minerals.

4. One serving of green leafy vegetables should be used in cooking as they are.

5. Take meals timely, meal should not be skipped.

6. Saturated fat e.g. butter, ghee, margarine should be taken moderately.