Mr. Brown - Diet

This week you learned about vitamins, minerals, and water. You will instruct your client, Mr. Brown, about possible micronutrient deficiencies in his current diet. Mr. Brown is a 70-year-old man. He has a decreased appetite and often only consumes one meal per day. He does not like to eat fruits and vegetables and considers meat and potatoes his favorite meal. During your assessment of Mr. Brown you complete a food frequency questionnaire. The results from the questionnaire indicate the following: Mr. Brown consumes 2-3 servings of fruit per month. Mr. Brown consumes 3-4 servings of vegetables per month. Mr. Brown consumes up to 24 ounces of water per day. Mr. Brown consumes animal protein at each meal. This assignment is intended to introduce basic nutritional principles such as energy requirements, sources, and uses. You will also differentiate between macronutrient and micronutrient concepts and describe their physiological functioning, while applying human nutritional theories and relevant research to assess a patient’s nutritional needs. Assignment Details: Perform the following tasks: Complete the reading assignment and the interactive lesson before attempting this assignment. In approximately 150 words, respond to the following in the Assignment Worksheet: Given the results from the food frequency questionnaire, list at least one vitamin that Mr. Brown could be lacking in his current diet. Describe one disease Mr. Brown is more susceptible to developing to if he remains deficient in this vitamin? Given the results from the food frequency questionnaire, list at least one mineral that Mr. Brown could be lacking in his current diet. Describe one disease Mr. Brown is more susceptible to developing to if he remains deficient in this mineral. List three nutritional recommendations for improving Mr. Brown’ diet. Is Mr. Brown consuming enough water? If not, what are the possible complications? Discuss. Based on the textbook, would you suggest vitamin and mineral supplementation for Mr. Brown? Use the textbook to support your response. Submit the Week 3 Assignment.