

Review Case Study

Emily does not eat meat, eggs, or milk for ethical reasons, although she will still eat baked goods that may contain milk or eggs. Over the last 6 months, she has gained 15 pounds. Emily admits that she expected to see weight loss instead of gain.

She needs 2000 cal/day according to MyPlate, and a typical daily intake for Emily is shown on the right.

- What kind of vegetarian is Emily? What sources of protein is she consuming? Is she consuming enough protein?
 - How does her daily intake compare to MyPlate recommendations for a 2000-calorie diet? What suggestions would you make to her to improve the quality of her diet?
- Is Emily at risk of any nutrient deficiencies?
 - If so, what would you recommend she do to ensure nutritional adequacy?
- What would you tell Emily about her weight gain? What food would you recommend limiting to promote weight loss? What could she substitute for those foods?

Breakfast: a glazed donut and a smoothie made with soy milk, tofu, and fresh fruit

Snack: potato chips and soda

Lunch: peanut butter sandwich, soy yogurt, oatmeal cookies, and a soft drink

Snack: candy bar

Dinner: stir-fried vegetables over rice, bread w/margarine, glass of soy milk, apple pie

Snack: buttered popcorn

Review Meat Study Guide Key

Clemens Wendtner



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