

Presentation:

Brandon is 11 years and 4-month-old male who presents for a nutrition assessment related to obesity and asthma. He recently started middle school. He lives with his grandmother in an apartment on the 3rd floor. They receive ~ \$400/month for groceries through government assistance. The nearest food store is Food Lion. Grandmother works at a daycare from 6:00am-3:00pm. No other adult care takers. The bus stop is a 5-min walk (Grandmother's daycare). Brandon wakes at 5:30 and plays video games until 6:30am. School is in session 7:15-2:15. He socializes during lunch and does not complete his meal. Returns home at 4pm and plays video games until midnight. Reports no friends or similar aged children in the apartment complex. Eats all meals and snacks in his room. Hypertension and elevated lipids. Blood sugar WNL.

Anthropometrics: Height: 58 inches (60th percentile) Weight: 168.4 pounds (>97th percentile)

Diet recall:

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|-------------|--|
| Breakfast | School days: 1 Croissant with 2 slices of bacon, 1 egg OR 2 small chicken biscuits. Weekends: None |
| Lunch | School days: 10 air fried chicken nuggets/4-5 chicken tenders OR turkey sandwich with lettuce and cheese, baked potato chips and apple slices. Weekends: tater tots x 20-30 with apple slices or an orange. |
| Afterschool | 4 to 5 individual chip bags (all varieties) |
| Dinner | Ramen noodles x 2 OR snack foods OR Frozen meal (nuggets/mac and cheese) |
| Beverages | Water 16 oz, V8 16-24 oz, ICEE 34-51 |

Supplements: None

Past Medical history: Asthma, hypertension, Hypercholesterolemia

Birth history: Born full-term; immediate care of grandmother.

Family history: Grandmother – diabetes, hypertension

Social history: Lives with grandmother. Primarily stays in his room. Regaining contact with mother. No contact with father. 3 half siblings not residing with grandmother. Excellent school attendance, poor engagement in classroom.

Emotional history: First report of isolation, depression and worry reported during RD consultation.

Physical Exam:

Blood pressure: 136/97

General: Well appearing and in no acute distress

Skin: Non supple, acanthosis nigricans

Nails: Central nail groove

Mouth: dry lips

Eyes: whites are clear

Sources of nutrients:

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|------------------|---|
| Iron | Croissant: 1mg Chicken biscuit x 2: 1.5mg Egg: 1.7 mg Chicken nuggets x 10: 2mg Individual sized chips x 5: 1.5mg Ramen*: 2 packs: 8mg Frozen meal: 3.5mg Bread: 1.4mg |
| Zinc | Egg: 1.3 mg Frozen meal: 1.2mg Ramen: 1.2mg |
| B-vitamins | Frozen meal: Niacin (b3), pyridoxine (B6), riboflavin (B2), thiamin (b1), folate (B9) Ramen: Folate (B9) |
| Fiber/Prebiotics | Chicken Biscuits x 2: 2g Apple: 4g Orange: 2g Frozen meal: 4g |

Presentation:

Clara is 15 year and 9-month-old female who presents for a nutrition assessment due to a restricted diet resulting in poor weight gain, related to feeding trauma from as a child, autism, and diarrhea. Autism diagnosis at age 14. She was not allowed to leave the dining area until he had cleared her plate. She often spent more than an hour at the kitchen counter, isolated feedings. All foods prepared by self since beginning high school 8 months prior to consultation, not by her choice. She plays tennis 2 days per week and has tournaments on weekends. Denies feeling hunger. Has not started menses.

Anthropometrics: Height: 61.1 inches (15th percentile) Weight: 114 pounds (50th percentile)

Diet recall:

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| Breakfast | 3 frozen waffles, 3-4 slices of thick bacon, ½ skinned apple slices, 4 ounces vanilla Activia |
| Lunch | Fiber one bar, cheese stick, Quest brand protein cookie (snickerdoodle only), Hawaiian Roll (1), Pirate’s Booty (individual bags) and plain goldfish (1/2 cup) |
| Dinner | Chicken nuggets x 4, ½ skinned apple slices, Hawaiian Roll |
| Snack | 2 cups of vanilla ice cream with 16 ounces of milk = milkshake |
| Beverages | 10 ounces of orange juice, 26 ounces of water, 24 ounces of whole milk |

At follow up, visiting father. Consuming 12-15 slices of regular thickness bacon – no other breakfast foods. Lunch: removed cookie and goldfish, replaced with 3 bags of pirate’s booty. Dinner, remains unchanged, but she will now eat ¼ of perfectly yellow banana. Dessert is a milkshake with ¼ scoop of dad’s whey protein powder.

At each appointment the parents provided almost all of the history and updates.

Supplements: 2 fiber gummies

Past Medical history: endoscopy due to poor weight gain

Birth history: Mother aged 43 at birth, emergent c-section at 38.5 weeks, no NICU.

Family history: Father, elevated LDL, following a low cholesterol diet. Mother, history of various diets.

Social history: Parents divorced at age 6 and she spends long weekends with her father in Savannah, GA. Her mother and school are in Charlotte, NC.

Emotional history: Reports content and “normal eating”.

Physical Exam:

General: Well appearing and in no acute distress.

Skin: Supple

Nails: well appearing

Mouth: well appearing – comments “everything tastes so big!”

Eyes: whites are clear

Reports exhaustion and “foods don’t taste good”

Sources of nutrients:

| | |
|------------------|---|
| Iron | Waffles x 3: 5.4mg Chicken nuggets x 4: <1mg Hawaiian Roll: 1mg FiberOne Bar: <1mg Goldfish: <1mg |
| Zinc | Milk per ounce: 0.125mg Chicken nuggets x 4: 0.38mg |
| B-vitamins | Waffles: folate (B9) Apple without skin: 0, WITH skin: 6mg Hawaiian Roll: Folate (B9) Niacin (b3) Orange juice: pyridoxine (B6), Folate (B9), thiamin (b1) Milk per ounce: 0.165ug B12, 0.042mg riboflavin, niacin 0.032, B6 0.019, thiamin 0.017 Goldfish: 80mcg folate, 1.9mg niacin, .19mg thiamin, 0.13mg riboflavin |
| Fiber/Prebiotics | FiberOne bar: 9g Skinned apple: 1.5g Fiber Gummy x 2: 3g soluble Quest Cookie: 9g (sugar alcohol – 6g) |

Presentation:

Audrey is an 11-month-old female who presents for nutrition assessment related to eczema, peanut allergy and CMPA. Birth weight 8 pounds (75th percentile) and birth length 20 inches (85th percentile)

- 9 weeks of age: CMPA, maternal avoidance of milk. Mother is also trying to lose weight.
- 12 weeks of age: eczema on hands, feet face and trunk, impacting Audrey's sleep. Mother recently began more frequent snacking on peanuts in the shell.
- 14 weeks: Pediatrician provides topical steroid. Eczema improves, not resolved.
- 23 weeks of age: eating oat, rice, stage 1 fruits, and vegetables
- 26 weeks of age: early introduction packets used as directed by manufacturer.
 - Days 1-4 CM 1g protein per day
 - Days 5-8 CM+EW 1g total protein per day
 - Days 9-12 CM+EW+PN 1g total protein per day – Days 9 rash around mouth. Mother placed a Vaseline barrier around lips. Day 10 and 11 her eczema appeared to get more irritated. Packets were stopped for 1 week, and then day 12 packet introduced. Within 15 minutes she had a rash on her trunk and a blotchy red face. Treated with antihistamine.
 - Mother stopped all the packets. Only fed oatmeal and previously tolerated fruits and vegetables after 2 weeks with no solids. Mother did not return to work as anticipated at 28 weeks.
- 32 weeks: Mother's milk supply significantly reducing due to her continued weight loss goal. Producing 20 ounces of breast milk (expressed) and attempting supplementing with EU "hypoallergenic" (partially hydrolyzed formula). Refusal of formula.
 - 5 days per week daycare – PN/TN free facility
 - Breast milk at daycare. Formula at home (continued to refuse)
 - Oats, fruits and vegetables (stage 2 and mixed packets) sent to daycare.
 - Daycare recommended wheat, rice, meats, pieces of foods.
- 42 weeks allergy testing (delayed due to maternal fear of testing) Agreed based on concerns of pediatrician at WCC for feeding milestones, no change in length in 12 weeks and did not schedule with allergist at point of referral at age 26 week.
 - Skin prick testing and IgE allergy testing completed. PN (+)
 - Negative: TN, sesame, EW, CM

- 45 weeks mother traveling to China for 1 month, unable to access EU “hypoallergenic” formula, transitioned to eHF.

Anthropometrics: Height: 26.75 inches (3rd percentile) Weight: 16.2 pounds (6th percentile)

Diet recall:

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| Before day care | Cheerios (1 tbsp) and 1 apple sauce pouch |
| Breakfast at daycare | 2 tbsp oatmeal cereal, 1 tbsp pieces of fruit |
| Lunch | Jarred sweet potato* (2tbsp), pureed salmon or chicken (1 ounce), vegetable and vegetable pouch |
| Snack | Serenity Kids brand (pumpkin and cinnamon) Puffs and pieces of fruit |
| Beverages | 15 ounces of breast milk – 3 bottles 5 ounces each |

Supplements: none

Past Medical history: poor growth, adverse food reaction, 3 ear infections (3 rounds of Abx)

Birth history: Born at 41 weeks, vaginal.

Family history: Father has allergic rhinitis

Social history: Mother, father in the home with 3-year-old brother. No known allergies.

Emotional history: Stress, anxiety

Physical Exam:

General: Fussy, inconsolable

Skin: flares of eczema on cheeks

Nails: skin underneath

Mouth: well appearing –

Eyes: whites are clear

Sources of nutrients:

| | |
|------------|--|
| Iron | Cheerios: 0.5mg Oatmeal: 3mg Chicken: 1mg |
| Zinc | Oatmeal: 1 mg Chicken: 1mg |
| B-vitamins | Oatmeal: 3.5 folic acid Salmon: Cobalamin (B12) Chicken: niacin (B3), Pantothenic acid (b5), Pyridoxine (B6), folate |

| | |
|------------------|---|
| Fiber/Prebiotics | Oat Cheerios Sweet potato Pieced fruit |
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*Sweet potato varies per brand.

Recommended intakes:

Zinc: 9mg

B12: 2.4mcg

Iron: 15mg

B1: 1.2mg

B2 (riboflavin) : 1.2mg

