**Nutrition**

***Nutritional Plan Client List***

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| 1. Type II Diabetes | Joe is a 25-year-old male who was recently diagnosed with Type II diabetes. His diet consists mostly of fast food, breads, and pasta. On a typical day, he plays 5 hours of video games while enjoying a 2-liter bottle of Coca-cola and a pepperoni pizza. He is seeking your help to guide him to a healthier lifestyle. |
| 1. Celiac | Carmela is a 16-year-old female who was recently diagnosed with Celiac disease. She comes from an Italian family who loves to enjoy foods from their heritage. How can she continue to enjoy traditional family foods and manage her disease? |
| 1. Olympic Swimmer | Ryan is a 22-year-old male who is training for the next Olympics. He has never participated in any previous Olympics. He is looking for ways to optimize his diet to support his strength training and swimming program. |
| 1. Pregnancy | Nancy is a 23-year-old female who is pregnant with her first child. She did not pay much attention to nutrition before pregnancy. Since she became pregnant, she has been extremely nauseous, so cooking at home has become difficult. She is looking for advice on how to maintain a healthy pregnancy while eating out several times a week. |
| 1. Lactose Intolerant | Donovan is a 17-year-old male who recently discovered that he is lactose intolerant. This upsets him because he loves his ice cream and wants to be able to enjoy all the same foods as his friends. |
| 1. Vegan | Jenna is a 20-year-old female who recently decided to become a vegan. Her mother is concerned that Jenna’s choice to become vegan puts her at an increased risk for osteoporosis due to a family history of that disease. |
| 1. Toddler | Carter is a 2-year-old boy who is reluctant to eat anything but chicken nuggets and macaroni and cheese. The only beverage he will drink is apple juice. His single mother works two jobs and has little time for cooking. She would rather give Carter what he wants than spend what little time they have fighting over what’s for dinner. |
| 1. Geriatric Patient | Winnie is an 82-year-old female with high blood pressure who recently had most of her teeth extracted, making chewing difficult. She lives independently in her own apartment, but struggles with food preparation due to her arthritis. |
| 1. Vegetarian with a Nut Allergy | Lindsay is a 27-year-old female with a nut allergy who recently decided to become a vegetarian. Since her decision, she has been feeling lethargic and notices that she bruises easily. |
| 1. Crohn’s Disease | Mario is a 28-year-old male who travels a lot for his job as a salesman. Since he is always on the go, he frequently eats out and his intestinal issues have been a huge burden lately. The medication has not completely solved his problems. |
| 1. Cancer Patient | Naomi is a 30-year-old female who recently started treatments for her breast cancer. Although her prognosis is good, she is looking for ways her diet can sustain her health through treatment and contribute towards long-term health and wellness. |
| 1. Undernourished | Randall is a 12-year-old male living in the Kensington section of Philadelphia, PA. He lives with his grandmother who lacks mobility due to her old age. Due to his grandmother’s health concerns, Randall prepares his own meals. There are no supermarkets within walking distance of Randall’s home so he often visits the McDonalds around the corner. |
| 1. High Cholesterol | Rachel is a 33-year-old female who just found out she has high cholesterol. Her doctor would like her to make dietary changes before prescribing medication. |
| 1. Weight Loss | Max is a 5’10” 24-year-old male who tips the scales at 300 lbs. He wants to find the girl of his dreams, but feels his weight makes him unattractive. He has tried numerous diets, but always makes excuses to give up. |
| 1. Anemia | Lucia is a 15-year-old female who has been feeling increasingly tired. Recent blood work shows she is anemic and her doctor would like her to make dietary changes in addition to prescribed medication. |
| 1. Irregularity | William is an 18-year-old male living away from home for the first time in the dorms at his college. He loves that he can make all of his own food choices now and makes frequent trips to the dining hall late at night. Unfortunately, he has gained more than the freshman fifteen and has significant trouble going to the bathroom. |
| 1. Multivitamin Overuse | Sally is a 50-year-old female who takes 10 different kinds of vitamins and supplements because she tends to get sick frequently. She is easily persuaded by advertisements and buys into all the food fads. Lately, she is confused because she has been feeling nauseous and bloated. |
| 1. Convenience Foods Junkie | Hannah is a 21-year-old female who is a manager at Burger King. She works long hours and receives free meals, therefore her diet mainly consists of fast food. She is concerned about her recent weight gain and complexion. |
| 1. Fitness Fanatic | Mike is a 17-year-old male who is obsessed with going to the gym and wants to bulk up. He has been supplementing his diet with a muscle building shake advertised in a body building magazine. His parents are concerned about his new regimen. |
| 1. Heart Disease | Tom is a 32-year-old male who is concerned about his family’s history of heart disease. Although he is currently healthy, he wants to ensure his diet is heart healthy to improve his long-term health. |