

Use the following information to answer questions 1-4:

Your new client, Jenna, asks you for advice on nutrition and weight loss. Through your initial interview you discover that Jenna is an active college student who is concerned about her recent weight gain. She claims she has put on the “freshman 15” and would like to lose a total of 20 pounds (9.1 kg) as well as boost her energy levels because she reports feeling fatigued throughout the day. You request that Jenna record a three-day food log, including two week days and one weekend day. Use Jenna’s health information and food diary to answer questions 1-4.

CLIENT INFORMATION	
Age:	19 years
Height:	5'5" (165 cm)
Body weight:	150 lb (68 kg)
Physical activity:	Walks intermittently throughout the day on campus for a total of 20 minutes, five days per week
Other:	Not taking any medications or supplements; No known health conditions

FOOD LOG

DAY	MEAL	CALORIES
WEDNESDAY		
Breakfast	Peanut butter cereal bar 16 oz white mocha coffee drink	200 500
Lunch	Caesar salad with plain iced tea	500
Dinner	2 slices large thick-crust Italian sausage pizza	800
Snacks	Handful of chocolate almonds Chocolate peanut butter “energy” bar	200 250
Drinks	3 sweetened raspberry green teas (50 cal each)	150
	TOTAL DAILY CALORIES	2,600
THURSDAY		
Breakfast	Peanut butter cereal bar 16 oz white mocha coffee drink	200 500
Lunch	Chicken parmesan, salad, pasta, and peanut butter cookie with plain iced tea	900
Dinner	Chocolate peanut butter “energy” bar	250
Snacks	Animal cookies Blueberry muffin	300 450
Drinks	3 sweetened raspberry green teas (50 cal each)	150
	TOTAL DAILY CALORIES	2,700
SATURDAY		
Breakfast	Banana 16 oz white mocha coffee drink	100 500
Lunch	Chicken salad sandwich on a croissant	500
Dinner	Chicken nachos with refried beans and sour cream	600
Snacks	Animal cookies Almonds	300 300
Drinks	4 beers	400
	TOTAL DAILY CALORIES	2,700