Weight

Assess patient’s Body Mass Index.*

Patient is overweight if BMI>25.

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight lbs.</th>
<th>Height</th>
<th>Weight lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'10&quot;</td>
<td>≥119</td>
<td>5'8&quot;</td>
<td>≥164</td>
</tr>
<tr>
<td>4'11&quot;</td>
<td>≥124</td>
<td>5'9&quot;</td>
<td>≥169</td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>≥128</td>
<td>5'10&quot;</td>
<td>≥174</td>
</tr>
<tr>
<td>5'1&quot;</td>
<td>≥132</td>
<td>5'11&quot;</td>
<td>≥179</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>≥136</td>
<td>6'0&quot;</td>
<td>≥184</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>≥141</td>
<td>6'1&quot;</td>
<td>≥189</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>≥145</td>
<td>6'2&quot;</td>
<td>≥194</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>≥150</td>
<td>6'3&quot;</td>
<td>≥200</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>≥155</td>
<td>6'4&quot;</td>
<td>≥205</td>
</tr>
<tr>
<td>5'7&quot;</td>
<td>≥159</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Certain pts may require assessment for underweight and/or unintentional weight loss

Activity

Ask patient about any physical activity in the past week: walking briskly, jogging, gardening, swimming, biking, dancing, golf, etc.

1. Does patient do **30 minutes** of moderate activity on **most days/wk.**?
2. Does pt do “lifestyle” activity like taking the **stairs** instead of elevators, etc.?
3. Does patient usually watch less than **2 hours of TV or videos/day**?

If pt answers **NO** to above questions, assess whether pt is willing to increase physical activity.

Variety

Is patient eating a variety of foods from important sections of the food pyramid?

Grains (6-11 servings)
Fruits (2-4 servings)
Vegetables (3-5 servings)
Protein (2-3 servings)
Dairy (2-3 servings)

Determine **Variety** and **Excess** using one of the following methods:

- Do a quick one-day recall.
- Ask patient to complete a self-administered eating pattern questionnaire.

- **What does pt think are pros/cons of his/her eating pattern?**
- **If pt needs to improve eating habits, assess willingness to make changes.**

Excess

Is patient eating too much of certain foods and nutrients?

**Too much fat, saturated fat, calories**
- > 6 oz/day of meat
- Ice cream, high fat milk, cheese, etc.
- Fried foods or foods cooked with fat
- High fat snacks and desserts
- Eating out > 4 meals/wk

**Too much sugar, calories**
- High sugar beverages
- Sugary snacks/desserts

**Too much salt**
- Processed meats, canned/frozen meals, salty snacks, added salt
**Weight**

**If pt is overweight:**

1. **State concern** for the pt, e.g., “I am concerned that your weight is affecting your health.”
2. Give the pt **specific advice**, i.e.,
   a) Make 1 or 2 changes in eating habits to reduce calorie intake as identified by diet assessment.
   b) Gradually increase activity/decrease inactivity.
   c) Enroll in a weight management program and/or consult a dietitian.
3. If patient is ready to make behavior changes, jointly **set goals** for a plan of action and arrange for follow-up.
4. **Give pt education materials/resources.**

**Activity**

**Examples of moderate amounts of physical activity:**

- Walking 2 miles in 30 minutes
- Stair walking for 15 minutes
- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minutes
- Pushing a stroller 1 ½ miles in 30 minutes
- Raking leaves for 30 minutes
- Shoveling snow for 15 minutes

1. If patient is ready to increase physical activity, jointly **set specific activity goals** and arrange for a follow-up
2. **Give pt education materials/resources.**

**Variety**

**What is a serving?**

**Grains** (6-11 servings)
1 slice bread or tortilla, ½ bagel, ½ roll, 1 oz. ready-to-eat cereal, ½ cup rice, pasta, or cooked cereal, 3-4 plain crackers

*Is patient eating whole grains?*

**Fruits** (2-4 servings)
1 medium fresh fruit, ½ cup chopped or canned fruit, ¾ cup fruit juice

**Vegetables** (3-5 servings)
1 cup raw leafy vegetables, ½ cup cooked or chopped raw vegetables, ¾ cup vegetable juice

**Protein** (2-3 servings)
2-3 oz. poultry, fish, or lean meat, 1-1 ½ cup cooked dry beans, 1 egg equals 1 oz. meat, 4 oz. or ½ cup tofu

**Dairy** (2-3 servings)
1 cup milk or yogurt, 1½ oz. cheese

*See instructions 1-4 under Excess.*

**Excess**

1. **Discuss pros and cons** of pt’s eating pattern keeping in mind Variety & Excess.
2. If patient is ready, jointly **set specific dietary goals** and arrange for follow-up.
3. **Give pt education materials/resources.**
4. **Consider referral** to a dietitian for more extensive counseling and support.

**Suggestions for decreasing excess:**

- Eat chicken and fish (not fried) or meatless meals instead of red meat
- Choose leaner cuts of red meat
- Choose skim or 1% milk
- Eat less cheese/choose lower fat cheeses
- Bake, broil, grill foods rather than fry
- Choose low fat salad dressings, mayo, spreads, etc.
- Eat more whole grains, fruits & vegetables
- Drink water instead of sugary drinks
- Use herbs instead of salt