



Record Kylie Green

Client D.O.B: 18/09/1971

Created By: Sandi Gerry

Business: Sandi Gerry NutHealth Pty. Ltd.

Created On: 20/06/2024 18:09

Appointment Date: 20/06/2024 18:00

Follow Up Nutrition Session - CHART

Client Questions / Concerns

Good mind set this week.

Listening to meditation and weight loss app to go to sleep - great way to create a sleep routine

? White potatoes in cooking - yes, add small amount of good fats to stabilize sugars

? baked oat slice in place of overnight oats - yes, be mindful of portion size, great way to increase variety

? canned and frozen veg over fresh - yes, just be mindful of sugar content

Schedule monthly consultation in place of fortnight - book sooner if required.

Client Successes

Clothes are feeling looser

Increased incidental movement

Introduced Planned exercise

Cooked a new variety

Strategies for working through discretionary eating and snacking

Great mindset - not taking work thoughts home, giving self permission to rest when she feels like it.

Client Challenges

Fast eating - requires focus on mindful eating

Batch cooking - reducing opportunity to increase variety of foods eaten

Client Goals

1. Portion control

2. Variety of fresh food

3. Increase planned and incidental movement

Educational Handouts/Material Provided

Recipes to include when meal planning

Next Steps

Increase to 4 x planned movement per week

Continue to leave work related thoughts at work

Monthly consultation - schedule sooner if required

Assess meal plans to make sure there is a variety throughout the week of different produce



Record Kylie Green

Client D.O.B: 18/09/1971

Created By: Sandi Gerry

Business: Sandi Gerry NutHealth Pty. Ltd.

Created On: 07/03/2024 17:10

Appointment Date: 07/03/2024 18:00

Follow Up Nutrition Session - CHART

Client Questions / Concerns

< sleep since home from holidays, taking Valarian forte for sleep may be due to the hot weather
Stools, on return from holidays constipated and pushed hard. Back to normal now, each day smooth and easy.

Client Successes

> vegetable intake - frozen bags of veg with rice and beef mince, frozen mashed potato

< not overthinking meal prep or food, more positive towards food

2 x fruit per day

Upa and go for brekky

meal prepping

Gym

Feeling like a new person since having an extended holiday

No binge eating

Feeling very positive towards everything

Not stressing about small amount of weight gain

Multi vitamin - daily

Calcium and vit D - no longer taking

Hercules Burn of the gods - no longer taking

Valarian Forte - for sleeping, working well, Hx of use.

Menopause tablets - no longer taking

Bodyscience BCAA amino acid powder - almost gone and will not replace

Client Challenges

not enough hours in the day

Small amount of weight gain now a size 14 larger than normal (snug)

Client Goals

1. Crafting - commence this week (has not done any since prior to XMas)
2. Travel more - focus on self - mood board
3. Every Sunday - home spa day

Educational Handouts/Material Provided

No education material this consult

Next Steps

Commence mood board - plan first overnight travel for 6/52.

Commence Sunday spa day this Sunday.



Record Kylie Green

Client D.O.B: 18/09/1971

Created By: Sandi Gerry

Business: Sandi Gerry NutHealth Pty. Ltd.

Created On: 30/11/2023 20:10

Appointment Date: 30/11/2023 20:00

Nutrition Follow Up

Session

Other

Section 1: Health Information

Main Concern

Waist measurement and abdo measurement concern - clothes are tightening.

Changes to current medications or medical history

Multi

Calcium and vit D

Hercules Burn of the gods

Menopause tablets

Bodyscience BCAA amino acid powder

Changes to Dietary Intake

Weight change

Nil

Time frame

Section 2: Other Information (if applicable)

How would you describe your energy levels?

6

How would you describe your current stress?

3

How are you sleeping?

Not so great when its hot

Bed at 20.30-2130 immediate falls asleep, last couple of nights not falling asleep as fast

Awake 0345 - snooze a few times

Fatigued by 1330 and second wind at about 3.30

Current Physical Activity

Gym mond - HIT increased cardio 40/60

Tues - no gym - shopping and chilled in front of tv

Wed - HIT class 40/60

Thurs - Planned HIT but did not go 40/60

Sat - Sun

Changes to Activity

Same

Section 3: Dietary Information

Daily Fluid Consumption

Water min 2 liters

Coffee 1 or 2, skim milk, latte, pm skim milk lactose free

24-hour Intake (Include all meals and snacks)

Skim milk latte

4 home made sausage rolls

1 apple

1 foot long BMT - salami ham and cheese, rye bread with sweet chilli sauce

300 ml diet coke

Protein shake, Tru protein WPI 90 x 1 full serve (30g), 1 cup frozen zucchini, 1 cup lactose full cream milk, 2 tbsp. peanut butter powder (PB2), 1tbsp hemp seeds, 1 tsp cocoa powder.

Status of Digestive Concerns (if applicable)

Bloating, Distension, Abdominal Discomfort

Comments on digestive concerns/ bowel habits

BSS

Easy to pass stools in the morning normal, not so easy in the evening a bit more solid.

Improved from each 3-4 days with pebble stools.

Section 4: Assessment & Recommendations

Review of Previous Goals

Barriers & Challenges to Achieving Goals

Portion Size, Skipping Meals

Comments on Barriers/Challenges

Sugar cravings in the pm - discussed not enough fiber in the earlier hours.

Plan

Handouts/Modules Provided/Recommended

Measurements.

Weight.

Next Visit

Guided meditation - Kings park in the new year.

What other topics do you want to learn about?

Portion Control, Managing Sugar Cravings, Strategies for feeling full, Increasing Fibre intake



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Created By: Sandi Gerry

Business: Sandi Gerry NutHealth Pty. Ltd.

Created On: 02/11/2023 14:56

Appointment Date: 02/11/2023 15:00

Nutrition Follow Up

Session

Other

Section 1: Health Information

Main Concern

< variety of nutritional intake,

Changes to current medications or medical history

Nil

Changes to Dietary Intake

Logging in My Fitness Pal

Last week - not hungry post gym in the evening for dinner

Otherwise all the same

Mindset regard binge eating has changed, more mindful due to feeling in a good place.

Weight change

Nil

Time frame

NA

Section 2: Other Information (if applicable)

How would you describe your energy levels?

6

How would you describe your current stress?

How are you sleeping?

Getting tired at about 1400hours-1430hrs.

Wakes up when rolls over in bed, back to sleep easily.

2000-2130 falls asleep easily wakes up 0345 with alarm or about 0230 for toilet.

Current Physical Activity

Monday Hit class

Tuesday - home duties and shopping

Wednesday - HIT

Thursday - Gym, cardio, treadmill or similar

Friday - rest day with family visiting

Saturday - family visiting with young children

Sunday - as above

Changes to Activity

Normal for the longest time

Section 3: Dietary Information

Daily Fluid Consumption

approx 2.5liters per day

24-hour Intake (Include all meals and snacks)

See my fitness Pal logs and Food Zone analysis dated from November 2023

Status of Digestive Concerns (if applicable)

Bloating, Abdominal Discomfort, Constipation

Comments on digestive concerns/ bowel habits

All above concerns not applicable this week.

Section 4: Assessment & Recommendations

Review of Previous Goals

1 full week of diet diary logged in My Fitness Pal to assess macronutrient intake against RDI and Energy requirements. PAL 1.8, EER 10836, BMR 6020.

Average daily energy intake assessed at 6229kj, protein @ 100.1g, Total fat @ 58.6g, sat fat @ 17.2g, mono fat @23.9g, Trans @ 0.8, Poly @ 12.7g, Sodium @ 2139.99mg.

Daily food group intake: grains 4 serves, Fruit 0 serves (assessing FODMAP effects), Vegetables 1 serve, Protein foods 2 serves, Dairy 2.5 serves.

Energy deficit of at least 4600kj per day to be increased by inclusion daily of 2.5 serves of dairy product, 4 serves of vegetable product including legumes and 1 serve of fruit in line with reintroduction pattern, and increase grains by 1 serve.

Barriers & Challenges to Achieving Goals

Portion Size, Skipping Meals, Boredom Eating, Other

Comments on Barriers/Challenges

Fearful of increasing weight, compares self to mothers' figure of skinny legs and barrel belly.

Self-described binge eater, this past 2 weeks has felt calmer and more self-confident "in a good place at the moment."

Plan

Calculate how many serves a bulk cooked meal is to be separated into and add 1 - 2 cups of green leafy/orange veg per serve, add 1/4 cup of legumes per serve.

Add 1 piece of fruit per day from the following list, noting any gastric changes or disturbances:

Banana - firm, blueberry, rockmelon (1/2 cup) strawberries, pineapple (1 cup), orange, honeydew (1/2 cup), any type of grape, mandarin, raspberries.

Include 1 serve of Greek yoghurt per day - add to meals as a dressing or topping, add fruit serve as a sweet treat.

Handouts/Modules Provided/Recommended

Notes from Food Works analysis outlining standard serves and suggestions to be supplied in treatment plan email.

Next Visit

Discuss dates for routine pathology - NAFLD monitoring.

Dietary changes as per this week's plan, effectiveness of inclusion of fruits and increase in vegetable intake.

What other topics do you want to learn about?



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Client D.O.B: 18/09/1971

Created By: Sandi Gerry

Business: Sandi Gerry NutHealth Pty. Ltd.

Created On: 19/10/2023 15:05

Appointment Date: 19/10/2023 15:00

Initial consultation

Short term treatment aims

Long term treatment aims

Barriers

Strategies to combat barriers

Client education

Monitoring and evaluation

Holistic nutritional diagnosis

Potential disease processes

Relevant tests and referrals

Physical activity

Energy levels

Sleep

Stress

Other environmental and social factors

Drug use and behaviours

Anthropometric assessment



Record Kylie Green

Client D.O.B: 18/09/1971

Created By: Sandi Gerry

Business: Sandi Gerry NutHealth Pty. Ltd.

Created On: 17/08/2023 15:02

Appointment Date: 17/08/2023 15:00

Follow up consultation

Short term aims

Presenting treatment aim for this consultation Nutritional management of non-alcoholic fatty liver disease symptoms. Nutritional management for gastrointestinal symptoms experienced. Intermittent bloating. Safe place to vent regarding stressors experienced. Post menopause nutritional guidance.

Long term aims

Barriers

Strategies to combat barriers

Client education

Monitoring and evaluation

Holistic nutritional diagnosis

Potential disease processes

Relevant tests and referrals

Physical activity

Energy levels

Sleep

Stress

Other environmental and social factors

Drug use and behaviors



Record Kylie Green

Client D.O.B: 18/09/1971

Created By: Sandi Gerry

Business: Sandi Gerry NutHealth Pty. Ltd.

Created On: 03/08/2023 18:27

Appointment Date: 03/08/2023 15:00

Note

Record of the session

Hi Kylie,

Here are the notes from this afternoon's consultation and the patient information sheets we discussed.

You have achieved a measurable increase in your nutritional health with regards to your diagnosis of non-fatty liver disease and gut health and you should be pleased with your hard work and efforts.

Going forward as touched on today, we will work together to increase specific nutrients required for post-menopausal health and wellbeing.

Broadly speaking at this stage, we will look at lean protein, legumes, seeds, nuts, fruit and vegetables and wholegrains to facilitate the intake of magnesium, potassium, calcium, protein, phosphorus, Vitamins D and K.

Muscle and bone health are very important at this stage of life, along with nutrition you are already participating in adequate physical activity.

These are some suggestions to increase your vegetable intake and to nuts, seeds and legumes.

- * Add an extra bag of vegetables to bulk cooked savory mince and increase lunch portion by 1/2 each day.
- * Add 1 vegetable snack per day - vegetable patties, crudites, vegetable muffin, salad, vegetable chips.
- * Include fortified dairy products, with calcium and or protein.
- * Include 1 serve of nuts/seeds into each day.
- * Include legumes/beans into 1 meal at least every 2 days.

Strategies for anxiety and work stressors.

1. Add 1 mindfulness practice in per week - start with 10-15 minutes of sitting still, reading, observing a

tree, coloring a book, deep breathing, sitting still.

2. Write down all emotions experienced through events that have occurred, allow time to read these and acknowledge them as valid feelings.

3. Speak your mind confidently in situations that you need to be heard and be proud of your voice.

4. Unburden duties that are not yours to those who they belong to, and then acknowledge that it is no longer your burden to carry.

As always, small steps make great changes.

Have a great week.

Kind regards

Sandi Gerry

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Record Kylie Green

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Created By: Sandi Gerry

Business: Sandi Gerry NutHealth Pty. Ltd.

Created On: 03/08/2023 16:40

Appointment Date: 03/08/2023 15:00

Presenting Aim for today

Presenting treatment aim for this consultation

Nutritional management of non-alcoholic fatty liver disease symptoms.

Nutritional management for gastrointestinal symptoms experienced. Intermittent bloating.

Safe place to vent regarding stressors experienced.

Post menopause nutritional guidance.

Completed tasks from previous consult

Bulk cooking of dinner meals; turkey mince, beef mince cooked into a vegetable savory dish and served on mixed rice varieties.

Single serve rice to reduce wastage and encourage increase daily intake of grains.

Increased vegetable intake by adding to savory mince dishes.

Increased fruit to 2 serves per day regularly.

Increased kJ intake and grains intake by adding a muesli bar or protein ball each day.

No longer concerned about counting calories or weight - focus is now on nutrition and healthy physical activity.

Bowel movements: 1 per day from once every week or 5-7 days, BSS 2-3 from 1, minimal sphincter discomfort from 5/10, intermittent abdominal bloating 1 per week from constant and daily, unexplainable abdominal cramps have now ceased, these were regularly experienced.

Barriers

Barriers to completing tasks from last consult

Long Hx of undereating, focus on body weight and counting calories, whilst there has been a large shift towards increasing grains, fruits and vegetables and lean protein along with increasing energy intake there is still more work to be done.

Strategies for barriers

* Add an extra bag of vegetables to bulk cooked savory mince and increase lunch portion by 1/2 each

day.

- * Add 1 vegetable snack per day - vegetable pattie, crudites, vegetable muffin, salad, vegetable chips.
- * Include fortified dairy products, with calcium and or protein.
- * Include 1 serve of nuts/seeds into each day.
- * Include legumes/beans into 1 meal at least every 2 days.

Strategies for anxiety and work stressors.

1. Add 1 mindfulness practice in per week - start with 10-15 minutes of sitting still, reading, observing a tree, coloring a book, deep breathing, sitting still.
2. Write down all emotions experienced through events that have occurred, allow time to read these and acknowledge them as valid feelings.
3. Speak your mind confidently in situations that you need to be heard and be proud of your voice.
4. Unburden duties that are not yours to those who they belong to, and then acknowledge that it is no longer your burden to carry.

Follow up investigations

Follow up tests and investigations

NIL

Time frame

2 weeks

Correspondence

To send to client post this consultation

Patient info sheets; Carb myths, Lactose, Gi health (bloat)

Received from client prior to this consultation

NIL

Received for this client prior to this consultation

NIL

Client updated info to be recorded

Has any of the clients contact information changed

NIL



Record Kylie Green

Client D.O.B: 18/09/1971

Created By: Sandi Gerry

Business: Sandi Gerry NutHealth Pty. Ltd.

Created On: 28/04/2023 11:19

Appointment Date: 10/05/2023 15:00

Note

Record of the session

