

Worksheet 4-2: Diet Prescription for Food Allergy

Use information from this chapter and Table 4.1 to complete this worksheet.

J.T. is a 4-year-old boy recently diagnosed with cow's milk allergy and referred for outpatient nutrition counseling. He is 39 inches tall and weighs 35 pounds. His diet contains limited sources of vitamin D and food records completed by his mother reveal an average intake of 300 milligrams calcium per day. He currently takes no medications or dietary supplements. J.T.'s mother states that she has substituted fruit juice in place of milk in J.T.'s diet due to fear that milk substitute beverages may contain cow's milk.

Nutrition diagnoses:

- Inadequate calcium intake related to limited intake of high-calcium foods as evidenced by food frequency questionnaire and 3-day food diary that reveals average intake of calcium less than 50% of recommended requirements for age.
- Food and nutrition-related knowledge deficit related to recent diagnosis of cow's milk allergy as evidenced by inappropriate dietary restrictions, limited intake of vitamin D, and intake of calcium less than 50% of recommended requirements for age.

Plan the Nutrition Intervention

1. How would you prioritize the nutrition diagnoses for this patient; i.e., which problem would you work to resolve first? On what do you base your decision?

Educate patient first on intake of vitamin D and calcium. The first problem can be resolved with a clear understanding of the food allergy and its components.

2. Give at least one example of evidence-based guidelines you may use to formulate a nutrition prescription for the diagnoses above.

The vitamin D and calcium RDA. → 600 mg/day ~~D~~ D
1000 mg/day Ca

3. What policies or program standards within your department or facility will be important to guide your plan for nutrition care?

I would use the Nutrition Care Manual to guide treatment.

4. Describe additional information you will need to help you plan an appropriate intervention.

Home life, psychological status, SES status, food preference, religious restriction, resource access, 24-hour recall