

# Worksheet 18-1: Calculation of Estimated Protein Intake

J.L. has been hospitalized for complications from chronic portosystemic encephalopathy (PSE), as a result of alcohol abuse. Your hospital has selective menus and his menu selections for tomorrow are listed below. It is your responsibility to modify his menu to fit within a protein intake of 60 grams/day (minimum) as per Table 18.11. Based on the ADA exchanges, modify his menu selections, as needed, to provide at least 60 grams of protein for tomorrow. From a patient interview yesterday you know that his appetite has been poor, as reflected in his minimal food selections, and that he is willing to drink milk and eat cottage cheese and cheese.

J.L.'s menu selections	Estimated g of protein provided	Recommended changes
<b>Breakfast</b>		
1 cup oatmeal	6	
8 ounces orange juice	0	
4 ounces 1% milk	4	+ 4oz milk +4g.
Coffee	0	+ sausage links +7g.
Sugar	0	
<b>Lunch</b>		
1 cup vegetable soup	4	no soup -4g
6 saltine crackers	3	+ sandwich
1/3 cup rice pilaf	3	2 pieces bread +6g
1 cup tossed green salad	0	turkey +7g
2 Tbsp vinaigrette dressing	0	cheese +7g
Iced tea	0	
<b>Dinner</b>		
1 cup tomato soup	3	+ 4oz steak +28g
6 saltine crackers	3	+ broccoli +2g
1/2 cup pineapple	0	
Iced tea	0	
Sugar	0	

20g

93g

Total estimated protein intake of J.L.'s menu: \_\_\_\_\_ Protein content of revised menu: \_\_\_\_\_

### Worksheet 18-2: Diet Prescription—Low-Fat Diet for Pancreatitis

J.L. has been readmitted to the hospital for acute pancreatitis as a result of ongoing alcohol abuse. After 7 days, his diet is finally being advanced to a low-fat diet. Modify his menu selections for tomorrow to fit within a low-fat diet.

#### J.L.'s Menu Selections

#### Menu Suggestions from Registered Dietitian

##### Breakfast

- 1 cup cream of wheat
- 8 ounces orange juice
- 1 fried egg
- Blueberry muffin
- 8 ounces whole milk
- Coffee
- Sugar

egg substitute  
toast w/ jam  
skim milk

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##### Lunch

- 3 ounces fried chicken breast
- ½ cup mashed potatoes
- ½ cup green beans
- 1 dinner roll
- 1 tsp butter
- Iced tea
- Sugar
- ½ cup ice cream

baked chicken  
baked potato

margarine

1 yogurt w/ fruit  
fat-free

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##### Dinner

- 3 ounces roast beef
- ½ cup rice pilaf
- ½ cup carrots
- 1 cup chicken noodle soup
- 1 cup peach cobbler
- 8 ounces whole milk
- Iced tea
- Sugar

turkey

fresh fruit  
skim milk