

FOOD RECORD PRACTICE PROBLEMS

Problem #1

What's missing from this food record?
List all the things you think should be included.



Food	What's Missing?
8 oz. formula	How was it mixed?
Apple	
Soup	
2 cookies	

Problem #2

The following foods are listed without portion sizes. Look at each food item and list the best way to assess its portion size. Then, give each food a portion size. (There may be more than one right answer!)

<u>Food Item</u>	<u>Best Way to Assess</u>	<u>Portion Size</u>
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1. Dill Pickle	Weigh	50 gm
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2. Raw Carrots		
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3. Kool-Aid		
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4. Apple		
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5. Tomato Soup		
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6. Mustard		
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The following problems are food records that have been brought to clinic.

Problem #3

Look at the food record.

Date _____	Name _____
Formula preparation:	
_____ gm _____	
_____ gm _____	
water to _____ oz.	
Food:	Amount Phe (mg)
Onion rings	
Apple juice	12 oz.
Applesauce	2 cups
Apple	1
Formula	

Can you calculate the mg phe as the food record is written?

YES _____ NO _____

If you think you need more information, add the information you think is reasonable. Then calculate the mg phe in the food record.



How many mg phe did you calculate? _____

Do you think this record is a true indication of what the person ate for the day?

YES _____ NO _____

Why or why not? _____



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Problem #4

Look at the food record.

Date _____	Name _____	
Formula preparation:		
_____ gm _____		
_____ gm _____		
water to _____ oz.		
Food:	Amount	Phe (mg)
Rice Krispies	10 gm	_____
Low-Protein Bread		_____
Mayonnaise	2 Tbsp	_____
Lettuce		_____
Potatoes	45 gm	_____
Margarine	2 Tbsp	_____
Rice Cakes	3	_____
Formula	all	_____

Can you calculate the mg phe as the food record is written?

YES _____ NO _____

If you think you need more information, add the information you think is reasonable. Then calculate the mg phe in the food record.

How many mg phe did you calculate? _____

Do you think this record is a true indication of what the person ate for the day?

YES _____ NO _____

Why or why not? _____



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Problem #5

If a girl could eat 400 mg phe in a day and by dinner she had eaten 325 mg phe, how many mg phe would she have left for dinner?

_____ mg - _____ mg = _____ mg phe for dinner

With this amount of phe, she could choose:

- ☐ ½ cup low protein pasta (6 mg phe)
- ☐ 2 slices low protein bread with honey (12 mg phe)
- ☐ 1 cup green beans (68 mg phe)
- ☐ no dinner
- ☐ 1 taco shell with ⅓ cup lettuce and 3 Tbsp. tomato (68 mg phe)
- ☐ 5 cups of jelly beans and a root beer (0 mg phe)
- ☐ ½ cup vegetarian vegetable soup (30 mg phe)
- ☐ 1 bag onion rings (13 mg phe)



What choices would you make?



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