

## Background information

Ms. Reyes, 35 Y.O. female patient who recently lost her wife to breast cancer one year ago. She currently has only a 5-year-old son and lives in an apartment in Jackson Heights. The Patient began to display symptoms of depression, such as poor appetite and sleep. The patient was prescribed Antidepressants and was recommended to a support group of patients who were recently widowed. This improved the patient's condition, and she began to sleep regularly. However, she was still grieving. The patient reported that her primary goals are to "get back into shape" and begin to "eat healthier," She also wants to make sure her son eats healthier. The patient requested guidance on how to improve her diet and to exercise more to regain her strength.

Patient has recently regained 5 pounds however is still below her usual weight, which her current BMI of 18. The patient's current vitals are 100/70, while her blood work appears to be expected. The patient has no current medical history except a family history of Type 2 diabetes prevalent in her father.

## Current diet

Breakfast: consists of cereal and milk with a fruit.

Lunch: salad or a slice of Pizza

Dinner: It consists of processed meals from the grocery market and takeout meals. The patient reported that she doesn't know how to cook, so she receives leftovers from her mother at least once a week. Sometimes, it includes rice, beans, soup, and bread.

Dessert: consists of a fruit primarily given to the son.

## Diet Plan

The patient mentioned it's difficult to prepare dinner since the patient states it is "out of practice." The patient was suggested to learn possibly from her mother if it's possible or if cooking lessons are readily available. Patients can learn to cook cuisine with healthier substitutions for other, more nutritious alternatives. The patient was advised to learn different methods from online resources, such as cooking tutorials on YouTube. Another suggestion for the patient is to prep meals for the week, possibly, and you can freeze the meals throughout the week. If a patient can't prepare meals, the patient can ask her mother for meal prep if possible.

The patient has tried to eat healthier by including fruits every day, which is excellent. However, patients can be suggested an inclusive diet with vegetables to have a well-rounded meal.

## Physical Activities

Patients' daily lifestyle usually involves sitting for most of their day when they do not have any physical activities or sports. The patient reported that her only exercise was walking back and forth from work and picking up her child from school daily. The patient reported she used to enjoy jogging. However, she stopped ever since your deceased wife Cecilia had gotten sick. The patient used to participate in the soccer team during high school. The patient further mentioned her son was previously enrolled in swimming classes during summer camp.

## Exercise Plan

The patient was recommended walking as a start and slowly building the increments to a jogging pace once you feel comfortable. Another recommendation for the patient is to learn how to swim with your son, who was previously enrolled in swimming classes during summer camp. A further suggestion for the patient is to join a soccer team if you're still interested or play soccer with your son. Many benefits of physical activities include decreased chances of diabetes and breast cancer.

<https://health.clevelandclinic.org/foods-that-give-you-energy>

*Underweight? See how to add pounds healthfully.* (2023, January 11). Mayo Clinic.

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/underweight/fdq-20058429>

*Malnutrition in women.* (n.d.). <https://www.who.int/data/nutrition/nlis/info/malnutrition-in-women>