

Diet History - Form

Name: Ms Heart

Preferences: likes Italian food (pasta, pizza etc.) and meat – rarely vegetarian menus

Aversions: does not eat innards (gibs) like liver, etc.

Intolerances: no intolerances reported

Do you eat differently on weekdays compared to weekends?

Yes No

Number of meals you usually eat per day: eating regularly (4 times a day); breakfast, lunch, snack and dinner



24h Recall:

| | Food | Amount (g) estimated |
|--------------------------------|--|---|
| Breakfast | Muesli with dried fruit, nuts and milk | 185 |
| Ingredients per portion | Commercially available muesli mix with dried fruit and nuts, approx. 6 heaped table spoons | 50 |
| | Full fat cow milk 3,5% fat, approx. small cup | 125 |
| | Honey, 1 table spoon | 10 |
| | Caffé Latte | 250 |
| | Cow milk 3.5% fat | approx. 200 |
| | Espresso | 50 |
| | Sugar, 2 cubes | 5 (1 Mocha sugar cube in Austria = approx. 3 g) |
| Snack | Gingerbread with chocolate | 60 (2 pieces) |
| Lunch | Spaghetti Carbonara, restaurant size | 480 |
| | Green salad with vinegar and oil | 85 |
| | Mineral water | 250 |
| Snack | Fruit compote mixed unsweetened | 250 |
| Dinner | (mixed) wheat and rye bread | 90 |
| | Liver paté | 40 |
| | Onion, raw | 30 |
| | White wine dry (Grüner Veltliner wine) | 125 |
| Fluid intake | 1,5 liter of water or energy free drinks with sweeteners (sugar free), Earl grey tea, coffee (with sugar). Alcohol 3 times per week – every time 500ml white wine spritzer (half and half white wine with mineral water) | |

Other breakfast options: 2 slices of bread with butter and marmalade/jam, or on weekends with ham and 2 eggs



Other lunch options: meat with potatoes/noodles, Italian Food, roasted chicken, almost every time with salad (green, mixed) – lunch at work, in a near restaurant



Other dinner options: during the week mainly cold dishes (cheese, ham, spread, yogurt with fruit); on weekends with her family, mainly warm dinner.



Food Frequency Questionnaire:

Fish: 2x/week; rarely seafood



Fruits: maybe 4 times a week



Meat: daily



Vegetables: daily salad, veg at dinner with cold dishes (tomatoes, cucumber, mixed pickles etc.

Sweets: sometimes snacking in between, while sitting next to the computer in the office/cashier (a sweet-treat box is regularly filled once a week with sweets and biscuits)



Other comments: grazing / binge eating not assessed – but risk is estimated as low

Weekends: bigger breakfast with boiled eggs (2 eggs – either soft or sunny-side up), smoothie 250 ml, croissant with butter & marmalade, bread roll with ham and butter.

Dinner on weekends mostly with family

Nutritional requirement:

REE calculated using formula by Müller et al. for BMI > 25 to < 30 kg/m² [1]

PAL 1.4 for sedentary or light activity lifestyle according to WHO and EFSA [2], [3]

Requirements of protein, fat, carbs, fibre, ... according to EFSA and European Guidelines on CVD [3], [4]

Calculated energy requirement per day:

REE (MJ/d): 6.33873 (= 1500 kcal/d)

TEE calculated with PAL 1.4: 2100 kcal/d; energy reduction [5] 300 kcal → 1800 kcal/d

Calculated nutrient requirement per day:

| Nutrient | Gramms | kcal | % of TEE |
|-------------------|----------------------------------|-----------|----------|
| Protein (g) | 70 | 280 | 16 |
| Carbohydrates (g) | 230 | 920 | 51 |
| Sugar (g) | < 45 | < 180 | max. 10 |
| Fibre (g) | 30 | 60 | 3 |
| Fat (g) | 60 | 540 | 30 |
| SFA (g) | < 20 | < 180 | max. 10 |
| MUFA (g) | > 20 | > 180 | min. 10 |
| PUFA (g) | 14 - 20 | 126 - 180 | 7 - 10 |
| NaCl (g) | max. 5 – 6 or 2400 mg sodium / d | | |

Intake calculated based on 24h Recall:

| | TARGET | ACTUAL | DEVIATION (%) |
|-------------------|----------|--------|---------------|
| Energy (kcal) | 1800 | 2200 | + 22.2 |
| Protein (g) | 70 | 80 | + 14.3 |
| Carbohydrates (g) | 230 | 255 | + 10.8 |
| Sugar (g) | < 45 | 103 | + 228.9 |
| Fibre (g) | 30 | 21 | - 30.0 |
| Fat (g) | 60 | 94 | + 56.7 |
| SFA (g) | max. 20 | 37.4 | + 87.0 |
| MUFA (g) | min. 20 | 35.4 | + 77.0 |
| PUFA (g) | 14 - 20 | 10.2 | - 27.1 |
| Cholesterol (mg) | max. 300 | 980 | + 226.8 |
| Salt (g) | 5 - 6 | 4.6 | ok |
| Purines (mg) | max. 170 | 106 | ok |

References

- [1] Müller, M. J., Bosy-Westphal, A., Klaus, S., et al. (2004). World Health Organization equations have shortcomings for predicting resting energy expenditure in persons from a modern, affluent population: generation of a new reference standard from a retrospective analysis of a German database of resting energy expenditure. *Am J Clin Nutr* 2004;80(5):1379-90. <http://www.ncbi.nlm.nih.gov/pubmed/15531690>
- [2] FAO/WHO/UNU (2001). Human energy requirements: FAO Report Series No.1. Rome www.fao.org/3/a-y5686e.pdf
- [3] EFSA - European Food Safety Authority (2017). Dietary reference values for nutrients: Summary report. EFSA supporting publication 2017:e15121. 92 pp. doi:10.2903/sp.efsa.2017.e15121 www.efsa.europa.eu/publications
- [4] Piepoli, M. F., Hoes, A. W., Agewall, S. et al. (2016). European Guidelines on cardiovascular disease prevention in clinical practice. (2016). *European Heart Journal*. doi:10.1093/eurheartj/ehw106
- [5] Catapano, A. L., Graham, I., De Backer, G. et al. (2016). ESC/EAS Guidelines for the Management of Dyslipidaemias. *European Heart Journal*; p. 3023. doi:10.1093/eurheartj/ehw272