

SETTING Community Health Centre

PATIENT You are in your mid-thirties on an intensive exercise program and underweight. A friend suggested that you drink high-protein egg drinks and eat lots of meat to gain weight, but you are worried about the effect on your blood cholesterol.

- TASK**
- Ask what to include in a balanced diet.
 - Explain that you are not sure what foods to eat to prevent weight loss when you're doing a lot of exercise. You are also not sure which foods are high in carbohydrates or protein.
 - Find out whether your blood cholesterol will rise too high if you eat too much meat.
 - When asked, find out if there are any other options available.

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DIETITIAN The patient is in his/her mid-thirties, and is on an intensive exercise program. The patient is currently underweight and would like to gain weight healthily while continuing to exercise. He/she wants advice on a suitable diet.

- TASK**
- Explain what constitutes eating a balanced diet (e.g., the five food groups).
 - Find out what the patient knows about foods with additional carbohydrates and lean protein foods. Give some suggestions.
 - Emphasise the need to avoid fatty meat and fried foods in order to prevent high blood cholesterol.
 - Discuss other ways for the patient to gain weight safely.