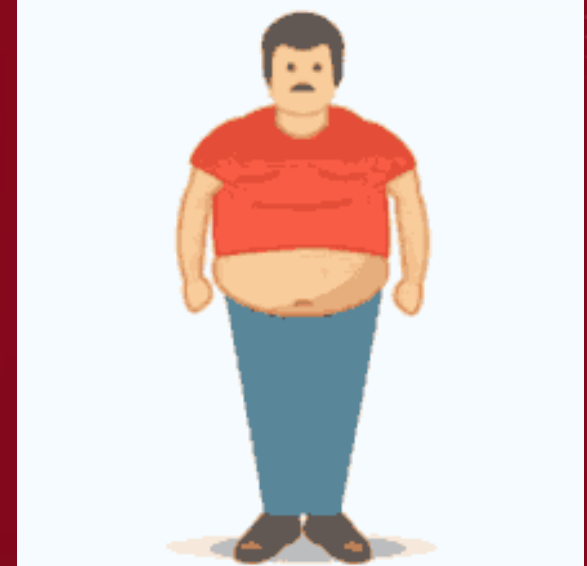


# Nutrition Counseling Case Presentation



Presented by Robson Hidalgo



Client Quote: "Get stronger and leaner;  
reduce belly fat"

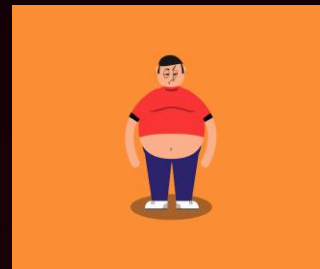
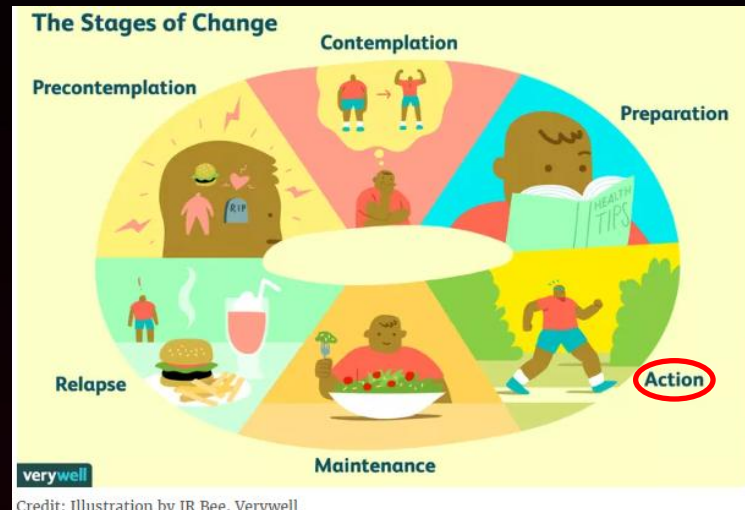
# Client Profile & Overview

- 45-year-old male client, gym 3x/week
- Goal: get stronger and leaner; reduce belly fat
- Stage of Change: **Action**
- Client rated readiness 5/5 — wants guidance
- BMI: 30.6 (Obese Class I)
- Family history: father blood pressure
- Lives alone, eats takeout for all meals, no shared meals due to two-job schedule

## - Nutrition Diagnosis (PES):

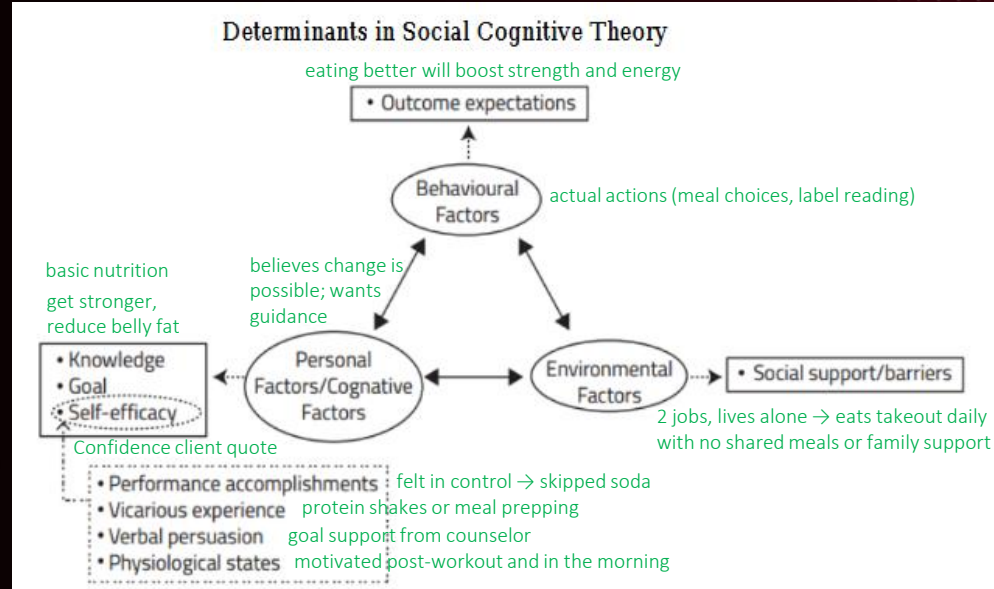
- Undesirable food choices related to limited time and reliance on fast food for convenience as evidenced by 24-hour recall showing daily takeout meals and client's goal to improve strength and reduce fat mass. (NB-1.7) (Behavior etiology – EY-1.10)

Client Quote: "I want to get stronger and leaner... I've gained weight, especially around the belly."



# Theory & SMART Goals progress

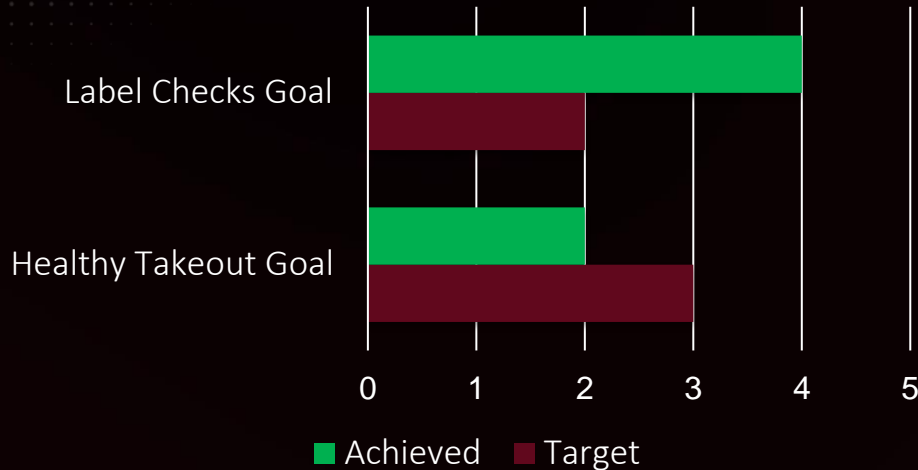
- Behavior Change Theory: Social Cognitive Theory (SCT)
  - Focused on self-efficacy and Environmental factors
- SMART Goals – Session 1:
  - Grilled/Baked/Veggie takeout – 3x/week
  - Check nutrition info/ingredients – 2x/week
- SMART Goals – Session 2 (Revised):
  - Grilled /Baked/Veggie takeout – 2x/week
  - Check nutrition info/ingredients – 3x/week
  - skip sugary drinks – 3x/week



Client Quote: "Seeing the sugar content in soda was eye-opening."

# Outcomes & Reflections

## Client Goal Progress



Client Quote: "I'm starting to feel more in control."

Skipped soda; more mindful after label reading

- Counselor growth:
  - Better pacing, more active listening
  - Learned to set SMART goals that reflect the client's lifestyle and barriers



***THANKS!***

DO YOU HAVE ANY QUESTIONS?

# References

Academy of Nutrition and Dietetics. (2023). *(eNCPT)*. (NB-1.7) (Behavior etiology – EY-1.10)

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Chin, J.H., & Mansori, S. (2018). *Social Marketing and Public Health: A Literature Review*.

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USDA. (2020). *Dietary Guidelines for Americans 2020–2025*. U.S. Department of Health and Human Services.