

MNT Behavioral Status Report

Rebecca A Williams

Rec # 1 555-11-010 202001 MNT Provider: Mary J Etwell RD, LD

5 /7 /02

MNT Intervention

Diabetes (Type 2)

Objectives	Activities	Comments
Eats meals and snacks at appropriate times.	Discussed	Went very well
Abstains from the use of alcoholic beverages and tobacco.	Discussed	
Limits alcohol use to less than 2 drinks per day (men), 1 drink per day (woman).	Not discussed	
Chooses food and amounts as per given meal plan.	Reinforced	
Accurately uses information from food labels in meal planning.	Discussed	
Modifies recipes to lower total fat, saturated fat and sodium.	Not discussed	
Uses healthy cooking techniques.	Discussed	
Selects appropriately from a restaurant menu.	Not discussed	
Participates in aerobic activity as per exercise recommendations.	Confirmed	Exercises regularly
Limits alcohol use to less than 2 drinks per day (men), 1 drink per day (woman).	Confirmed	Doesn't drink OH.
Manages signs and symptoms of hypoglycemia.	Confirmed	
Overall comprehension		
Overall receptivity		
Overall adherence potential		
Eats meals and snacks at appropriate times.	Not discussed	