

Adequate calcium/dairy Q# 6	Patient consuming less than two servings/day dairy products (age 18-50) or three servings (age 14-18 or 51+)	<ul style="list-style-type: none"> • Inquire into reasons for low intake including lactose intolerance • If patient unable to consume dairy, suggest lactose-reduced/free dairy products, non-dairy high calcium foods (fortified soy milk, fortified rice milk) or consider supplementation. 	<ul style="list-style-type: none"> • Dairy products are a good source of calcium and vitamin D • Adequate calcium and vitamin D intakes are important in the prevention and treatment of osteoporosis • High calcium intakes may help to prevent colon cancer • Adequate calcium intakes are an important component of the treatment of hypertension, especially in salt-sensitive individuals
High fat, saturated fat choices/prep for dairy and meats Q# 7-14	Patients consuming higher fat/saturated fat diets including: <ul style="list-style-type: none"> • Higher fat dairy products • Higher fat cuts of meat • Large amounts of meat • Fried foods 	<ul style="list-style-type: none"> • Inquire into reasons for higher fat choices • Counsel and refer appropriately <ul style="list-style-type: none"> • Lower fat dairy products • Leaner cuts of meat • Fish and skinless poultry instead of meat • Increase intake of vegetarian protein sources (legumes, tofu, soy products, etc) • Limit meat portion sizes • Choose baked, broiled, etc. instead of fried foods 	<ul style="list-style-type: none"> • Fat contains 9 calories/gram, as opposed to 4 calories/gram in protein and carbohydrates; high fat diets contribute to obesity • Diets high in saturated fats have been shown in observational studies to be associated with higher rates of some cancers, and cause hypercholesterolemia
High fat, saturated fat choices for sweets, snacks, spreads, food prep. Q# 15-20	Patients not making lower fat choices in desserts, snack foods, spreads, food preparation	Counsel appropriately <ul style="list-style-type: none"> • Choose lower fat sweets, frozen desserts and snacks • Choose lower fat spreads, dressings, condiments, etc. • Limit amount of spreads, dressings, fats used • Use non-stick sprays or cook foods without adding fat/oil 	See above
High sugar/calorie sweets and beverages Q# 21, 22	Individuals eating sugary sweets often and/or drinking large quantities of high sugar/calorie beverages	Counsel appropriately <ul style="list-style-type: none"> • Eat smaller quantities of sweets • Eat low sugar desserts, fruit, etc. • Choose diet, decaffeinated soft drinks • Drink more water instead 	<ul style="list-style-type: none"> • Sweets and sugary beverages are a major source of calories and contain “empty calories”, which replace more nutritious foods • Caffeine and phosphates in cola-type beverages can decrease Ca²⁺ absorption
Sodium Q# 23,24	Individuals with a family history of hypertension or patients with blood pressures above optimum range who often eat higher sodium foods	Counsel appropriately <ul style="list-style-type: none"> • Eat high sodium foods less often • Choose low sodium versions of processed foods • Use lemon and herbs instead of salt in cooking and at the table • Eat fruits, vegetables more often 	<ul style="list-style-type: none"> • A proportion of the population (esp. some ethnic groups) is salt sensitive and may develop high blood pressure if eat too much sodium. • Some patients with hypertension may benefit from reduced sodium intakes, esp. as part of an eating pattern high in potassium (from fruits and vegetables) and calcium (low-fat dairy products).

Consider referring patients with 5 or more check marks in the usually/often category to a dietitian.

Alcohol Q# 25	Women consuming > 1 drink per day, Men consuming > 2 drinks/day	<ul style="list-style-type: none"> • Consider further evaluation for alcoholism (i.e. CAGE) • Consider evaluation for binge drinking (i.e. a lot only on weekends) • Recognize potential for underreporting 	<ul style="list-style-type: none"> • Note relationship between alcohol and hypertension • Alcohol is a high calorie food containing few other nutrients. High alcohol intakes may displace more nutrient-dense foods from the diet • Pregnant women or women attempting to become pregnant should not consume any alcohol
Physical activity Q# 26,27	Sedentary adults	<ul style="list-style-type: none"> • Counsel to increase physical activity to recommended levels (30 or more minutes of moderate physical activity per day 3 or more times a week) See patient survey for examples). • Activity may be incorporated into usual activities: i.e.: walking up and down stairs, walking briskly to and from work, etc. • Counsel to decrease TV/video watching, hours on computer, etc 	<ul style="list-style-type: none"> • Increasing physical activity has been shown to have numerous benefits including improving serum lipid profiles, decreasing blood pressure, contributing to weight loss and maintenance of weight loss, improving bone density, and improving mood • Moderate physical activity may be as beneficial as more strenuous activity to health

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