

Case Study #1

Patricia

29 years old

Patricia is a housewife.

She is married and has two children.



Patricia is Hispanic and was originally born in Mexico.

She uses mostly pre-packaged and convenience foods.

She enjoys a large breakfast, a light lunch, and a large dinner with her family.

Foods Patricia Likes

Rice

Dairy products

Breakfast cereal

Spinach

Tortillas

Foods Patricia Does Not Like

Orange juice

Most vegetables

Chicken

Bread

Dried beans

Case Study #2

Anna

16 years old

Anna is in high school.

She is very active in sports and other school activities.



Anna usually skips breakfast, eats school lunch, and eats dinner at home with both of her parents.

Foods Anna Likes

Fast food

Salad

Desserts

Oatmeal

Bread and crackers

Foods Anna Does Not Like

Oranges

Fresh fruit drinks

Pasta

Rice

Dried beans

Case Study #3

Jennifer

22 years old

Jennifer is a single mother.

Jennifer's baby, Angela, has a mild case of spina bifida.



Jennifer lives with her parents because it is difficult and very expensive to care for Angela.

Jennifer has a part-time job, helps with the housework, and takes care of Angela.

Foods Jennifer Likes

Pizza

Hamburgers

French fries

Chicken

Pasta

Foods Jennifer Does Not Like

Orange juice

Many vegetables

Most fruits

Dried beans

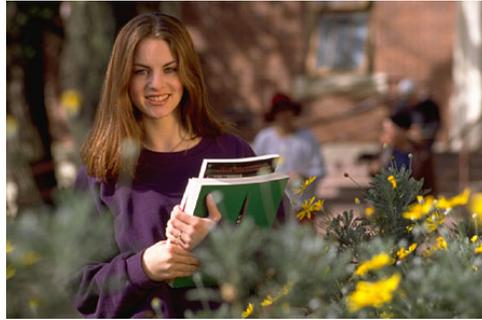
Red meat, chicken

Case Study #4

Diana

20 years old

Diana attends the State University.



She lives in an apartment with her friends.

She plans on going to law school.

Diana has a steady boyfriend. They are planning on getting married after Diana finishes law school.

Foods Diana Likes

Pasta

Rice

Chicken

Orange juice

Tortillas

Foods Diana Does Not Like

Lentils

Pork

Breakfast cereal

Strawberries

Broccoli

Case Study #5

Christina

30 years old

Christina is a school teacher.

She is very health conscious.

She enjoys cooking vegetarian meals.

She and her husband are planning to have children within the next couple of years.



Foods Christina Likes

Most vegetables

Potatoes

Fresh fruit

Rice

Dried beans and lentils

Foods Christina Does Not Like

Chicken

Beef and pork

Shellfish

Fast food

Chips

Case Study Question Sheet

1. Based on the food she likes, rate her intake of folic acid (low, medium, high) and why.

2. What suggestions could you make that would help her and her family improve their intake of folic acid?

Shopping strategy:

Meal planning:

3. What else could she do to increase her intake of folic acid?

4. What factors might hinder her success in changing her behavior?

5. What advice could you give that would help her and her family?

Case Study Question/Answer Sheet

The following questions can be answered in different ways. Below you will find the main concept that should be included in the answer.

1. Based on the food she likes, rate her intake of folic acid (low, medium, high) and why.

Answers will vary based on the foods liked. Remember that folic acid is the synthetic form of the vitamin. Foods that contain folic acid include fortified cold breakfast cereals and enriched grain foods (rice, breads, pasta, tortillas).

2. What suggestions could you make to this person that would help her and her family improve their intake of folic acid?

Shopping strategy:

Purchase foods that have been fortified with folic acid such as: fortified breakfast cereals, enriched rice, bread, rolls, pasta, etc. (Any answer that includes a product enriched with folic acid would be correct.) Also consume foods with the natural form of the vitamin, including citrus fruits and juices, dark green leafy vegetables, dried beans and peas, strawberries, peanuts, avocado, okra, and broccoli.

Meal planning:

There are many different things she could do such as: eat a bowl of fortified cereal (it meets 100% recommendation); and/or make sure that any cereal or grain products that she eats have the words “Enriched” on the food label. Eat folate-rich foods.

3. What else could she do to increase her intake of folic acid?

Take one multivitamin or folic acid supplement containing 400 micrograms folic acid every day.

4. What factors might hinder her success in changing her behavior?

Answers will vary depending on Case Study. They can include any of the following: compliance or behavior modification problems (not thinking or planning on becoming pregnant); family/income issues; inability to plan her meals; doesn't like to swallow pills, thinks she has a healthy diet so she doesn't need to take a multivitamin, etc.

5. What advice could you give that would help her and her family?

Public health recommendations say that all women of childbearing age should consume 400 micrograms folic acid daily to help decrease the risk of having a baby with a neural tube defect by 50 percent to 70 percent. (For Case Study #3—women who have had a neural tube defect affected pregnancy are recommended to consume 4,000 micrograms folic acid. This amount should only be consumed under a doctor's supervision.). Everyone needs folic acid on a daily basis for good health. Also, folic acid may help reduce the risk of certain chronic diseases, including heart disease, certain cancers, and age-related cognitive diseases such as Alzheimer's and dementia.