

**CASE STUDY 1 – Patient with Obesity and Binge Eating Disorder**

**Description:** Watch the videoclip entitled “Assessment of nutritional status in patient with obesity and binge eating disorder” at: <https://www.youtube.com/watch?v=Sbzga08k8kY> it presents all steps of an assessment of the nutritional status and answer the questions below:



1. According to Maria’s anthropometric assessment:

a) Calculate and classify the value of BMI

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b) What are the metabolic associated risks?

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2. Identify what aspects of the patient’s biochemical assessment were pointed in the videoclip? What are the major concerns about these results.

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**3. What are the signs and symptoms described by the patient?**

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**4. What method was used to carry out the dietary assessment? Give a positive and a negative aspect of this method.**

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**5. If this video was performed in your country would the patient's food intake complying with your national food-based guidelines? Which foods/food groups are outside the recommended range?**

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