

**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 disorders” at: <https://www.youtube.com/watch?v=Sbzga08k8kY> and answer the questions below.



**1. Identify at least 3 PES (Problem, Etiology and Signs/symptoms)**

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**2. According to the patient’s 24-hour food recall, enter it in an application and indicate the patient’s total caloric intake. Compare current intake with the ideal.**

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**3. What foods could be removed from the diet to reduce consumption by 500 Kcal/day?**

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**4. Propose some nutritional recommendation to the patient (according to the proposed PES).**

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