



Maximizing the Benefits of Food and Activity

Case Study #3:

William was just diagnosed with Type 2 diabetes. At first, he was very upset, but now he is viewing it as a challenge. He wants to control his diabetes without drugs for the rest of his life if possible. He never paid much attention to what or when he eats. He has friends who are into sports, but he really doesn't want to compete on a team. He has a dog and walks it every night for about 30 minutes.

William is 5' 3" tall, weighs 170 pounds, and is 16 years old.

What nutrition recommendations do you have for William?

What physical activity recommendations do you have for William?

List your sources of information and your rationale in this chart.

Source of Information <ul style="list-style-type: none"> • Website, include the address and sponsoring organization or individual • Print Materials, include title and date of resource and author's name • Community Resource, include name of organization or individual and qualifications 	Rationale for Reliability

What could happen if he used unreliable information?