

THE FAT FILE

CASE 01 | CONFIDENTIAL STUDENT CASE

CLIENT

Michael O'Neill

AGE

52

ROLE

Bus driver

REASON FOR REFERRAL

Routine review after LDL cholesterol was reported above the recommended range

CLIENT STATEMENT

"I rarely add oil when I cook, so I do not think my diet contains much fat."

ONE DAY FOOD DIARY

TIME	FOOD AND DRINK
07:00	Sausage bap made with two pork sausages and butter; tea with whole milk
10:30	Large buttered scone
13:30	Steak pie, chips and peas
16:30	Imported chocolate wafer bar
19:30	Beef burger with cheese, oven chips and creamy coleslaw

ADDITIONAL EVIDENCE

Wafer label excerpt: wheat flour, sugar, cocoa, partially hydrogenated palm oil, milk powder and salt. Michael says he checks only the total calories on labels.

YOUR CLINICAL TASK

1. Find the hidden fat in Michael's meals, snacks and drinks.
2. Use his diary and wafer label to distinguish saturated fat from a possible trans-fat source.
3. Explain how high saturated fat and LDL cholesterol relate to heart health.
4. Recommend three realistic food swaps and justify each.
5. Correct Michael's claim about not adding cooking oil.

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CASE 02 | CONFIDENTIAL STUDENT CASE

CLIENT	AGE	ROLE
Aisha Khan	19	Vegetarian student
REASON FOR REFERRAL		
Wants to check whether her diet supplies essential fatty acids		

CLIENT STATEMENT

"I avoid nuts, seeds and oily foods because all fat causes weight gain."

ONE DAY FOOD DIARY

TIME	FOOD AND DRINK
08:00	Wholegrain cereal with skimmed milk and a banana
11:00	Apple
13:00	Pitta bread with hummus and salad
16:00	Fat-free yoghurt
19:00	Vegetable stir-fry cooked in sunflower oil with rice; two rice cakes later

FOOD LABEL EXCERPT

Hummus ingredients: chickpeas, tahini (sesame), sunflower oil, lemon juice and garlic. No fish is eaten. The diary contains no obvious linseed, chia, walnut or rapeseed-oil source.

YOUR CLINICAL TASK

1. Identify the fat sources in Aisha's hummus and evening meal.
2. Use the label to explain which omega-6 sources she eats and which omega-3 sources are missing.
3. Explain why the body needs essential fatty acids from food.
4. Suggest three vegetarian additions or swaps that improve omega-3 intake.
5. Correct Aisha's claim that all fat causes weight gain.

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CASE 03 | CONFIDENTIAL STUDENT CASE

CLIENT	AGE	ROLE
Claire Donnelly	44	Salon owner
REASON FOR REFERRAL		
Wants to support heart health and address gradual weight gain		

CLIENT STATEMENT

“Everything I use is natural and plant-based, so all of the fat must be healthy.”

ONE DAY FOOD DIARY

TIME	FOOD AND DRINK
07:30	Granola with coconut flakes and full-fat coconut yoghurt
10:30	Large handful of almonds
13:00	Avocado toast with a generous olive-oil dressing
16:30	Coconut and date energy ball
20:00	Vegetable curry made with canned coconut milk and brown rice

CLIENT NOTES

Claire free-pours oil rather than measuring it and may use three tablespoons in one salad. She changed from rapeseed oil to coconut oil after seeing it described online as a ‘superfood’.

YOUR CLINICAL TASK

1. Compare the fats in olive oil, almonds and avocado with those in coconut products.
2. Explain why “plant-based” does not mean low in saturated fat.
3. Use Claire’s portions to explain how fat’s energy density may affect her goal.
4. Suggest three realistic changes while keeping useful unsaturated fats.
5. Correct her claim that all natural plant fats are equally healthy.

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CASE 04 | CONFIDENTIAL STUDENT CASE

CLIENT	AGE	ROLE
Ben Hughes	17	School rugby player
REASON FOR REFERRAL		
Very low-fat eating pattern adopted after following fitness accounts online		

CLIENT STATEMENT

"Fat slows me down. I choose the lowest-fat option at every meal."

ONE DAY FOOD DIARY

TIME	FOOD AND DRINK
07:00	Porridge made with water and berries
10:30	Banana
13:00	Dry turkey and salad sandwich; no spread or dressing
16:00	Fat-free yoghurt before training
19:30	Skinless chicken breast, plain rice and steamed vegetables; rice cakes later

CLIENT NOTES

Ben removes visible fat, avoids nuts, seeds, avocado, oils and oily fish, and chooses only fat-free products. He reports feeling hungry soon after meals and tired during some evening training sessions.

YOUR CLINICAL TASK

1. Use the diary and notes to show how Ben is restricting fat.
2. Identify fat sources missing from his diet, including omega-3 and other unsaturated fats.
3. Explain two ways this pattern could affect a growing, training teenager.
4. Suggest three realistic additions to meals or snacks and explain their value.
5. Correct Ben's claim that eating fat will slow his performance.