

NUTRITION ASSESSMENT

DIET HISTORY

What do they usually eat?

↳ Food ↳ fluids ↳ supplements

How much? How frequent?

↳ portion size ↳ x per day

How many meals eaten out?

↳ fast food ↳ restaurants

What types of fluids do they drink?

↳ coffee ↳ water ↳ sugary ↳ soda

What is their goal / prescribed diet?

↳ vegetarian ↳ heart healthy ↳ low fat

Do they have any food allergies?

↳ peanuts ↳ dairy ↳ shellfish

DETERMINING NUTRITIONAL STATUS

Signs of malnutrition

- dry, brittle hair
- poor wound healing
- ↳ subcutaneous + fat tissue
- irregular HR or BP
- enlarged spleen / liver
- general fatigue + weakness
- muscle wasting

RISK FACTORS

ANTHROPOMETRIC TOOLS

WEIGHT

- weight same the entire day in similar clothing
- daily fluctuations are usually due to water changes
- $\% \text{ change in weight} = \left[\frac{\text{usual} - \text{present weight}}{\text{usual weight}} \right] \times 100$
- 2% change in weight / week → significant
- 5% change in weight / 3 mos → significant

HEIGHT

- measure on flat vertical surface
- remove shoes + hats
- Stand straight + look forward
- Recumbent height → infants / young children
↳ have them lie flat on firm surface

BODY MASS INDEX

$$BMI = \text{weight (kg)} / \text{height (m)}^2$$

Healthy = 18.5 - 24.9

Overweight = 25 - 29.9

Obese = ≥ 30

Clinical Lab Values

Contemporary Nutrition Study Guide

**Food and Nutrition Information Center
(U.S.)**



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 Current Catalog National Library of Medicine (U.S.), 1979 First multi year cumulation covers six years 1965 70 **Diet Analysis** Gordon M. Wardlaw, Paul M. Insel, 1992 Subject Guide to Books in Print, 1993 *Contemporary Nutrition Support Practice* Laura E. Matarese, Michele M. Gottschlich, 2003 This comprehensive reference covers the principles and practices of nutrition support with an emphasis on safety efficacy and science based medicine Chapters throughout this new edition have been updated to include the most timely information and an enhanced organization and new internal design highlight key content Designed for the nutrition support dietitian this practical guide addresses the collaborative efforts of other members of the nutrition support team as well Up to date and comprehensive clinical information is supported by extensive references from scientific literature Nutrition support is covered throughout the lifecycle in specific system

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