

# 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 =  $\geq 30$

## Clinical Lab Values

# Nutrition Study Guide

**Yi-Tong Ma**



## **Nutrition Study Guide:**

This book delves into Nutrition Study Guide. Nutrition Study Guide is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nutrition Study Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Nutrition Study Guide
  - Chapter 2: Essential Elements of Nutrition Study Guide
  - Chapter 3: Nutrition Study Guide in Everyday Life
  - Chapter 4: Nutrition Study Guide in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Nutrition Study Guide. This chapter will explore what Nutrition Study Guide is, why Nutrition Study Guide is vital, and how to effectively learn about Nutrition Study Guide.
3. In chapter 2, this book will delve into the foundational concepts of Nutrition Study Guide. The second chapter will elucidate the essential principles that must be understood to grasp Nutrition Study Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Nutrition Study Guide in daily life. The third chapter will showcase real-world examples of how Nutrition Study Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Nutrition Study Guide in specific contexts. The fourth chapter will explore how Nutrition Study Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Nutrition Study Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Nutrition Study Guide.

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### **Nutrition Study Guide Introduction**

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