

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

ANTHROMETRIC 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

Personal Nutrition Study Guide

M Tight



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