

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

Do they have any food allergies?
↳ peanuts + dairy + shellfish

DETERMINING NUTRITION 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 time on day in similar clothing
- daily fluctuations are usually diff water changes
- % change = $\frac{\text{present weight} - \text{usual weight}}{\text{usual weight}} \times 100$
- ↓/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

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

Healthy = 18.5 - 24.9

Overweight = 25 - 29.9

Obese = ≥ 30

Clinical Lab Values

Contemporary Nutrition Study Guide

Gordon M. Wardlaw, Paul M. Insel

Contemporary Nutrition Study Guide:

Contemporary Nutrition Study Guide Gordon M. Wardlaw,1996-12 **A Study Guide in Contemporary Nutrition**
Nancy Gordon Harris,2018-08-31 **Student Study Guide to Accompany Contemporary Nutrition, Issues and Insights, Fifth Edition, Gordon M. Wardlaw ...** Gordon M. Wardlaw,2004 *Contemporary Nutrition* Gordon M. Wardlaw,1992 Student Study Guide to Accompany Contemporary Nutrition Gordon M. Wardlaw,1994 Student Study Guide to Accompany Contemporary Nutrition, Issues and Insights, Third Edition Gordon M. Wardlaw,1997 *Catalog* Food and Nutrition Information Center (U.S.),1974 Study Guide to Accompany Contemporary Nutrition 2 Gordon M. Wardlaw,1993-11-01 **Studyguide for Contemporary Nutrition - Updated Edition by Wardlaw** Cram101 Textbook Reviews,2013-05 Never HIGHLIGHT a Book Again Includes all testable terms concepts persons places and events Cram101 Just the FACTS101 studyguides gives all of the outlines highlights and quizzes for your textbook with optional online comprehensive practice tests Only Cram101 is Textbook Specific Accompanies 9780872893795 This item is printed on demand *Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information and Educational Materials Center (U.S.), Studyguide for Contemporary Nutrition by Wardlaw, Gordon Cram101 Textbook Reviews,2013-05 Never HIGHLIGHT a Book Again Includes all testable terms concepts persons places and events Cram101 Just the FACTS101 studyguides gives all of the outlines highlights and quizzes for your textbook with optional online comprehensive practice tests Only Cram101 is Textbook Specific Accompanies 9780872893795 This item is printed on demand Diet Analysis Gordon M. Wardlaw,Paul M. Insel,1992 **Current Catalog** National Library of Medicine (U.S.),1979 First multi year cumulation covers six years 1965-70 **Practical Activities to Understanding Contemporary Nutrition** Dorothy Coltrin,2002-07 Practical Activities to Understanding Contemporary Nutrition is a text that can be used in conjunction with another textbook on Nutrition or may also be used as a stand alone text for Nutrition courses The text explains the two major goals of nutrition being 1 meet your needs for essential nutrients and 2 reduce your risk for chronic disease On each page of the workbook the students will be doing one or more of the following activities observing recalling calculating or evaluating The idea behind this text is to provide students with nutritional information that will be applicable for the rest of their lives **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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