Nutrition Assessment and Monitoring and Evaluation Terminology

This is a combined list of Nutrition Assessment and Monitoring and Evaluation terms. Indicators that are shaded are used ONLY for nutrition assessment. The rest of the indicators are used for assessment and monitoring and evaluation. Each term has an Academy unique identifier, a five-digit number (e.g., 99999) following the alpha-numeric IDNT code. Neither should be visible in nutrition documentation. The Academy unique identifier is for data tracking purposes in electronic health records.

**FOOD/NUTRITION-RELATED HISTORY (FH)**

**Food and nutrient intake, food and nutrient administration, medication and complementary/alternative medicine use, knowledge/attitudes, behavior, food and supply availability, physical activity and function, nutrition-related patient/client-centered measures.**

**Food and Nutrient Intake (1)**

Composition and adequacy of food and nutrient intake, meal and snack patterns, current and previous diets and/or food modifications, and eating environment.

**Energy Intake (1.1)**

Total energy intake from all sources including food, beverages, breastmilk/formula, supplements, and via enteral and parenteral routes.

- **Energy intake (1.1.1)**
  - Total energy intake

**Food and Beverage Intake (1.2)**

Type, amount, and pattern of intake of foods and food groups, indices of diet quality, intake of fluids, breastmilk and infant formula

- **Fluid/beverage intake (1.2.1)**
  - Oral fluids
  - Food-derived fluids
  - Liquid meal replacement or supplement

- **Food intake (1.2.2)**
  - Amount of food
  - Types of food/meals
  - Meal/snack pattern
  - Diet quality index
  - Food variety

**Breastmilk/infant formula intake (1.2.3)**

- Breastmilk intake
- Infant formula intake

**Enteral and Parenteral Nutrition Intake (1.3)**

Specialized nutrition support intake from all sources, e.g., enteral and parenteral routes.

- **Enteral nutrition intake (1.3.1)**
  - Formula/solution
  - Feeding tube flush

- **Parenteral nutrition intake (1.3.2)**
  - Formula/solution
  - IV fluids

**Bioactive Substance Intake (1.4)**

Alcohol, plant stanol and sterol esters, soy protein, psyllium and β-glucan, and caffeine intake from all sources, e.g., food, beverages, supplements, and via enteral and parenteral routes.

- **Alcohol intake (1.4.1)**
  - Drink size/volume
  - Frequency
  - Pattern of alcohol consumption

- **Bioactive substance intake (1.4.2)**
  - Plant stanol esters
  - Plant sterol esters
  - Soy protein
  - Psyllium
  - β-glucan
  - Food additives (specify)
  - Other (specify)

- **Caffeine intake (1.4.3)**
  - Total caffeine

**Vitamin intake (1.6.1)**

- A (1)
- C (2)
- D (3)
- E (4)
- K (5)
- Thiamin (6)
- Riboflavin (7)
- Niacin (8)
- Folate (9)
- B6 (10)
- B12 (11)
- Biotin (13)
- Pantothenic acid (12)
- Biotin (13)
- Multivitamin (14)

**Mineral/element intake (1.6.2)**

- Calcium (1)
- Chloride (2)
- Iron (3)
- Magnesium (4)
- Potassium (5)
- Phosphorus (6)
- Sodium (7)
- Zinc (8)
- Sulfate (9)
- Fluoride (10)
- Copper (11)
- Iodine (12)
- Selenium (13)
- Manganese (14)
- Chromium (15)
- Molybdenum (16)
- Boron (17)
- Cobalt (18)
- Multi-mineral (19)
- Multi-trace element (20)

**Fat and cholesterol intake (1.5.1), cont’d**

- Polyunsaturated fat
- Monounsaturated fat
- Omega-3 fatty acids
- Dietary cholesterol
- Essential fatty acids

**Protein intake (1.5.2)**

- Total protein
- High biological value protein
- Casein
- Whey
- Amino acids
- Essential amino acids

**Carbohydrate intake (1.5.3)**

- Total carbohydrate
- Sugar
- Starch
- Glycemic index
- Glycemic load
- Source of carbohydrate
- Insulin-to-carbohydrate ratio

**Fiber intake (1.5.4)**

- Total fiber
- Soluble fiber
- Insoluble fiber

**Micronutrient Intake (1.6)**

Vitamin and mineral intake from all sources, e.g., food, beverages, supplements, and via enteral and parenteral routes.

**Food and Nutrient Administration (2)**

Current and previous diets and/or food modifications, eating environment, and enteral and parenteral nutrition administration.

**Diet History (2.1)**

Description of food and drink regularly provided or consumed, past diets followed or prescribed and counseling received, and the eating environment.

**Diet order (2.1.1)**

- General, healthful diet
- Modified diet
- Enteral nutrition order
- Parenteral nutrition order

**Diet experience (2.1.2)**

- Previously prescribed diets
- Previous diet/nutrition education/counseling
- Self-selected diet/s followed
- Dieting attempts
- Food allergies
- Food intolerance

Nutrition Assessment and Monitoring and Evaluation Terminology, cont’d

Eating environment (2.1.3)
- Location FH-2.1.3.1 10123
- Atmosphere FH-2.1.3.2 10124
- Caregiver/companion FH-2.1.3.3 10125
- Appropriate breastfeeding accommodations/facility FH-2.1.3.4 10126
- Eats alone FH-2.1.3.5 10127

Enteral and parenteral nutrition administration (2.1.4)
- Enteral access FH-2.1.4.1 10129
- Parenteral access FH-2.1.4.2 10130
- Body position, EN FH-2.1.4.3 10804

Medication and Complementary/Alternative Medicine Use (3)
Prescription and over-the-counter medications, including herbal preparations and complementary/alternative medicine products used.

Medications (3.1)
- Prescription medication use FH-3.1.1 10820
- OTC medication use FH-3.1.2 10134
- Misuse of medication FH-3.1.3 10135

Complementary/Alternative Medicine (3.2)
- Nutrition-related complementary/alternative medicine use FH-3.2.1 10137

Knowledge/Beliefs/Attitudes (4)
Understanding of nutrition-related concepts and conviction of the truth and feelings/emotions toward some nutrition-related statement or phenomenon, along with readiness to change nutrition-related behaviors.

Food and nutrition knowledge/skill (4.1)
- Area(s) and level of knowledge/skill FH-4.1.1 10848
- Diagnosis specific or global nutrition-related knowledge score FH-4.1.2 10143

Beliefs and attitudes (4.2)
- Conflict with personal/family value system FH-4.2.1 10145
- Distorted body image FH-4.2.2 10146
- End-of-life decisions FH-4.2.3 10147
- Motivation FH-4.2.4 10148
- Preoccupation with food/nutrients FH-4.2.5 10149
- Preoccupation with weight FH-4.2.6 10150
- Readiness to change nutrition-related behaviors FH-4.2.7 10151
- Self-efficacy FH-4.2.8 10152
- Self-talk/cognitions FH-4.2.9 10153
- Unrealistic nutrition-related goals FH-4.2.10 10154
- Unscientific beliefs/attitudes FH-4.2.11 10155
- Food preferences FH-4.2.12 10156
- Emotions FH-4.2.13 10157

Behavior (5)
Patient/client activities and actions, which influence achievement of nutrition-related goals.

Adherence (5.1)
- Self-reported adherence score FH-5.1.1 10160
- Nutrition visit attendance FH-5.1.2 10161
- Ability to recall nutrition goals FH-5.1.3 10162
- Self-monitoring at agreed upon rate FH-5.1.4 10163
- Self-management as agreed upon FH-5.1.5 10164

Avoidance behavior (5.2)
- Avoidance FH-5.2.1 10166
- Restrictive eating FH-5.2.2 10167
- Cause of avoidance behavior FH-5.2.3 10168

Bingeing and purging behavior (5.3)
- Binge eating behavior FH-5.3.1 10170
- Purging behavior FH-5.3.2 10171

Mealtine behavior (5.4)
- Meal duration FH-5.4.1 10173
- Percent of meal time spent eating FH-5.4.2 10174
- Preference to drink rather than eat FH-5.4.3 10175
- Refusal to eat/chew FH-5.4.4 10176
- Spitting food out FH-5.4.5 10177
- Rumination FH-5.4.6 10178
- Patient/client/caregiver fatigue during feeding process resulting in inadequate intake FH-5.4.7 10179

Mealtine behavior (5.4), cont’d
- Willingness to try new foods FH-5.4.8 10180
- Limited number of accepted foods FH-5.4.9 10181
- Rigid sensory preferences FH-5.4.10 10182

Social network (5.5)
- Ability to build and utilize social network FH-5.5.1 10184

Factors Affecting Access to Food and Food/Nutrition-Related Supplies (6)
Factors that affect intake and availability of a sufficient quantity of safe, healthful food as well as food/nutrition-related supplies.

Food/nutrition program participation (6.1)
- Eligibility for government programs FH-6.1.1 10187
- Participation in government programs FH-6.1.2 10188
- Eligibility for community programs FH-6.1.3 10189
- Participation in community programs FH-6.1.4 10190

Safe food/meal availability (6.2)
- Availability of shopping facilities FH-6.2.1 10192
- Procurement of safe food FH-6.2.2 10800
- Appropriate meal preparation facilities FH-6.2.3 10194
- Availability of safe food storage FH-6.2.4 10195
- Appropriate storage technique FH-6.2.5 10196
- Identification of safe food FH-6.2.6 10801

Safe water availability (6.3)
- Availability of potable water FH-6.3.1 10198
- Appropriate water decontamination FH-6.3.2 10199

Food and nutrition-related supplies availability (6.4)
- Access to food and nutrition-related supplies FH-6.4.1 10201
- Access to assistive eating devices FH-6.4.2 10202
- Access to assistive food preparation devices FH-6.4.3 10203

Physical Activity and Function (7)
Physical activity, cognitive and physical ability to engage in specific tasks, e.g., breastfeeding, self-feeding.

Breastfeeding (7.1)
- Initiation of breastfeeding FH-7.1.1 10206
- Duration of breastfeeding FH-7.1.2 10207
- Exclusive breastfeeding FH-7.1.3 10208
- Breastfeeding problems FH-7.1.4 10209

Nutrition-related ADLs and IADLs (7.2)
- Physical ability to complete tasks for meal preparation FH-7.2.1 10211
- Physical ability to self-feed FH-7.2.2 10212
- Ability to position self in relation to plate FH-7.2.3 10213
- Receives assistance with intake FH-7.2.4 10214
- Ability to use adaptive eating devices FH-7.2.5 10215
- Cognitive ability to complete tasks for meal preparation FH-7.2.6 10216

Physical activity (7.3)
- Physical activity history FH-7.3.1 10223
- Consistency FH-7.3.2 10224
- Frequency FH-7.3.3 10225
- Duration FH-7.3.4 10226
- Intensity FH-7.3.5 10227
- Type of physical activity FH-7.3.6 10228
- Strength FH-7.3.7 10229
- TV/screen time FH-7.3.8 10230
- Other sedentary activity time FH-7.3.9 10231
- Involuntary physical movement FH-7.3.10 10232
- NEAT FH-7.3.11 10233

### Nutrition Assessment and Monitoring and Evaluation Terminology, cont’d

#### Acid-base balance (1.1)
- Arterial pH
- Arterial bicarbonate
- Partial pressure of carbon dioxide in arterial blood, PaCO₂
- Partial pressure of oxygen in arterial blood, PaO₂
- Venous pH
- Venous bicarbonate

#### Electrolyte and renal profile (1.2)
- BUN
- Creatinine
- BUN/creatinine ratio
- Glomerular filtration rate
- Sodium
- Chloride
- Potassium
- Magnesium
- Calcium, serum
- Calcium, ionized
- Phosphorus
- Serum osmolality
- Parathyroid hormone

#### Essential fatty acid profile (1.3)
- Triene:Tetraene ratio

#### Gastrointestinal profile (1.4)
- Alkaline phosphatase
- Alanine aminotransferase, ALT
- Aspartate aminotransferase, AST
- Gamma glutamyl transferase, GGT
- Gastric residual volume
- Bilirubin, total
- Ammonia, serum
- Toxicology report, including alcohol
- Prothrombin time, PT
- Partial thromboplastin time, PTT
- INR (ratio)
- Fecal fat
- Amylase
- Lipase
- Other digestive enzymes (specify)
- D-xylose
- Hydrogen breath test
- Intestinal biopsy
- Stool culture

### Nutritional anemia profile (1.10)
- Hemoglobin
- Hematocrit
- Mean corpuscular volume
- Red blood cell folate
- Red cell distribution width
- MCV
- Serum ferritin
- Serum iron
- Transferrin saturation

### Protein profile (1.11)
- Albumin
- Prealbumin
- Transferrin
- Phenylalanine, plasma
- Tyrosine, plasma
- Amino acid, other, specify
- Antibody level, specify
- Carbohydrate-deficient transferrin

### Urine profile (1.12)
- Urine color
- Urine osmolality
- Urine specific gravity
- Urine test, specify
- Urine volume
| Vitamin profile (1.13) |  |
|------------------------|  |
| Vitamin A, serum or plasma retinol | BD-1.13.1 10351 |
| Vitamin C, plasma or serum | BD-1.13.2 10352 |
| Vitamin D, 25-hydroxy | BD-1.13.3 10353 |
| Vitamin E, plasma alpha-tocopherol | BD-1.13.4 10354 |
| Thiamin, activity coefficient for erythrocyte transketolase activity | BD-1.13.5 10355 |
| Riboflavin, activity coefficient for erythrocyte glutathione reductase activity | BD-1.13.6 10356 |
| Niacin, urinary N’-methyl-nicotinamide concentration | BD-1.13.7 10357 |
| Vitamin B6, plasma or serum pyridoxal 5’phosphate concentration | BD-1.13.8 10358 |
| Pantothenic acid, urinary pantothenate excretion, plasma | BD-1.13.9 10850 |
| Biotin, urinary 3-hydroxyisovaleric acid excretion or lymphocyte propionyl-CoA carboxylase in pregnancy, serum | BD-1.13.10 10851 |

**NUTRITION-FOCUSED PHYSICAL FINDINGS (PD)**
Findings from an evaluation of body systems, muscle and subcutaneous fat wasting, oral health, suck/swallow/breathe ability, appetite, and affect.

**Nutrition-focused physical findings (1.1)**
|  |
|------------------------|  |
| Overall appearance | PD-1.1.1 10362 |
| (specify) |  |
| Body language | PD-1.1.2 10363 |
| (specify) |  |
| Cardiovascular-pulmonary | PD-1.1.3 10364 |
| (specify) |  |
| Extremities, muscles and bones | PD-1.1.4 10365 |
| (specify) |  |
| Digestive system (mouth to rectum) | PD-1.1.5 10366 |
| (specify) |  |
| Head and eyes | PD-1.1.6 10367 |
| (specify) |  |
| Nerves and cognition | PD-1.1.7 10368 |
| (specify) |  |
| Skin | PD-1.1.8 10369 |
| (specify) |  |
| Vital signs | PD-1.1.9 10370 |
| (specify) |  |

**CLIENT HISTORY (CH)**
Current and past information related to personal, medical, family, and social history.

**Personal History (1)**
General patient/client information such as age, gender, race/ethnicity, language, education, and role in family.

**Personal data (1.1)**
|  |
|------------------------|  |
| Age | CH-1.1.1 10374 |
| Gender | CH-1.1.2 10375 |
| Race/Ethnicity | CH-1.1.3 10376 |
| Language | CH-1.1.4 10377 |
| Literacy factors | CH-1.1.5 10378 |
| Education | CH-1.1.6 10379 |
| Role in family | CH-1.1.7 10380 |
| Tobacco use | CH-1.1.8 10381 |
| Physical disability | CH-1.1.9 10382 |
| Mobility | CH-1.1.10 10383 |

**Patient/Client/Family Medical/Health History (2)**
Patient/client or family disease states, conditions, and illnesses that may have nutritional impact.

**Patient/Client OR family nutrition-oriented medical/health history (2.1), cont’d**
Specify issue(s) and whether it is patient/client history (P) or family history (F)
| Patient/client chief nutrition complaint | CH-2.1.1 10386 |
| Cardiovascular | CH-2.1.2 10387 |
| Endocrine/metabolism | CH-2.1.3 10388 |
| Excretory | CH-2.1.4 10389 |

**Patient/client OR family nutrition-oriented medical/health history (2.1), cont’d**
Specify issue(s) and whether it is patient/client history (P) or family history (F)

- Gastrointestinal (specify) P or F
- Gynecological (specify) P or F
- Hematologic/oncology (specify) P or F
- Immune (e.g., food allergies) (specify) P or F
- Integumentary (specify) P or F
- Musculoskeletal (specify) P or F
- Neurological (specify) P or F
- Psychological (specify) P or F
- Respiratory (specify) P or F
- Other (specify) P or F

**Treatments/therapy (2.2)**
Documented medical or surgical treatments that may impact nutritional status of the patient
|  |
|------------------------|  |
| Medical treatment/therapy | CH-2.2.1 10401 |
| (specify) |  |
| Surgical treatment | CH-2.2.2 10402 |
| (specify) |  |
| Palliative/end-of-life care | CH-2.2.3 10404 |
| (specify) |  |

**Social History (3)**
Patient/client socioeconomic status, housing situation, medical care support and involvement in social groups.

**Social history (3.1)**
|  |
|------------------------|  |
| Socioeconomic factors | CH-3.1.1 10407 |
| (specify) |  |
| Living/housing situation | CH-3.1.2 10408 |
| (specify) |  |
| Domestic issues | CH-3.1.3 10409 |
| (specify) |  |
| Social and medical support | CH-3.1.4 10410 |
| (specify) |  |
| Geographic location of home | CH-3.1.5 10411 |
| (specify) |  |
| Occupation | CH-3.1.6 10412 |
| (specify) |  |
| Religion | CH-3.1.7 10413 |
| (specify) |  |
| History of recent crisis | CH-3.1.8 10414 |
| (specify) |  |
| Daily stress level | CH-3.1.9 10415 |

**COMPARATIVE STANDARDS (CS)**

**Energy Needs (1)**
|  |
|------------------------|  |
| Estimated energy needs (1.1) |  |
| Total energy estimated needs | CS-1.1.1 10419 |
| Method for estimating needs | CS-1.1.2 10420 |

**Macronutrient Needs (2)**
|  |
|------------------------|  |
| Estimated fat needs (2.1) |  |
| Total fat estimated needs | CS-2.1.1 10423 |
| Type of fat needed | CS-2.1.2 10424 |
| Method for estimating needs | CS-2.1.3 10425 |

|  |
|------------------------|  |
| Estimated protein needs (2.2) |  |
| Total protein estimated needs | CS-2.2.1 10427 |
| Type of protein needed | CS-2.2.2 10428 |
| Method for estimating needs | CS-2.2.3 10429 |

### Estimated Carbohydrate Needs (2.3)
- Total carbohydrate estimated needs
- Type of carbohydrate needed
- Method for estimating needs

### Estimated Fiber Needs (2.4)
- Total fiber estimated needs
- Type of fiber needed
- Method for estimating needs

### Fluid Needs (3)
- Total fluid estimated needs
- Method for estimating needs

### Micronutrient Needs (4)
- Estimated vitamin needs (4.1)
  - A (1) 10444
  - C (2) 10445
  - D (3) 10446
  - E (4) 10447
  - K (5) 10448
  - Thiamin (6) 10449
  - Riboflavin (7) 10450
  - Niacin (8) 10451
  - Folate (9) 10452
  - B6 (10) 10453
  - B12 (11) 10454
  - B12 (13) 10456
  - Method for estimating needs (14)

### Estimated Mineral Needs (4.2)
- Calcium (1) 10460
- Chloride (2) 10461
- Iodine (12) 10473
- Iron (3) 10462
- Selenium (13) 10474
- Magnesium (4) 10463
- Manganese (14) 10475
- Potassium (5) 10464
- Chromium (15) 10476
- Phosphorus (6) 10465
- Molybdenum (16) 10477
- Sodium (7) 10466
- Boron (17) 10478
- Zinc (8) 10467
- Cobalt (18) 10479
- Sulfate (9) 10469
- Method for estimating needs (19)
- Fluoride (10) 10470

### Weight and Growth Recommendation (5)
- Recommended body weight/body mass index/growth (5.1)
  - Ideal/reference body weight (IBW) CS-5.1.1 10483
  - Recommended body mass index (BMI) CS-5.1.2 10484
  - Desired growth pattern CS-5.1.3 10485