Nutrition Diagnostic Terminology

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 records.

INTAKE
Defined as “actual problems related to intake of energy, nutrients, fluids, bioactive substances through oral diet or nutrition support”

Energy Balance (1)
Defined as “actual or estimated changes in energy (calories/kcal/kg) balance”
- Increased energy expenditure NI-1.1 10633
- Inadequate energy intake NI-1.2 10634
- Excessive energy intake NI-1.3 10635
- Predicted suboptimal energy intake NI-1.4 10636
- Predicted excessive energy intake NI-1.5 10637

Oral or Nutrition Support Intake (2)
Defined as “actual or observed intake of bioactive substances, including single or multiple functional food components, ingredients, dietary supplements, alcohol”

- Inadequate oral intake NI-2.1 10639
- Excessive oral intake NI-2.2 10640
- Inadequate enteral nutrition infusion NI-2.3 10641
- Excessive enteral nutrition infusion NI-2.4 10642
- Less than optimal enteral nutrition composition or modality NI-2.5 10852
- Inadequate parenteral nutrition infusion NI-2.6 10644
- Excessive parenteral nutrition infusion NI-2.7 10645
- Less than optimal parenteral nutrition composition or modality NI-2.8 10853
- Limited food acceptance NI-2.9 10647

Fluid Intake (3)
Defined as “actual or estimated fluid intake compared with patient goal”
- Inadequate fluid intake NI-3.1 10649
- Excessive fluid intake NI-3.2 10650

Bioactive Substances (4)
Defined as “actual or observed intake of bioactive substances, including single or multiple functional food components, ingredients, dietary supplements, alcohol”

- Suboptimal bioactive substance intake (specify) NI-4.1 10859
- Excessive bioactive substance intake (specify) NI-4.2 10653
- Inadequate alcohol intake NI-4.3 10654

Nutrient (5)
Defined as “actual or estimated intake of specific nutrient groups or single nutrients as compared with desired levels”
- Increased nutrient needs (specify) NI-5.1 10656
- Malnutrition NI-5.2 10657
- Inadequate protein-energy intake NI-5.3 10658
- Decreased nutrient needs (specify) NI-5.4 10659
- Imbalance of nutrients NI-5.5 10660

Fat and Cholesterol (5.6)
- Inadequate fat intake NI-5.6.1 10662
- Excessive fat intake NI-5.6.2 10663
- Less than optimal intake of types of fats (specify) NI-5.6.3 10854

Protein (5.7)
- Inadequate protein intake NI-5.7.1 10666
- Excessive protein intake NI-5.7.2 10667
- Less than optimal intake of types of proteins or amino acids (specify) NI-5.7.3 10855

Carbohydrate and Fiber (5.8)
- Inadequate carbohydrate intake NI-5.8.1 10670
- Excessive carbohydrate intake NI-5.8.2 10671
- Less than optimal intake of types of carbohydrate (specify) NI-5.8.3 10856
- Inconsistent carbohydrate intake NI-5.8.4 10673
- Inadequate fiber intake NI-5.8.5 10675
- Excessive fiber intake NI-5.8.6 10676

Vitamin (5.9)
- Inadequate vitamin intake (specify) NI-5.9.1
  - A (1) 10679
  - C (2) 10680
  - D (3) 10681
  - E (4) 10682
  - K (5) 10683
  - Thiamin (6) 10684
  - Riboflavin (7) 10685
- Excessive vitamin intake (specify) NI-5.9.2
  - A (1) 10694
  - C (2) 10695
  - D (3) 10696
  - E (4) 10697
  - K (5) 10698
  - Thiamin (6) 10699
  - Riboflavin (7) 10700

Mineral (5.10)
- Inadequate mineral intake (specify) NI-5.10.1
  - Calcium (1) 10710
  - Chloride (2) 10711
  - Iron (3) 10712
  - Magnesium (4) 10713
  - Phosphorus (5) 10714
  - Potassium (7) 10716
  - Zinc (8) 10717
  - Sulfate (9) 10718
- Excessive mineral intake (specify) NI-5.10.2
  - Calcium (1) 10730
  - Chloride (2) 10731
  - Iron (3) 10732
  - Magnesium (4) 10733
  - Phosphorus (5) 10735
  - Sodium (7) 10736
  - Zinc (8) 10737
  - Sulfate (9) 10738

Multi-nutrient (5.11)
- Predicted suboptimal nutrient intake (specify) NI-5.11.1 10750
- Predicted excessive nutrient intake (specify) NI-5.11.2 10751

CLINICAL NC
Defined as “nutritional findings/problems identified that relate to medical or physical conditions”

Functional (1)
Defined as “change in physical or mechanical functioning that interferes with or prevents desired nutritional consequences”
- Swallowing difficulty NC-1.1 10754
- Biting/Chewing (masticatory) difficulty NC-1.2 10755
- Breastfeeding difficulty NC-1.3 10756
- Altered GI function NC-1.4 10757

Biochemical (2)
Defined as “change in capacity to metabolize nutrients as a result of medications, surgery, or as indicated by altered lab values”
- Impaired nutrient utilization NC-2.1 10759
- Altered nutrition-related laboratory values (specify) NC-2.2 10760
- Food–medication interaction (specify) NC-2.3 10761
- Predicted food–medication interaction (specify) NC-2.4 10762

### Nutrition Diagnostic Terminology

#### Weight (3)
*Defined as “chronic weight or changed weight status when compared with usual or desired body weight”*
- Underweight	NC-3.1 10764
- Unintended weight loss	NC-3.2 10765
- Overweight/obesity	NC-3.3 10766
  - Overweight, adult or pediatric (1)	10767
  - Obese, pediatric (2)	10768
  - Obese, Class I (3)	10769
  - Obese, Class II (4)	10818
  - Obese, Class III (5)	10819
- Unintended weight gain	NC-3.4 10770
- Suboptimal growth rate	NC-3.5 10802
- Excessive growth rate	NC-3.6 10803

#### BEHAVIORAL-ENVIRONMENTAL NB
*Defined as “nutritional findings/problems identified that relate to knowledge, attitudes/beliefs, physical environment, access to food, or food safety”*
**Knowledge and Beliefs (1)**
*Defined as “actual knowledge and beliefs as related, observed, or documented”*
- Food- and nutrition-related knowledge deficit	NB-1.1 10773
- Unsupported beliefs/attitudes about food- or nutrition-related topics (use with caution)	NB-1.2 10857
- Not ready for diet/lifestyle change	NB-1.3 10775
- Self-monitoring deficit	NB-1.4 10776
- Disordered eating pattern	NB-1.5 10777
- Limited adherence to nutrition-related recommendations	NB-1.6 10778
- Undesirable food choices	NB-1.7 10779

#### Physical Activity and Function (2)
*Defined as “actual physical activity, self-care, and quality-of-life problems as reported, observed, or documented”*
- Physical inactivity	NB-2.1 10782
- Excessive physical activity	NB-2.2 10783
- Inability to manage self-care	NB-2.3 10780
- Impaired ability to prepare foods/meals	NB-2.4 10785
- Poor nutrition quality of life	NB-2.5 10786
- Self-feeding difficulty	NB-2.6 10787

#### Food Safety and Access (3)
*Defined as “actual problems with food safety or access to food, water, or nutrition-related supplies”*
- Intake of unsafe food	NB-3.1 10789
- Limited access to food or water	NB-3.2 10790
- Limited access to nutrition-related supplies	NB-3.3 10791

#### OTHER NO
*Defined as “nutrition findings that are not classified as intake, clinical or behavioral-environmental problems.”*
**Other (1)**
- No nutrition diagnosis at this time	NO-1.1 10795