**Nutrition Intervention 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.

### Nutrition Prescription

The patient/client’s individualized recommended dietary intake of energy and/or selected foods or nutrients based on current reference standards and dietary guidelines and the patient/client’s health condition and nutrition diagnosis (specify).

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<th>Nutrition Intervention Terminology</th>
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#### FOOD AND/OR NUTRIENT DELIVERY

**Individualized approach for food/nutrient provision.**

### Meals and Snacks (1)

- **Regular eating episode (meal): food served between regular meals (snack).**
- **General/healthful diet** ND-1.1 10489
- **Composition of meals/snacks** ND-1.2
- **Texture-modified diet** ND-1.3 10829
- **Energy-modified diet** ND-1.4 10830
- **Protein-modified diet** ND-1.5 10831
- **Carbohydrate-modified diet** ND-1.6 10832
- **Fat-modified diet** ND-1.7 10833
- **Fiber-modified diet** ND-1.8 10834
- **Fluid-modified diet** ND-1.9 10835
- **Volume** ND-1.10 10836
- **Rate** ND-1.11 10837
- **Concentration** ND-1.12 10838
- **Schedule of food/fluids** ND-1.13 10815
- **Specific foods/beverages or groups** ND-1.14 10492
- **Other** (specify) ND-1.15 10493

### Enteral and Parenteral Nutrition (2)

**Nutrition provided through the GI tract via tube, catheter, or stoma (enteral) or intravenously (centrally or peripherally) (parenteral).**

#### Enteral Nutrition (2.1)

- **Nutrition provided through the GI tract.**
- **Composition** ND-2.1.1 10503
- **Concentration** ND-2.1.2 10502
- **Rate** ND-2.1.3 10500
- **Volume** ND-2.1.4 10501
- **Schedule** ND-2.1.5 10504
- **Route** ND-2.1.6 10792
- **Insert enteral feeding tube** ND-2.1.7 10497
- **Site care** ND-2.1.8 10498
- **Feeding tube flush** ND-2.1.9 10499

#### Parenteral Nutrition/IV Fluids (2.2)

- **Nutrition and fluids provided intravenously.**
- **Composition** ND-2.2.1 10511
- **Concentration** ND-2.2.2 10510
- **Rate** ND-2.2.3 10509
- **Schedule** ND-2.2.4 10512
- **Route** ND-2.2.5 10793
- **Site care** ND-2.2.6 10507
- **IV fluids** ND-2.2.7 10508

### Supplements (3)

#### Medical Food Supplements (3.1)

*Commercial or prepared foods or beverages that supplement energy, protein, carbohydrate, fiber, fat intake.*

- **Commercial beverage** ND-3.1.1 10515
- **Commercial food** ND-3.1.2 10516
- **Modified beverage** ND-3.1.3 10517
- **Modified food** ND-3.1.4 10518
- **Purpose** (specify) ND-3.1.5 10519

#### Vitamin and Mineral Supplements (3.2)

- **Supplemental vitamins or minerals.**
- **Multivitamin/mineral** ND-3.2.1 10521
- **Multi-trace elements** ND-3.2.2 10522
- **Vitamin** ND-3.2.3
  - A (1) 10524
  - C (2) 10525
  - D (3) 10526
  - E (4) 10527
  - K (5) 10528
  - Thiamin (6) 10529
  - Riboflavin (7) 10530
- **Mineral** ND-3.2.4
  - Calcium (1) 10539
  - Chloride (2) 10540
  - Iron (3) 10541
  - Magnesium (4) 10542
  - Potassium (5) 10543
  - Phosphorus (6) 10544
  - Sodium (7) 10545
  - Zinc (8) 10546
  - Sulfate (9) 10547
  - Cobalt (10) 10548

### Bioactive Substance Management (3.3)

- **Addition or change in provision of bioactive substances.**
- **Plant sterol esters** ND-3.3.1 10559
- **Plant sterol esters** ND-3.3.2 10816
- **Soy protein** ND-3.3.3 10561
- **Psyllium** ND-3.3.4 10817
- **β-glucan** ND-3.3.5 10563
- **Food additives (specify)** ND-3.3.6 10564
- **Alcohol** ND-3.3.7 10565
- **Caffeine** ND-3.3.8 10566
- **Other (specify)** ND-3.3.9 10567

#### Feeding Assistance (4)

- **Accommodation or assistance in eating.**
- **Adaptive eating device** ND-4.1 10808
- **Feeding position** ND-4.2 10570
- **Meal set-up** ND-4.3 10571
- **Mouth care** ND-4.4 10572
- **Menu selection assistance** ND-4.5 10809
- **Other** (specify) ND-4.6 10573

#### Feeding Environment (5)

- **Adjustment of the factors where food is served that impact food consumption.**
- **Lighting** ND-5.1 10575
- **Odors** ND-5.2 10576
- **Distractions** ND-5.3 10577
- **Table height** ND-5.4 10578
- **Table service** ND-5.5 10849
- **Room temperature** ND-5.6 10580
- **Meal service** ND-5.7 10810
- **Meal location** ND-5.8 10811
- **Other** (specify) ND-5.9 10581

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Nutrition Intervention Terminology, cont’d

**Nutrition-Related Medication Management (6)**
Modification of a medication or complementary/alternative medicine to optimize patient/client nutritional or health status.
- Prescription mediations
- OTC medication
- Nutrition-related complementary/alternative medicine

**NUTRITION EDUCATION**
Formal process to instruct or train patients/clients in a skill or to impart knowledge to help patients/clients voluntarily manage or modify food, nutrition and physical activity choices and behavior to maintain or improve health.

**Nutrition Education–Content (1)**
Instruction or training intended to lead to nutrition-related knowledge.
- Purpose of the nutrition education
- Priority modifications
- Survival information
- Nutrition relationship to health/disease
- Recommended modifications
- Other or related topics
- Other

**Nutrition Education–Application (2)**
Instruction or training leading to nutrition-related result interpretation or skills.
- Result interpretation
- Skill development
- Other

**NUTRITION COUNSELING**
A supportive process, characterized by a collaborative counselor–patient/client relationship to establish food, nutrition and physical activity priorities, goals, and individualized action plans that acknowledge and foster responsibility for self-care to treat an existing condition and promote health.

**Theoretical Basis/Approach (1)**
The theories or models used to design and implement an intervention.
- Cognitive-Behavioral Theory
- Health Belief Model
- Social Learning Theory
- Transtheoretical Model/ Stages of Change
- Other

**Strategies (2)**
Selectively applied evidence-based methods or plans of action designed to achieve a particular goal.
- Motivational interviewing
- Goal setting
- Self-monitoring
- Problem solving
- Social support
- Stress management
- Stimulus control
- Cognitive restructuring
- Relapse prevention
- Rewards/contingency management
- Other (specify)

**COORDINATION OF NUTRITION CARE**
Consultation with, referral to, or coordination of nutrition care with other providers, institutions, or agencies that can assist in treating or managing nutrition-related problems.

**Collaboration and Referral of Nutrition Care (1)**
Facilitating services with other professionals, institutions, or agencies during nutrition care.
- Team meeting
- Referral to RD with different expertise
- Collaboration with other nutrition professionals
- Collaboration with other providers
- Referral to community agencies/programs

**Discharge and Transfer of Nutrition Care to New Setting or Provider (2)**
Discharge planning and transfer of nutrition care from one level or location of care to another.
- Discharge and transfer to other providers
- Discharge and transfer to community agencies/programs
- Discharge and transfer to another nutrition professional