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/beliefs/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, 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 FH-1.1.1.1 10005

**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

**Fluid/beverage intake (1.2.1)**
- Oral fluids FH-1.2.1.1 10008
- Food-derived fluids FH-1.2.1.2 10009
- Liquid meal replacement or supplement FH-1.2.1.3 10010

**Food intake (1.2.2)**
- Amount of food FH-1.2.2.1 10012
- Types of food/meals FH-1.2.2.2 10013
- Meal/snack pattern FH-1.2.2.3 10014
- Diet quality index FH-1.2.2.4 10015
- Food variety FH-1.2.2.5 10016

**Breastmilk/infant formula intake (1.2.3)**
- Breastmilk FH-1.2.3.1 10018
- Infant formula intake FH-1.2.3.2 10019

**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 FH-1.3.1.1 10022
- Feeding tube flush FH-1.3.1.2 10023

**Parenteral nutrition intake (1.3.2)**
- Formula/solution FH-1.3.2.1 10025
- IV fluids FH-1.3.2.2 10026

**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 FH-1.4.1.1 10029
- Frequency FH-1.4.1.2 10030
- Pattern of alcohol consumption FH-1.4.1.3 10031

**Bioactive substance intake (1.4.2)**
- Plant stanol esters FH-1.4.2.1 10034
- Plant sterol esters FH-1.4.2.2 10087
- Soy protein FH-1.4.2.3 10035
- Psyllium FH-1.4.2.4 10027
- β-glucan FH-1.4.2.5 10037
- Food additives (specify) FH-1.4.2.6 10038
- Other (specify) FH-1.4.2.7 10039

**Caffeine intake (1.4.3)**
- Total caffeine FH-1.4.3.1 10041

**Macronutrient Intake (1.5)**
Fat and cholesterol, protein, carbohydrate, and fiber intake from all sources including food, beverages, supplements, and via enteral and parenteral routes.

**Fat and cholesterol intake (1.5.1)**
- Total fat FH-1.5.1.1 10044
- Saturated fat FH-1.5.1.2 10045
- Trans fatty acids FH-1.5.1.3 10046
- Polyunsaturated fat FH-1.5.1.4 10047
- Monounsaturated fat FH-1.5.1.5 10048
- Omega-3 fatty acids FH-1.5.1.6 10049
- Dietary cholesterol FH-1.5.1.7 10050
- Essential fatty acids FH-1.5.1.8 10051

**Protein intake (1.5.2)**
- Total protein FH-1.5.2.1 10053
- High biological value protein FH-1.5.2.2 10054
- Casein FH-1.5.2.3 10055
- Whey FH-1.5.2.4 10056
- Amino acids FH-1.5.2.5 10057
- Essential amino acids FH-1.5.2.6 10058

**Carbohydrate intake (1.5.3)**
- Total carbohydrate FH-1.5.3.1 10060
- Sugar FH-1.5.3.2 10061
- Starch FH-1.5.3.3 10062
- Glycemic index FH-1.5.3.4 10063
- Glycemic load FH-1.5.3.5 10064
- Source of carbohydrate FH-1.5.3.6 10065
- Insulin-to-carbohydrate ratio FH-1.5.3.7 10066

**Fiber intake (1.5.4)**
- Total fiber FH-1.5.4.1 10068
- Soluble fiber FH-1.5.4.2 10069
- Insoluble fiber FH-1.5.4.3 10070

**Micronutrient Intake (1.6)**
Vitamin and mineral intake from all sources, e.g., food, beverages, supplements, and via enteral and parenteral routes.

**Vitamin intake (1.6.1)**
- A (1) 10073
- C (2) 10074
- D (3) 10075
- E (4) 10076
- K (5) 10077
- Thiamin (6) 10078
- Riboflavin (7) 10079
- Pantothenic acid (12) 10084
- Biotin (13) 10085
- Multivitamin (14) 10086

**Mineral/element intake (1.6.2)**
- Calcium (1) 10089
- Chloride (2) 10090
- Iron (3) 10091
- Magnesium (4) 10092
- Potassium (5) 10093
- Phosphorus (6) 10094
- Sodium (7) 10095
- Zinc (8) 10096
- Sulfate (9) 10097
- Chloride (10) 10098

**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 FH-2.1.1.1 10113
- Modified diet FH-2.1.1.2 10114
- Enteral nutrition order FH-2.1.1.3 10115
- Parenteral nutrition order FH-2.1.1.4 10116

**Diet experience (2.1.2)**
- Food intolerance FH-2.1.2.6 10117
- Food allergies FH-2.1.2.5 10118
- Food preferences FH-2.1.2.4 10119
- Food intake FH-2.1.2.3 10120
- Food intake FH-2.1.2.2 10121
- Food intake FH-2.1.2.1 10122
- Food intake FH-2.1.2 10123
- Food intake FH-2.1 10124

**Dieting attempts (2.1.3)**
- Self-selected diet/s followed FH-2.1.2.3 10120
- Food allergies FH-2.1.2.2 10119
- Food preferences FH-2.1.2.1 10122
- Food intake FH-2.1 10124
- Food intake FH-2.1.1 10125

**Enteral and parenteral nutrition administration (2.1.1)**
- Oral fluids FH-2.1.1 10126
- Parenteral nutrition order FH-2.1.1.4 10116
- Feeding tube flush FH-2.1.1.2 10115
- Food intolerance FH-2.1.1.3 10117
- Food allergies FH-2.1.1.2 10119
- Food preferences FH-2.1.1.1 10122
- Food intake FH-2.1 10124
- Food intake FH-2.1.1 10125

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Eating environment (2.1.3)
- Location
- Atmosphere
- Caregiver/Companion
- Appropriate breastfeeding accommodations/facility
- Eats alone

Enteral and parenteral nutrition administration (2.1.4)
- Enteral access
- Parenteral access
- Body position, EN

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
- OTC medication use
- Misuse of medication

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

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
- Diagnosis specific or global nutrition-related knowledge score

Beliefs and attitudes (4.2)
- Conflict with personal/family value system
- Distorted body image
- End-of-life decisions
- Motivation
- Preoccupation with food/nutrients
- Preoccupation with weight
- Readiness to change nutrition-related behaviors
- Self-efficacy
- Self-talk/cognitions
- Unrealistic nutrition-related goals
- Unscientific beliefs/attitudes
- Food preferences
- Emotions

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

Adherence (5.1)
- Self-reported adherence score
- Nutrition visit attendance
- Ability to recall nutrition goals
- Self-monitoring at agreed upon rate
- Self-management as agreed upon

Avoidance behavior (5.2)
- Avoidance
- Restrictive eating
- Cause of avoidance behavior

Bingeing and purging behavior (5.3)
- Binge eating behavior
- Purging behavior

Mealtime behavior (5.4)
- Meal duration
- Percent of meal time spent eating
- Preference to drink rather than eat
- Refusal to eat/chew
- Spitting food out
- Rumination
- Patient/client/caregiver fatigue during feeding process resulting in inadequate intake

Mealtime behavior (5.4), cont’d
- Willingness to try new foods
- Limited number of accepted foods
- Rigid sensory preferences

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

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
- Participation in government programs
- Eligibility for community programs
- Participation in community programs

Safe food/meal availability (6.2)
- Availability of shopping facilities
- Procurement of safe food
- Appropriate meal preparation facilities
- Availability of safe food storage
- Appropriate storage technique
- Identification of safe food

Safe water availability (6.3)
- Availability of potable water
- Appropriate water decontamination

Food and nutrition-related supplies availability (6.4)
- Access to food and nutrition-related supplies
- Access to assistive eating devices
- Access to assistive food preparation devices

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
- Duration of breastfeeding
- Exclusive breastfeeding
- Breastfeeding problems

Nutrition-related ADLs and IADLs (7.2)
- Physical ability to complete tasks for meal preparation
- Physical ability to self-feed
- Ability to position self in relation to plate
- Receives assistance with intake
- Ability to use adaptive eating devices
- Cognitive ability to complete tasks for meal preparation

Physical activity (7.3)
- Physical activity history
- Consistency
- Frequency
- Duration
- Intensity
- Type of physical activity
- Strength
- TV/screen time
- Other sedentary activity time
- Involuntary physical movement

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Factors affecting access to physical activity (7.4)
- Neighborhood safety
- Walkability of neighborhood
- Proximity to parks/green space
- Access to physical activity facilities/programs

Nutrition-Related Patient/Client-Centered Measures (8)
Patient/client’s perception of his or her nutrition intervention and its impact on life.

Nutrition quality of life (8.1)
- Nutrition quality of life responses

ANTHROPOMETRIC MEASUREMENTS (AD)
Height, weight, body mass index (BMI), growth pattern indices/percentile ranks, and weight history.

Body composition/growth/weight history (1.1)
- Height/length
- Weight
- Frame size
- Weight change
- Body mass index
- Growth pattern indices/percentile ranks
- Body compartment estimates

Biochemical Data, Medical Tests, and Procedures (BD)
Laboratory data, (e.g., electrolytes, glucose, and lipid panel) and tests (e.g., gastric emptying time, resting metabolic rate).

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-xylene
- Hydrogen breath test
- Intestinal biopsy
- Stool culture

Gastrointestinal profile (1.4), cont’d
- Gastric emptying time
- Small bowel transit time
- Abdominal films
- Swallow study

Glucose/endocrine profile (1.5)
- Glucose, fasting
- Glucose, casual
- HgbA1c
- Preprandial capillary plasma glucose
- Peak postprandial capillary plasma glucose
- Glucose tolerance test
- Cortisol level
- IGF-binding protein
- Thyroid function tests (TSH, T4, T3)
- Pituitary hormone tests (GH, ACTH, LH, FSH)

Inflammatory profile (1.6)
- C-reactive protein

Lipid profile (1.7)
- Cholesterol, serum
- Cholesterol, HDL
- Cholesterol, LDL
- Cholesterol, non-HDL
- Total cholesterol:HDL cholesterol
- Triglycerides, serum

Metabolic rate profile (1.8)
- Resting metabolic rate, measured
- Respiratory quotient, measured

Mineral profile (1.9)
- Copper, serum or plasma
- Iron, serum
- Zn, serum or plasma
- Boron, serum or plasma
- Chromium, serum or urinary
- Fluoride, plasma
- Manganese, urinary, blood, plasma
- Molybdenum, serum
- Selenium, serum or urinary

Nutritional anemia profile (1.10)
- Hemoglobin
- Hematocrit
- Mean corpuscular volume
- Red blood cell folate
- Red cell distribution width
- B12, serum
- Methylmalonic acid, serum
- Folate, serum
- Folic acid, serum
- Ferritin, serum
- Iron, serum
- Total iron-binding capacity
- Ferritin saturation

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

Urinary profile (1.12)
- Urate
- Creatinine
- Albumin/creatinine ratio
- Cystatin C
- Calcium
- Phosphorus
- Total protein
- Uric acid
- Sodium
- Potassium
- Chloride
- Change from baseline
- Interday variation
- Intraday variation
- Creatinine clearance
- Urine output
- Sodium excretion
- Potassium excretion
- Chloride excretion
- Acid-base balance
- Urinary electrolytes
- Urine pH
- Urine color
- Urine osmolality
- Urine specific gravity
- Urine test, specify
- Urine culture

Nutrition Assessment and Monitoring and Evaluation Terminology, cont’d

Vitamin profile (1.13)
- Vitamin A, serum or plasma retinol
- Vitamin C, plasma or serum
- Vitamin D, 25-hydroxy
- Vitamin E, plasma alpha-tocopherol
- Thiamin, activity coefficient for erythrocyte transketolase activity
- Riboflavin, activity coefficient for erythrocyte glutathione reductase activity
- Niacin, urinary N’-methyl-nicotinamide concentration
- Vitamin B6, plasma or serum pyridoxal
- Pantothenic acid, urinary pantothenate excretion, plasma
- Biotin, urinary 3-hydroxyisovaleric acid excretion or lymphocyte propionyl-CoA carboxylase in pregnancy, serum

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 (specify)
- Body language (specify)
- Cardiovascular-pulmonary system (specify)
- Extremities, muscles and bones (specify)
- Digestive system (mouth to rectum) (specify)
- Head and eyes (specify)
- Nerves and cognition (specify)
- Skin (specify)
- Vital signs (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
- Gender
- Race/Ethnicity
- Language
- Literacy factors
- Education
- Role in family
- Tobacco use
- Physical disability
- Mobility

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)
Specify issue(s) and whether it is patient/client history (P) or family history (F)

- Patient/client chief nutrition complaint (specify) P or F
- Cardiovascular
- Endocrine/metabolism
- Excretory
- Gastrointestinal
- Gynecological
- Hematological/oncology
- Immune (e.g., food allergies)
- Integumentary
- Musculoskeletal
- Neurological
- Psychological
- Respiratory
- Social and medical support
- Type of protein needed
- Vitamin A
- Vitamin C
- Vitamin D
- Vitamin B6
- Vitamin B12
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B7
- Vitamin B9
- Vitamin B11
- Vitamin B13

Treatments/therapy (2.2)
Documented medical or surgical treatments that may impact nutritional status of the patient

- Medical treatment/therapy (specify)
- Surgical treatment (specify)
- Palliative/end-of-life care (specify)

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

Social history (3.1)
- Socioeconomic factors (specify)
- Living/housing situation (specify)
- Domestic issues (specify)
- Social and medical support (specify)
- Geographic location of home (specify)
- Occupation (specify)
- Religion (specify)
- History of recent crisis (specify)
- Daily stress level

COMPARATIVE STANDARDS (CS)

Energy Needs (1)
Estimated energy needs (1.1)
- Total energy estimated needs
- Method for estimating needs

Macronutrient Needs (2)
Estimated fat needs (2.1)
- Total fat estimated needs
- Type of fat needed
- Method for estimating needs

Estimated protein needs (2.2)
- Total protein estimated needs
- Type of protein needed
- Method for estimating needs

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<table>
<thead>
<tr>
<th>Estimated carbohydrate needs (2.3)</th>
<th>Estimated fiber needs (2.4)</th>
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<td>q Niacin (9) 10451</td>
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<td>q C (3) 10445</td>
<td>q Folate (10) 10452</td>
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<td>q D (4) 10446</td>
<td>q B6 (11) 10453</td>
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<td>q E (5) 10447</td>
<td>q B12 (12) 10454</td>
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