FOOD/NUTRITION-RELATED HISTORY (FH)
Food and nutrient intake, medication/herbal supplement intake, knowledge/beliefs/attitudes and behavior, food and supply availability, physical activity, nutrition quality of life.

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.

Diet History (1.1)
Description of food and drink regularly provided or consumed, past diets followed or prescribed and counseling received, and the eating environment.

Diet order (1.1.1)
- General, healthful diet FH-1.1.1
- Modified diet (specify) FH-1.1.2
- Enteral nutrition order (specify) FH-1.1.3
- Parenteral nutrition order (specify) FH-1.1.4

Diet experience (1.1.2)
- Previously prescribed diets FH-1.2.1.1
- Education/counseling FH-1.2.2
- Self-selected diet/s followed FH-1.2.3
- Dieting attempts FH-1.2.4

Eating environment (1.1.3)
- Location FH-1.3.1
- Atmosphere FH-1.3.2
- Caregiver/companion FH-1.3.3
- Appropriate breastfeeding accommodations/facility FH-1.3.4

Energy Intake (1.2)
Total energy intake from all sources, including food, beverages, supplements, and via enteral and parenteral routes.

Energy intake (1.2.1)
- Total energy intake FH-1.2.1.1

Food and Beverage Intake (1.3)
Type, amount, and pattern of intake of foods and food groups, indices of diet quality, intake of fluids, breast milk and infant formula

Fluid/Beverage intake (1.3.1)
- Oral fluids amounts FH-1.3.1.1
- Food-derived fluids FH-1.3.1.2
- Liquid meal replacement or supplement FH-1.3.1.3

Food intake (1.3.2)
- Amount of food FH-1.3.2.1
- Types of food/meals FH-1.3.2.2
- Meal/snack pattern FH-1.3.2.3
- Diet quality index FH-1.3.2.4
- Food variety FH-1.3.2.5

Breast milk/infant formula intake (1.3.3)
- Breast milk intake FH-1.3.3.1
- Infant formula intake FH-1.3.3.2

Enteral and Parenteral Nutrition Intake (1.4)
Specialized nutrition support intake from all sources, e.g., enteral and parenteral routes.

Enteral and Parenteral Nutrition Intake (1.4.1)
- Access FH-1.4.1.1
- Formula/solution FH-1.4.1.2
- Discontinuation FH-1.4.1.3
- Initiation FH-1.4.1.4
- Rate/schedule FH-1.4.1.5

Bioactive Substance Intake (1.5)
- 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 (1.5.1)
- Drink size/volume FH-1.5.1.1
- Frequency FH-1.5.1.2
- Pattern of alcohol consumption FH-1.5.1.3

Bioactive substance intake (1.5.2)
- Plant sterol and stanol esters FH-1.5.2.1
- Soy protein FH-1.5.2.2
- Psyllium and β-glucan FH-1.5.2.3

Caffeine intake (1.5.3)
- Total caffeine FH-1.5.3.1

Macronutrient Intake (1.6)
Fat and cholesterol, protein, carbohydrate, and fiber intake from all sources including food, beverages, supplements, and via enteral and parenteral routes.

Fat and carbohydrate intake (1.6.1)
- Total fat FH-1.6.1.1
- Saturated fat FH-1.6.1.2
- Trans fatty acids FH-1.6.1.3
- Polyunsaturated fat FH-1.6.1.4
- Monounsaturated fat FH-1.6.1.5
- Omega-3 fatty acids FH-1.6.1.6
- Dietary cholesterol FH-1.6.1.7
- Essential fatty acids FH-1.6.1.8

Protein intake (1.6.2)
- Total protein FH-1.6.2.1
- High biological value protein FH-1.6.2.2
- Casein FH-1.6.2.3
- Whey FH-1.6.2.4
- Amino acids FH-1.6.2.5
- Essential amino acids FH-1.6.2.6

Carbohydrate intake (1.6.3)
- Total carbohydrate FH-1.6.3.1
- Sugar FH-1.6.3.2
- Starch FH-1.6.3.3
- Glycemic index FH-1.6.3.4
- Glycemic load FH-1.6.3.5
- Source of carbohydrate FH-1.6.3.6

Fiber intake (1.6.4)
- Total fiber FH-1.6.4.1
- Soluble fiber FH-1.6.4.2
- Insoluble fiber FH-1.6.4.3

Micronutrient Intake (1.7)
- Vitamin and mineral intake from all sources, e.g., food, beverages, supplements, and via enteral and parenteral routes.

Vitamin intake (1.7.1)
- A (1) FH-1.7.1.1
- Riboflavin (7) FH-1.7.1.2
- C (2) FH-1.7.1.3
- Niacin (8) FH-1.7.1.4
- D (3) FH-1.7.1.5
- Folate (9) FH-1.7.1.6
- E (4) FH-1.7.1.7
- B6 (10) FH-1.7.1.8
- K (5) FH-1.7.1.9
- B12 (11) FH-1.7.1.10
- Thiamin (6) FH-1.7.1.11
- Multivitamin (12) FH-1.7.1.12
- Other (specify) FH-1.7.1.13

Mineral/element intake (1.7.2)
- Calcium (1) FH-1.7.2.1
- Potassium (5) FH-1.7.2.2
- Chloride (2) FH-1.7.2.3
- Phosphorus (6) FH-1.7.2.4
- Iron (3) FH-1.7.2.5
- Sodium (7) FH-1.7.2.6
- Magnesium (4) FH-1.7.2.7
- Zinc (8) FH-1.7.2.8
- Multi-mineral (9) FH-1.7.2.9
- Multi-trace element (10) FH-1.7.2.10
- Other, (specify) FH-1.7.2.11

Medication and herbal supplement use (2)
Prescription and over-the-counter medications, including herbal preparations and complementary medicine products used.

Medication and herbal supplements (2.1)
- Medications, specify prescription or OTC FH-2.1.1
- Herbal/complementary products (specify) FH-2.1.2
- Misuse of medication (specify) FH-2.1.3

Knowledge/Beliefs/Attitudes (3)
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 (3.1)
- Area(s) and level of knowledge FH-3.1.1
- Diagnosis specific or global nutrition-related knowledge score FH-3.1.2

Beliefs and attitudes (3.2)
- Conflict with personal/family value system FH-3.2.1
- Distorted body image FH-3.2.2
- End-of-life decisions FH-3.2.3
- Motivation FH-3.2.4
- Preoccupation with food FH-3.2.5
- Preoccupation with weight FH-3.2.6
- Readiness to change nutrition-related behaviors FH-3.2.7
- Self-efficacy FH-3.2.8
- Self-talk/cognitions FH-3.2.9
- Unrealistic nutrition-related goals FH-3.2.10
- Unscientific beliefs/attitudes FH-3.2.11

Behavior (4)
Patient/client activities and actions, which influence achievement of nutrition-related goals.

Adherence (4.1)
- Self-reported adherence score FH-4.1.1
- Nutrition visit attendance FH-4.1.2
- Ability to recall nutrition goals FH-4.1.3
- Self-monitoring at agreed upon rate FH-4.1.4
- Self-management as agreed upon FH-4.1.5

Avoidance behavior (4.2)
- Avoidance FH-4.2.1
- Restrictive eating FH-4.2.2
- Cause of avoidance behavior FH-4.2.3

Bingeing and purging behavior (4.3)
- Binge eating behavior FH-4.3.1
- Purging behavior FH-4.3.2

Mealtime behavior (4.4)
- Meal duration FH-4.4.1
- Percent of meal time spent eating FH-4.4.2
- Preference to drink rather than eat FH-4.4.3
- Refusal to eat/cheat FH-4.4.4
- Spitting food out FH-4.4.5
- Rumination FH-4.4.6
- Patient/client/caregiver fatigue during feeding process resulting in inadequate intake FH-4.4.7
- Willingness to try new foods FH-4.4.8
- Limited number of accepted foods FH-4.4.9
- Rigid sensory preferences FH-4.4.10

Social network (4.5)
- Ability to build and utilize social network FH-4.5.1
Nutrition Assessment and Monitoring and Evaluation Terminology, cont’d

Factors Affecting Access to Food and Food/Nutrition-Related Supplies (5)
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 (5.1)
- Eligibility for government programs
- Participation in government programs
- Eligibility for community programs
- Participation in community programs

Safe food/meal availability (5.2)
- Availability of shopping facilities
- Procurement, identification of safe food
- Appropriate meal preparation facilities
- Availability of safe food storage
- Appropriate storage technique

Safe water availability (5.3)
- Availability of potable water
- Appropriate water decontamination

Food and nutrition-related supplies availability (5.4)
- Access to food and nutrition-related supplies
- Access to assistive eating devices
- Access to assistive food preparation devices

Physical Activity and Function (6)
Physical activity, cognitive and physical ability to engage in specific tasks, e.g., breastfeeding, self-feeding.

Breastfeeding (6.1)
- Initiation of breastfeeding
- Duration of breastfeeding
- Exclusive breastfeeding
- Breastfeeding problems

Nutrition-related ADLs and IADLs (6.2)
- 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
- Remembers to eat, recalls eating
- Mini Mental State Examination score
- Nutrition-related activities of daily living (ADL) score
- Nutrition-related instrumental activities of daily living (IADL) score

Nutrition-Related Patient/Client-Centered Measures (7)
Patient/client’s perception of his/her nutrition intervention and its impact on life.

Nutrition quality of life (7.1)
- 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, 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
- Lactate

Gastrointestinal profile, cont’d (1.4)
- Other digestive enzymes (specify)
- D-xylene
- Hydrogen breath test
- Intestinal biopsy
- Stool culture
- Gastric emptying time
- Small bowel transit time
- Abdominal films
- Swallow study

Glucose/endocrine profile (1.5)
- Glucose, fasting
- Glucose, casual
- High Alc
- Preprandial capillary plasma glucose
- Peak postprandial capillary plasma glucose
- Glucose tolerance test
- Cortisol level
- IGF-binding protein
- Thyroid function tests (TSH, T4, T3)

Inflammatory profile (1.6)
- C-reactive protein

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

Metabolic rate profile (1.8)
- Resting metabolic rate, measured
- RQ

Mineral profile (1.9)
- Copper, serum or plasma
- Iron, urinary excretion
- Zinc, serum or plasma
- Other

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
- Homocysteine, serum
- Ferritin, serum
- Iron, serum
- Total iron-binding capacity
- Transferrin saturation

Protein profile (1.11)
- Albumin
- Prealbumin
- Transferrin
- Phenylalanine, plasma
- Tyrosine, plasma
- Amino acid, other, specify
Nutrition Assessment and Monitoring and Evaluation Terminology, cont’d

### Vitamin profile (1.13)
- [ ] Vitamin A, serum or plasma retinol BD-1.13.1
- [ ] Vitamin C, plasma or serum BD-1.13.2
- [ ] Vitamin D, 25-hydroxy BD-1.13.3
- [ ] Vitamin E, plasma alpha-tocopherol BD-1.13.4
- [ ] Thiamin, activity coefficient for erythrocyte transketolase activity BD-1.13.5
- [ ] Riboflavin, activity coefficient for erythrocyte glutathione reductase activity BD-1.13.6
- [ ] Niacin, urinary N’-methyl-nicotinamide concentration BD-1.13.7
- [ ] Vitamin B6, plasma or serum BD-1.13.8
- [ ] Pyridoxal 5’-phosphate concentration BD-1.13.9

### 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
- [ ] Body language PD-1.1.2
- [ ] Cardiovascular-pulmonary PD-1.1.3
- [ ] Extremities, muscles and bones PD-1.1.4
- [ ] Digestive system (mouth to rectum) PD-1.1.5
- [ ] Head and eyes PD-1.1.6
- [ ] Nerves and cognition PD-1.1.7
- [ ] Skin PD-1.1.8
- [ ] Vital signs PD-1.1.9

### 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
- [ ] Gender CH-1.1.2
- [ ] Race/Ethnicity CH-1.1.3
- [ ] Language CH-1.1.4
- [ ] Literacy factors CH-1.1.5
- [ ] Education CH-1.1.6
- [ ] Role in family CH-1.1.7
- [ ] Tobacco use CH-1.1.8
- [ ] Physical disability CH-1.1.9
- [ ] Mobility CH-1.1.10

### Patient/Client/Family Medical/Health History (2)
- [ ] Patient/client chief nutrition CH-2.1.1
- [ ] Cardiovascular PD-2.1.1
- [ ] Endocrine/metabolism CH-2.1.3
- [ ] Gastrointestinal CH-2.1.5
- [ ] Gynecological CH-2.1.6
- [ ] Hematological/oncology CH-2.1.7
- [ ] Immune (e.g., food allergies) CH-2.1.8
- [ ] Integumentary CH-2.1.9
- [ ] Musculoskeletal CH-2.1.10
- [ ] Neurological CH-2.1.11
- [ ] Psychological CH-2.1.12
- [ ] Respiratory CH-2.1.13

### Treatments/therapy/alternative medicine (2.2)
Documented medical or surgical treatments, complementary and alternative medicine that may impact nutritional status of the patient.
- [ ] Medical treatment/therapy CH-2.2.1
- [ ] Surgical treatment CH-2.2.2
- [ ] Complementary/alternative medicine CH-2.2.3

### Social History (3)
Patient/client socioeconomic status, housing situation, medical care support and involvement in social groups.
- [ ] Socioeconomic factors CH-3.1.1
- [ ] Living/housing situation CH-3.1.2
- [ ] Domestic issues CH-3.1.3
- [ ] Social and medical support CH-3.1.4
- [ ] Geographic location of home CH-3.1.5
- [ ] Occupation CH-3.1.6
- [ ] Religion CH-3.1.7
- [ ] History of recent crisis CH-3.1.8
- [ ] Daily stress level CH-3.1.9

### COMPARATIVE STANDARDS (CS)

#### Energy Needs (1)
- [ ] Estimated energy needs (1.1)
  - [ ] Total energy estimated needs CS-1.1.1
  - [ ] Method for estimating needs CS-1.1.2

#### Macronutrient Needs (2)
- [ ] Estimated fat needs (2.1)
  - [ ] Total fat estimated needs CS-2.1.1
  - [ ] Type of fat needed CS-2.1.2
  - [ ] Method for estimating needs CS-2.1.3
- [ ] Estimated protein needs (2.2)
  - [ ] Total protein estimated needs CS-2.2.1
  - [ ] Type of protein needed CS-2.2.2
  - [ ] Method for estimating needs CS-2.2.3
- [ ] Estimated carbohydrate needs (2.3)
  - [ ] Total carbohydrate estimated needs CS-2.3.1
  - [ ] Type of carbohydrate needed CS-2.3.2
  - [ ] Method for estimating needs CS-2.3.3
- [ ] Estimated fiber needs (2.4)
  - [ ] Total fiber estimated needs CS-2.4.1
  - [ ] Type of fiber needed CS-2.4.2
  - [ ] Method for estimating needs CS-2.4.3

#### Fluid Needs (3)
- [ ] Estimated fluid needs (3.1)
  - [ ] Total fluid estimated needs CS-3.1.1
  - [ ] Method for estimating needs CS-3.1.2

#### Micronutrient Needs (4)
- [ ] Estimated vitamin needs (4.1)
  - [ ] A (1) Riboflavin (7)
  - [ ] C (2) Folic acid (9)
  - [ ] D (3) Niacin (8)
  - [ ] E (4) B6 (10)
  - [ ] K (5) B12 (11)
  - [ ] Thiamin (6)
  - [ ] Other (specify) (12)
  - [ ] Method for estimating needs (15)

#### Estimated mineral needs (4.2)
- [ ] Calcium (1) Potassium (5)
- [ ] Chloride (2) Phosphorus (6)
- [ ] Iron (3) Sodium (7)
- [ ] Magnesium (4) Zinc (8)
- [ ] Other (specify) (9)
  - [ ] Method for estimating needs (10)

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