**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.

<table>
<thead>
<tr>
<th>INTAKE</th>
<th>NI</th>
<th>Vitamin (5.9)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Inadequate vitamin intake (specify)</strong> NI-5.9.1</td>
<td>□ A (1) 10679 □ Niacin (8) 10686</td>
<td></td>
</tr>
<tr>
<td>□ C (2) 10680 □ Folate (9) 10687</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ D (5) 10681 □ B6 (10) 10688</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ E (4) 10682 □ B12 (11) 10689</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ K (5) 10683 □ Pantothenic acid (12) 10690</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Thiamin (6) 10684 □ Biotin (13) 10691</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Riboflavin (7) 10685</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Excessive vitamin intake (specify) NI-5.9.2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ A (1) 10694 □ Niacin (8) 10701</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ C (2) 10695 □ Folate (9) 10702</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ D (5) 10696 □ B6 (10) 10703</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ E (4) 10697 □ B12 (11) 10704</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ K (5) 10698 □ Pantothenic acid (12) 10705</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Thiamin (6) 10699 □ Biotin (13) 10706</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Riboflavin (7) 10700</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Energy Balance (1)**

Defined as “actual or estimated changes in energy (calories/kcal/kJ) 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 estimated food and beverage intake from oral diet or nutrition support compared with patient goal”

- 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”

- Inadequate bioactive substance intake NI-4.1 10652
- Excessive bioactive substance intake NI-4.2 10653
- Excessive 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 NI-5.1 10656
- Malnutrition NI-5.2 10657
- Inadequate protein-energy intake NI-5.3 10658
- Decreased nutrient needs 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

**Mineral (5.10)**

- Inadequate mineral intake (specify) NI-5.10.1
  - Calcium (1) 10710
  - Chloride (2) 10711
  - Iron (3) 10712
  - Magnesium (4) 10713
  - Potassium (5) 10714
  - Phosphorus (6) 10715
  - Sodium (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
  - Potassium (5) 10734
  - Phosphorus (6) 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**

**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-2.4 10762
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