Nutritional evaluation

Nutritional Assessments

• “desirable nutrition”
  • malnutrition
  • undernutrition
  • overnutrition

Nutritional Assessment of Individuals

• Anthropometric
• Biochemical tests
• Clinical observation (physical exam)
• Dietary intake data
• Economic status/Educational status

Anthropometric studies
Anthropometric data: uses

Biochemical studies
Clinical observations (physical examination)

Methods of obtaining dietary intake data: Food frequency questionnaire

<table>
<thead>
<tr>
<th>Food item</th>
<th>Medium serving</th>
<th>Your serving size</th>
<th>How often?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee</td>
<td>1 cup</td>
<td>x</td>
<td>3</td>
</tr>
<tr>
<td>Wheat Bread</td>
<td>1 slice</td>
<td>x</td>
<td>5</td>
</tr>
<tr>
<td>Ice cream</td>
<td>1/2 cup*</td>
<td>x</td>
<td>1</td>
</tr>
</tbody>
</table>

* WHAT?!! Are you kidding?!!

Other methods of obtaining dietary intake data

- 24-hour recall: memory-based
- diary: record exact amounts of foods consumed
Nutritional evaluation

Evaluation of intake data

Economic, educational status and health history

- Economic status
- Educational status
- Family history
- Drug/alcohol use