**FOOD/NUTRITION-RELATED HISTORICAL INFORMATION (FH)**

Food and nutrient intake, food and nutrient administration, medication/herbal supplement intake, knowledge/beliefs/attitudes and behavior, and food and supply availability, physical activity, nutrition quality of life.

**Food and Nutrient Intake (1)**
Composition and adequacy of food and nutrient intake, and meal and snack patterns.

**Energy Intake (1.1)**
Total energy intake from all sources, including food, beverages, supplements, and via enteral and parenteral routes.

**Energy intake (1.1.1)**
- Total energy intake FH-1.1.1.1

**Food and Beverage Intake (1.2)**
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 (1.2.1)**
- Oral fluids FH-1.2.1.1
- Food-derived fluids FH-1.2.1.2
- Liquid meal replacement or supplement FH-1.2.1.3

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

**Breast milk/infant formula intake (1.2.3)**
- Breast milk intake FH-1.2.3.1
- Infant formula intake FH-1.2.3.2

**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
- Feeding tube flush FH-1.3.1.2

**Parenteral Nutrition Intake (1.3.2)**
- Formula/solution FH-1.3.2.1
- IV fluids FH-1.3.2.2

**Bioactive Substance Intake (1.4)**
Alcohol, plant sterol 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
- Frequency FH-1.4.1.2
- Pattern of alcohol consumption FH-1.4.1.3

**Bioactive substance intake (1.4.2)**
- Plant sterol and sterol esters FH-1.4.2.1
- Soy protein FH-1.4.2.2
- Psyllium and β-glucan FH-1.4.2.3
- Food additives (specify) FH-1.4.2.4
- Other (specify) FH-1.4.2.5

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

**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
- Saturated fat FH-1.5.1.2
- Trans fatty acids FH-1.5.1.3
- Polyunsaturated fat FH-1.5.1.4
- Monounsaturated fat FH-1.5.1.5
- Omega-3 fatty acids FH-1.5.1.6
- Dietary cholesterol FH-1.5.1.7
- Essential fatty acids FH-1.5.1.8

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

**Carbohydrate intake (1.5.3)**
- Total carbohydrate FH-1.5.3.1
- Sugar FH-1.5.3.2
- Starch FH-1.5.3.3
- Glycemic index FH-1.5.3.4
- Glycemic load FH-1.5.3.5
- Source of carbohydrate FH-1.5.3.6
- Insulin-to-carbohydrate ratio FH-1.5.3.7

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

**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) FH-1.6.1.1
- C (2) FH-1.6.1.2
- D (3) FH-1.6.1.3
- E (4) FH-1.6.1.4
- K (5) FH-1.6.1.5
- Thiamin (6) FH-1.6.1.6
- Riboflavin (7) FH-1.6.1.7
- Niacin (8) FH-1.6.1.8
- Folate (9) FH-1.6.1.9
- B6 (10) FH-1.6.1.10
- B12 (11) FH-1.6.1.11
- Other (specify) FH-1.6.1.12

**Mineral/element intake (1.6.2)**
- Calcium (1) FH-1.6.2.1
- Potassium (5) FH-1.6.2.2
- Chloride (2) FH-1.6.2.3
- Phosphorus (6) FH-1.6.2.4
- Iron (3) FH-1.6.2.5
- Sodium (7) FH-1.6.2.6
- Magnesium (4) FH-1.6.2.7
- Zinc (8) FH-1.6.2.8
- Multi-mineral (9) FH-1.6.2.9
- Multi-trace element (10) FH-1.6.2.10
- Other, (specify) FH-1.6.2.11

**Food and Nutrition 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
- Modified diet FH-2.1.1.2
- Enteral nutrition order FH-2.1.1.3
- Parenteral nutrition order FH-2.1.1.4

**Diet experience (2.1.2)**
- Previously prescribed diets FH-2.1.2.1
- Parenteral diet/nutrition education/counseling FH-2.1.2.2
- Self-selected diet/s followed FH-2.1.2.3
- Dieting attempts FH-2.1.2.4

**Eating environment (2.1.3)**
- Location FH-2.1.3.1
- Atmosphere FH-2.1.3.2
- Caregiver/companion FH-2.1.3.3
- Appropriate breastfeeding accommodations/facility FH-2.1.3.4
- Eats alone FH-2.1.3.5

**Enteral and Parenteral Nutrition Administration (2.1.4)**
- Enteral access FH-2.1.4.1
- Parenteral access FH-2.1.4.2

**Medication and herbal supplement use (3)**
Prescription and over-the-counter medications, including herbal preparations and complementary medicine products used.

**Medication and herbal supplements (3.1)**
- Medications, specify prescription or OTC FH-3.1.1
- Herbal/complementary products (specify) FH-3.1.2
- Misuse of medication (specify) FH-3.1.3

**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 (4.1)**
- Area(s) and level of knowledge FH-4.1.1
- Diagnosis specific or global nutrition-related knowledge score FH-4.1.2

**Beliefs and attitudes (4.2)**
- Conflict with personal/family value system FH-4.2.1
- Distorted body image FH-4.2.2
- End-of-life decisions FH-4.2.3
- Motivation FH-4.2.4
- Preoccupation with food/nutrients FH-4.2.5
- Preoccupation with weight FH-4.2.6
- Readiness to change nutrition-related behaviors FH-4.2.7
- Self-efficacy FH-4.2.8
- Self-talk/cognitions FH-4.2.9
- Unrealistic nutrition-related goals FH-4.2.10
- Unscientific beliefs/attitudes FH-4.2.11
- Food preferences (specify) FH-4.2.12
- Emotions (specify) FH-4.2.13

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

**Adherence (5.1)**
- Self-reported adherence score FH-5.1.1
- Nutrition visit attendance FH-5.1.2
- Ability to recall nutrition goals FH-5.1.3
- Self-monitoring at agreed upon rate FH-5.1.4
- Self-management as agreed upon FH-5.1.5

**Avoidance behavior (5.2)**
- Avoidance FH-5.2.1
- Restrictive eating FH-5.2.2
- Cause of avoidance behavior FH-5.2.3
Nutrition Assessment and Monitoring and Evaluation Terminology, cont’d

Bingeing and purging behavior (5.3)
- Binge eating behavior FH-5.3.1
- Purging behavior FH-5.3.2

Mealtime behavior (5.4)
- Meal duration FH-5.4.1
- Percent of meal time spent eating FH-5.4.2
- Preference to drink rather than eat FH-5.4.3
- Refusal to eat/swallow FH-5.4.4
- Spitting food out FH-5.4.5
- Ruminination FH-5.4.6
- Patient/client/caregiver fatigue during feeding process resulting in inadequate intake FH-5.4.7
- Willingness to try new foods FH-5.4.8
- Limited number of accepted foods FH-5.4.9
- Rigid sensory preferences FH-5.4.10

Social network (5.5)
- Ability to build and utilize social network FH-5.5.1

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 FH-6.1.1
- Participation in government programs FH-6.1.2
- Eligibility for community programs FH-6.1.3
- Participation in community programs FH-6.1.4

Safe food/meal availability (6.2)
- Availability of shopping facilities FH-6.2.1
- Procurement, identification of safe food FH-6.2.2
- Appropriate meal preparation facilities FH-6.2.3
- Availability of safe food storage FH-6.2.4
- Appropriate storage technique FH-6.2.5

Safe water availability (6.3)
- Availability of potable water FH-6.3.1
- Appropriate water decontamination FH-6.3.2

Access to food and nutrition-related supplies (6.4)
- Access to food and nutrition-related supplies FH-6.4.1
- Access to assistive eating devices FH-6.4.2
- Access to assistive food preparation devices FH-6.4.3

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 FH-7.1.1
- Duration of breastfeeding FH-7.1.2
- Exclusive breastfeeding FH-7.1.3
- Breastfeeding problems FH-7.1.4

Nutrition-related ADLs and IADLs (7.2)
- Physical ability to complete tasks for meal preparation FH-7.2.1
- Physical ability to self-feed FH-7.2.2
- Ability to position self in relation to plate FH-7.2.3
- Receives assistance with intake FH-7.2.4
- Ability to use adaptive eating devices FH-7.2.5
- Cognitive ability to complete tasks for meal preparation FH-7.2.6
- Remembers to eat, recalls eating FH-7.2.7
- Mini Mental State Examination Score FH-7.2.8

Nutrition-related activities of daily living (ADL) score FH-7.2.9

Nutrition-related instrumental activities of daily living (IADL) score FH-7.2.10

Physical activity (7.3)
- Physical activity history FH-7.3.1
- Consistency FH-7.3.2
- Frequency FH-7.3.3
- Duration FH-7.3.4
- Intensity FH-7.3.5
- Type of physical activity FH-7.3.6
- Strength FH-7.3.7
- TV/screen time FH-7.3.8
- Other sedentary activity time FH-7.3.9
- Involuntary physical movement FH-7.3.10
- NEAT FH-7.3.11

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

Nutrition quality of life (8.1)
- Nutrition quality of life responses FH-8.1.1

ANTHROPOMETRIC MEASUREMENTS (AD)
Height, weight, body mass index (BMI), growth pattern indices/percentile ranks, and weight history.
- Height/length AD-1.1.1
- Weight AD-1.1.2
- Frame size AD-1.1.3
- Weight change AD-1.1.4
- Body mass index AD-1.1.5
- Growth pattern indices/percentile ranks AD-1.1.6
- Body compartment estimates AD-1.1.7

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 BD-1.1.1
- Arterial bicarbonate BD-1.1.2
- Partial pressure of carbon dioxide in arterial blood, PaCO₂ BD-1.1.3
- Partial pressure of oxygen in arterial blood, PaO₂ BD-1.1.4
- Venous pH BD-1.1.5
- Venous bicarbonate BD-1.1.6

Electrolyte and renal profile (1.2)
- BUN BD-1.2.1
- Creatinine BD-1.2.2
- BUN:creatinine ratio BD-1.2.3
- Glomerular filtration rate BD-1.2.4
- Sodium BD-1.2.5
- Chloride BD-1.2.6
- Potassium BD-1.2.7
- Magnesium BD-1.2.8
- Calcium, serum BD-1.2.9
- Calcium, ionized BD-1.2.10
- Phosphorus BD-1.2.11
- Serum osmolality BD-1.2.12
- Parathyroid hormone BD-1.2.13

Essential fatty acids profile (1.3)
- Triene:Tetraene ratio BD-1.3.1

Gastrointestinal profile (1.4)
- Alkaline phosphatase BD-1.4.1
- Alanine aminotransferase, ALT BD-1.4.2
- Aspartate aminotransferase, AST BD-1.4.3
- Gamma glutamyl transferase, GGT BD-1.4.4
- Gastric residual volume BD-1.4.5
- Bilirubin, total BD-1.4.6
- Ammonia, serum BD-1.4.7
- Toxicology report, including alcohol BD-1.4.8
- Prothrombin time, PT BD-1.4.9
- Partial thromboplastin time, PTT BD-1.4.10
- INR ratio BD-1.4.11
- Fecal fat BD-1.4.12
- Amylase BD-1.4.13
- Lipase BD-1.4.14
- Other digestive enzymes (specify) BD-1.4.15
- D-xylene BD-1.4.16
- Hydrogen breath test BD-1.4.17
- Intestinal biopsy BD-1.4.18
- Stool culture BD-1.4.19
- Gastric emptying time BD-1.4.20
- Small bowel transit time BD-1.4.21
- Abdominal films BD-1.4.22
- Swallow study BD-1.4.23

Glucose/endocrine profile (1.5)
- Glucose, fasting BD-1.5.1
- Glucose, casual BD-1.5.2
- HgbA1c BD-1.5.3
- Preprandial capillary plasma glucose BD-1.5.4
- Peak postprandial capillary plasma glucose BD-1.5.5
- Glucose tolerance test BD-1.5.6
- Cortisol level BD-1.5.7
- IGF-binding protein BD-1.5.8
- Thyroid function tests (TSH, T4, T3) BD-1.5.9

Inflammatory profile (1.6)
- C-reactive protein BD-1.6.1

Lipid profile (1.7)
- Cholesterol, serum BD-1.7.1
- Cholesterol, HDL BD-1.7.2
- Cholesterol, LDL BD-1.7.3
- Cholesterol, non-HDL BD-1.7.4
- Total cholesterol: HDL cholesterol BD-1.7.5
- LDL:HDL BD-1.7.6
- Triglycerides, serum BD-1.7.7

Metabolic rate profile (1.8)
- Resting metabolic rate, measured BD-1.8.1
- RQ BD-1.8.2

Mineral profile (1.9)
- Copper, serum or plasma BD-1.9.1
- Iodine, urinary excretion BD-1.9.2
- Zinc, serum or plasma BD-1.9.3
- Other BD-1.9.4

Nutritional anemia profile (1.10)
- Hemoglobin BD-1.10.1
- Hematocrit BD-1.10.2
- Mean corpuscular volume BD-1.10.3
- Red blood cell folate BD-1.10.4
- Red cell distribution width BD-1.10.5
- B12, serum BD-1.10.6
- Methylmalonic acid, serum BD-1.10.7
- Folate, serum BD-1.10.8
- Homocysteine, serum BD-1.10.9
- Ferritin, serum BD-1.10.10
- Iron, serum BD-1.10.11
- Total iron-binding capacity BD-1.10.12
- Transferrin saturation BD-1.10.13
Nutrition Assessment and Monitoring and Evaluation Terminology, cont’d

Protein profile (1.11)
- Albumin BD-1.11.1
- Prealbumin BD-1.11.2
- Transferrin BD-1.11.3
- Phenylalanine, plasma BD-1.11.4
- Tyrosine, plasma BD-1.11.5
- Amino acid, other, specify BD-1.11.6
- Antibody level, specify BD-1.11.7

Urine profile (1.12)
- Urine color BD-1.12.1
- Urine osmolality BD-1.12.2
- Urine specific gravity BD-1.12.3
- Urine test, specify BD-1.12.4
- Urine volume BD-1.12.5

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

Personal data (1.1), cont’d
- Physical disability CH-1.1.9
- Mobility CH-1.1.10

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 issues(s) and whether it is patient/client history (P) or family history (F)
- Patient/client chief nutrition complaint (specify)  P or F
- Cardiovascular CH-2.1.1  (specify)  P or F
- Endocrine/metabolism CH-2.1.2  (specify)  P or F
- Gastrointestinal CH-2.1.3  (specify)  P or F
- Hematology/oncology CH-2.1.4  (specify)  P or F
- Immune (e.g., food allergies) CH-2.1.5  (specify)  P or F
- Integumentary CH-2.1.6  (specify)  P or F
- Musculoskeletal CH-2.1.7  (specify)  P or F
- Neurological CH-2.1.8  (specify)  P or F
- Psychological CH-2.1.9  (specify)  P or F
- Respiratory CH-2.1.10  (specify)  P or F
- Other CH-2.1.11  (specify)  P or F

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-2.1.12  (specify) 
- Surgical treatment CH-2.1.13  (specify) 
- Complementary/alternative medicine CH-2.1.14  (specify) 

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

Social history (3.1)
- Socioeconomic factors CH-3.1.1  (specify) 
- Living/housing situation CH-3.1.2  (specify) 
- Domestic issues CH-3.1.3  (specify) 
- Social and medical support CH-3.1.4  (specify) 
- Geographical location of home CH-3.1.5  (specify) 
- Occupation CH-3.1.6  (specify) 
- Religion CH-3.1.7  (specify) 

Social history (3.1), cont’d
- History of recent crisis CH-3.1.8  (specify) 
- Daily stress level CH-3.1.9  (specify)

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) CS-4.1.1
- C (2) CS-4.1.2
- D (3) CS-4.1.3
- E (4) CS-4.1.4
- K (5) CS-4.1.5
- B12 (6) CS-4.1.6
- Thiamin (6) CS-4.1.7
- Other (specify) (7) CS-4.1.8
- Method for estimating needs (8)

Mineral needs (4.2)
- Calcium (1) CS-4.2.1
- Potassium (5) CS-4.2.2
- Chloride (2) CS-4.2.3
- Phosphorus (6) CS-4.2.4
- Iron (3) CS-4.2.5
- Sodium (7) CS-4.2.6
- Magnesium (4) CS-4.2.7
- Zinc (8) CS-4.2.8
- Other (specify) (9) CS-4.2.9
- Method for estimating needs (10)

Weight and Growth Recommendation (5)
Recommended body 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