

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.

FOOD/NUTRITION-RELATED

HISTORY

(FH)

Food and nutrient intake, food and nutrient administration, 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, 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 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
- ☐ Frequency FH-1.4.1.2
- ☐ Pattern of alcohol consumption FH-1.4.1.3

Bioactive substance intake (1.4.2)

- ☐ Plant sterol and stanol 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)
- ☐ C (2)
- ☐ D (3)
- ☐ E (4)
- ☐ K (5)
- ☐ Thiamin (6)
- ☐ Other (specify) _____ (13)
- ☐ Riboflavin (7)
- ☐ Niacin (8)
- ☐ Folate (9)
- ☐ B6 (10)
- ☐ B12 (11)
- ☐ Multivitamin (12)

Mineral/element intake (1.6.2)

- ☐ Calcium (1)
- ☐ Chloride (2)
- ☐ Iron (3)
- ☐ Magnesium (4)
- ☐ Multi-mineral (9)
- ☐ Multi-trace element (10)
- ☐ Other, (specify) _____ (11)
- ☐ Potassium (5)
- ☐ Phosphorus (6)
- ☐ Sodium (7)
- ☐ Zinc (8)

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
- ☐ Modified diet (specify) _____ FH-2.1.1.2
- ☐ Enteral nutrition order (specify) _____ FH-2.1.1.3
- ☐ Parenteral nutrition order (specify) _____ FH-2.1.1.4

Diet experience (2.1.2)

- ☐ Previously prescribed diets FH-2.1.2.1
- ☐ Previous 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/chew FH-5.4.4
- ❑ Spitting food out FH-5.4.5
- ❑ Rumination 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

Food and nutrition-related supplies availability (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.

Body composition/growth/weight history (1.1)

- ❑ 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 acid 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-xylose 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

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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
☐ Niacin, urinary N'methyl-nicotinamide concentration	BD-1.13.7
☐ Vitamin B6, plasma or serum	BD-1.13.8
☐ pyridoxal 5' phosphate concentration	
☐ Other	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

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

☐ Patient/client chief nutrition complaint (specify)	CH-2.1.1	P or F
☐ Cardiovascular	CH-2.1.2	P or F
☐ Endocrine/metabolism	CH-2.1.3	P or F
☐ Excretory	CH-2.1.4	P or F
☐ Gastrointestinal	CH-2.1.5	P or F
☐ Gynecological	CH-2.1.6	P or F
☐ Hematology/oncology	CH-2.1.7	P or F
☐ Immune (e.g., food allergies)	CH-2.1.8	P or F
☐ Integumentary	CH-2.1.9	P or F
☐ Musculo-skeletal	CH-2.1.10	P or F
☐ Neurological	CH-2.1.11	P or F
☐ Psychological	CH-2.1.12	P or F
☐ Respiratory	CH-2.1.13	P or F
☐ Other	CH-2.1.14	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-2.2.1
☐ Surgical treatment	CH-2.2.2
☐ Complementary/alternative medicine	CH-2.2.3
☐ Palliative/end-of-life care	CH-2.2.4

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
☐ 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

Social history (3.1), cont'd

☐ History of recent crisis (specify)	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)	☐ Niacin (8)
☐ D (3)	☐ Folate (9)
☐ E (4)	☐ B6 (10)
☐ K (5)	☐ B12 (11)
☐ Thiamin (6)	
☐ Other (specify) (12)	
☐ Method for estimating needs (13)	

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 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