

Nutrition Diagnostic Terminology

INTAKE

Defined as “actual problems related to intake of energy, nutrients, fluids, bioactive substances through oral diet or nutrition support”

Energy Balance (1)

Defined as “actual or estimated changes in energy (kcal) balance”

- ☐ Unused NI-1.1
- ☐ Increased energy expenditure NI-1.2
- ☐ Unused NI-1.3
- ☐ Inadequate energy intake NI-1.4
- ☐ Excessive energy intake NI-1.5
- ☐ Predicted suboptimal energy intake NI-1.6
- ☐ Predicted excessive energy intake NI-1.7

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
- ☐ Excessive oral intake NI-2.2
- ☐ Inadequate enteral nutrition infusion NI-2.3
- ☐ Excessive enteral nutrition infusion NI-2.4
- ☐ Less than optimal enteral nutrition NI-2.5
- ☐ Inadequate parenteral nutrition infusion NI-2.6
- ☐ Excessive parenteral nutrition infusion NI-2.7
- ☐ Less than optimal parenteral nutrition NI-2.8
- ☐ Limited food acceptance NI-2.9

Fluid Intake (3)

Defined as “actual or estimated fluid intake compared with patient goal”

- ☐ Inadequate fluid intake NI-3.1
- ☐ Excessive fluid intake NI-3.2

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
- ☐ Excessive bioactive substance intake NI-4.2
- ☐ Excessive alcohol intake NI-4.3

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 (specify) _____
- ☐ Malnutrition NI-5.2
- ☐ Inadequate protein-energy intake NI-5.3
- ☐ Decreased nutrient needs NI-5.4 (specify) _____
- ☐ Imbalance of nutrients NI-5.5

Fat and Cholesterol (5.6)

- ☐ Inadequate fat intake NI-5.6.1
- ☐ Excessive fat intake NI-5.6.2
- ☐ Inappropriate intake of fats NI-5.6.3 (specify) _____

Protein (5.7)

- ☐ Inadequate protein intake NI-5.7.1
- ☐ Excessive protein intake NI-5.7.2
- ☐ Inappropriate intake of protein or amino acids (specify) _____

Carbohydrate and Fiber (5.8)

- ☐ Inadequate carbohydrate intake NI-5.8.1
- ☐ Excessive carbohydrate intake NI-5.8.2
- ☐ Inappropriate intake of types of carbohydrate (specify) _____ NI-5.8.3
- ☐ Inconsistent carbohydrate intake NI-5.8.4
- ☐ Inadequate fiber intake NI-5.8.5
- ☐ Excessive fiber intake NI-5.8.6

Vitamin (5.9)

- ☐ Inadequate vitamin intake NI-5.9.1 (specify) _____
- ☐ 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)
- ☐ Excessive vitamin intake NI-5.9.2 (specify) _____
- ☐ 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)

Mineral (5.10)

- ☐ Inadequate mineral intake NI-5.10.1 (specify) _____
- ☐ Calcium (1) ☐ Potassium (5)
- ☐ Chloride (2) ☐ Phosphorus (6)
- ☐ Iron (3) ☐ Sodium (7)
- ☐ Magnesium (4) ☐ Zinc (8)
- ☐ Other (specify) _____ (9)
- ☐ Excessive mineral intake NI-5.10.2 (specify) _____
- ☐ Calcium (1) ☐ Potassium (5)
- ☐ Chloride (2) ☐ Phosphorus (6)
- ☐ Iron (3) ☐ Sodium (7)
- ☐ Magnesium (4) ☐ Zinc (8)
- ☐ Other (specify) _____ (9)

Multi-nutrient (5.11)

- ☐ Predicted suboptimal nutrient intake NI-5.11.1
- ☐ Predicted excessive nutrient intake NI-5.11.2

CLINICAL

Defined as “nutritional findings/problems identified that relate to medical or physical conditions”

Functional (1)

Defined as “change in physical or mechanical functioning that interferes with or prevents desired nutritional consequences”

- ☐ Swallowing difficulty NC-1.1
- ☐ Biting/Chewing (masticatory) difficulty NC-1.2
- ☐ Breastfeeding difficulty NC-1.3
- ☐ Altered GI function NC-1.4

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
- ☐ Altered nutrition-related laboratory values (specify) _____ NC-2.2
- ☐ Food-medication interaction NC-2.3
- ☐ Predicted food-medication interaction NC-2.4

Weight (3)

Defined as “chronic weight or changed weight status when compared with usual or desired body weight”

- ☐ Underweight NC-3.1
- ☐ Unintentional weight loss NC-3.2
- ☐ Overweight/obesity NC-3.3
- ☐ Unintentional weight gain NC-3.4

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
- ☐ Harmful beliefs/attitudes about food- or nutrition-related topics (use with caution) NB-1.2
- ☐ Not ready for diet/lifestyle change NB-1.3
- ☐ Self-monitoring deficit NB-1.4
- ☐ Disordered eating pattern NB-1.5
- ☐ Limited adherence to nutrition-related recommendations NB-1.6
- ☐ Undesirable food choices NB-1.7

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
- ☐ Excessive physical activity NB-2.2
- ☐ Inability or lack of desire to manage self-care NB-2.3
- ☐ Impaired ability to prepare foods/meals NB-2.4
- ☐ Poor nutrition quality of life NB-2.5
- ☐ Self-feeding difficulty NB-2.6

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
- ☐ Limited access to food or water NB-3.2
- ☐ Limited access to nutrition-related supplies NB-3.3