

**NUTRITIONAL ASSESSMENT EXERCISE**

Student: \_\_\_\_\_ Age: \_\_\_\_\_

Height in feet & inches \_\_\_\_\_ Weight: \_\_\_\_\_ BMI: \_\_\_\_\_

% FAT \_\_\_\_\_ Fat Mass \_\_\_\_\_ pounds

I am classified as being:

\_\_\_\_\_ Underweight      \_\_\_\_\_ Healthy weight      \_\_\_\_\_ Over weight

\_\_\_\_\_ Obese 1 – 2 – 3      \_\_\_\_\_ Morbidly Obese

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**Caloric requirements:**

Utilize the resources available at <http://www.choosemyplate.gov/> to complete the following

Usual activity level? \_\_\_\_\_

Approximate total calories to achieve ideal weight: \_\_\_\_\_

**Caloric intake:** Complete a 24 hour recall (write down everything eaten in 24 hours). Complete the nutrition calculations.

Calories \_\_\_\_\_

Calories from Fat: \_\_\_\_\_

Calories from Protein: \_\_\_\_\_

Calories from Carbohydrates: \_\_\_\_\_

**Finding your BMI:** Use formulas from P&P Skills

**Finding waist-to-hip ratio:**

Using a tape measure, find the circumference of waist at its narrowest point when stomach is relaxed: Waist = \_\_\_\_\_ inches

Measure the circumference of hips at their widest (where your buttocks protrude the most). Hips = \_\_\_\_\_ inches

Divide your waist measurement by your hip measurement: Waist-to-hip ratio = \_\_\_\_\_

Assignment:

1. Complete page one. Attach to your care plan.
2. Write a 24-hour recall of dietary intake. Include all food and drink, including water. Estimate portions and volumes.
3. Compute the total calories, total fat, CHO, and PRO from the 24-hour recall for your client.

Sources include:

1. [www.choosemyplate.gov/](http://www.choosemyplate.gov/)
  2. [www.usda.gov/cnpp](http://www.usda.gov/cnpp)
  3. [www.nal.usda.gov](http://www.nal.usda.gov)
  4. [www.dietsite.com](http://www.dietsite.com)
  5. Library or bookstore (if necessary)
4. Prepare a care plan for your nutritional health.
    - a. Write a nursing diagnosis in the NANDA format on a real or potential nutritional problem. For the objective information, utilize the information on this exercise as a starting point and include any additional objective information you have available such as, perhaps, a recent cholesterol value. Be sure to include all the data used in making your diagnosis (the data from page one and a summary for the nutrition content from the 24-hour recall)
      - i. Possible diagnoses are (must use one of these)
        1. Nutrition: imbalanced, more than body requirements
        2. Nutrition: imbalanced, less than body requirements
        3. Nutrition: imbalanced, risk for more than body requirements
        4. Nutrition: readiness for enhanced
      - b. Develop one long-term and one short-term goal
      - c. Plan appropriate nursing interventions.
      - d. Include rationale with citation for each intervention.
      - e. Evaluate progress of each intervention and write a summary evaluation in for each goal
  5. Care plan must be typewritten and in the BC format
  6. Care plan must include a bibliography
  7. Attach page one of this exercise, the 24 hour recall, and a printout of web information or your manual nutritional calculations.
  8. Turn into your clinical instructor on the first hospital day.

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