

# Nutrition Assessment Sample

## Food/Nutrition Related History

Meal intake 50% - 75% at most meals, doesn't eat supper often.  
Standard LTC diet, Minced texture, Regular fluids.  
Prefers small meals.  
Nursing reports skips dinner frequently.  
Some reports of prolonged swallow, coughing after some bites at lunch.  
MOS initiated.  
Needs encouragement at meals.

## Anthropometrics

BMI 22.8  
Weight loss, non-significant of 2.1 kg in 3/12  
Current BW 56.1 kg  
Height 157 cm  
UBW - 60-61 kg (last year)

## Biochemical

Na 142  
K 4.8  
Cl 108  
Urea 20.5 \*\*  
Cr 81  
eGFR 50 \*\*  
FBG 7.8 \*\*  
A1C 10.1% \*\*  
Uric Acid 260  
Fe 9 \*  
B12 252  
TSH 1.78  
\*\* = High, \* = Low

## Nutrition Focused Physical Findings

Mild/moderate fat and muscle wasting in clavicle, upper arms, no edema noted, sarcopenia.  
Maintains ability to walk with a 4ww. Enjoys sitting/resting, doesn't typically walk besides to meal times and activities.

## Client History

Family supportive, used to comes at meals to provide assistance but no longer allowed at meal times.  
No food avoidances.  
No religious preferences/beliefs affecting intake.

# Nutritional Evaluation Of Food Processing

**A. Mozafar**



## **Nutritional Evaluation Of Food Processing:**

*Nutritional Evaluation of Food Processing* Endel Karmas, Robert S. Harris, 2012-12-06 Dramatic changes in the attitudes toward human nutrition have taken place during the past decade Food related and medical professionals as well as consumers are now more than ever before aware of and concerned about diet nutrition and the beneficial and deleterious effects of food processing upon nutrients The old saying We are what we eat is still relevant Nutritious food will contribute greatly to consumers good health and ultimately reduce medical bills Food processing is essential to maintaining our food reserves from one harvest to another thus letting us serve our daily meals regularly If food processing is defined as including all treatments of foodstuffs from harvest to consumption then more than 95% of our food may be considered as processed In most cases food processing and storage cause some reduction in the nutritional value of foods Advances in food science and food technology have resulted in an increase in nutrient retention after processing In addition today's consumer better understands how to avoid excessive nutrient losses during food preparation The information presented in this completely revised reference and textbook will help the reader to understand better the relationship between food processing and nutrient retention The authors scholarly contributions are greatly appreciated

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Nutritional Evaluation of Food Processing. (Edited by Robert S. Harris and Harry von Loesecke.). ,1960 Food Processing and Nutrition Bozzano G Luisa, 2012-12-02 Food Processing and Nutrition elucidates the relationship between food processing and nutrition particularly the properties of nutrients effects of different processes commodities and the addition of nutrients This book will be valuable to those who require a general outline of the subject and specific and detailed

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