MODULE 2:
Dietary Assessment and Determining Individual Needs

LEARNING OBJECTIVES

After completing this module, you will have the skills and resources to:

- Understand the methods used to establish standards and recommendations for nutrient intake
- Identify factors that alter nutrient needs
- Obtain accurate dietary intake data
- Evaluate an individual's dietary data for nutritional adequacy

RESOURCES

Obtaining Accurate Dietary Intake Data

Nutrition Questionnaires for Infants, Children, and Adolescents. Appendices A, B, and C in Story M, Holt K, Sofka D, eds. 2002 *Bright Futures in Practice: Nutrition* (2nd ed.). Arlington, VA: National Center for Education in Maternal and Child Health. Questionnaires, along with guidelines for interpreting answers to the questionnaires are included. This publication is available online at http://www.brightfutures.org and print copies can also be ordered.

Methods Used to Establish Recommendations for Intake

Food and Nutrition Board: Scientific Evaluation of DRIs. This website describes the development of the DRIs and includes pdf versions of panel reports and summary tables. http://www.iom.edu/project.asp?id=4574.

Identifying Factors That Affect Nutrient Needs

Medications. Medications. In: Harris AB, Blyler EM, Baer MT. *Nutrition Strategies for Children with Special Needs*. USC University Affiliated Program, Childrens Hospital Los Angeles. 1999. This chapter describes many of the medications that a child with special needs might take, and outlines plans to minimize medication-nutrient interactions.

Medication-nutrient Interactions. Blank S, Harper E. Medication-nutrient interactions. In: Nardella M, et al. *Nutrition Interventions for Children with Special*

Health Care Needs. Washington State Department of Health. 2001. This chapter reviews many of the medications (and the medication-nutrient interactions that may be present) commonly used in the treatment of children with special health care needs. To order, contact the Washington State Department of Health, Revenue Section, PO Box 1099, Olympia WA 98504 or visit the Washington State Nutrition for Children with Special Health Care Needs website: http://depts.washington.edu/cshcnnut. The publication can also be downloaded from the WA DOH website: http://www.doh.wa.gov/cfh/mch/CSHCNhome2.htm.

Evaluating the Dietary Data of Individuals for Nutritional Adequacy

Dietary Reference Intakes: Applications in Dietary Assessment. Institute of Medicine. *Dietary Reference Intakes: Applications in Dietary Assessment*. Food and Nutrition Board. Washington, DC National Academy Press, 2000. This document describes the use of the DRIs in assessing the intakes of groups and individuals and provides some guidelines for interpretation. http://www.nap.edu/books/0309071836/html or can be ordered from the National Academy Press at http://www.nap.edu/catalog/9956.html.

The Food and Nutrition Information Center (FNIC). The FNIC website has information about food and nutrition, including links to nutrient composition information, a searchable nutrient database, dietary guidelines, and food guide pyramids. FNIC is part of the US Department of Agriculture. http://www.nal.usda.gov/fnic

REFERENCES

DRIs for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. Institute of Medicine. *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Food and Nutrition Board. Washington, DC: National Academy Press, 1997. The report is available on-line: http://www.nap.edu/catalog/5776.html.

DRIs for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pathothenic Acid, Biotin, and Choline. Institute of Medicine. *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline*. Food and Nutrition Board. Washington, DC: National Academy Press, 1998. This report is available on-line: www.nap.edu/catalog/6015.html.

DRIs for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Molybdenum, Nickel, Silicon, Vanadium and Zinc. Institute of Medicine. *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper,*

Iodine, Iron, Molybdenum, Nickel, Silicon, Vanadium and Zinc. Food and Nutrition Board. Washington, DC: National Academy Press, 2001. This report is available on-line: http://www.nap.edu/catalog/10026.html.

DRIs for Vitamin C, Vitamin E, Selenium, and Carotenoids. Institute of Medicine. *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids*. Food and Nutrition Board. Washington, DC: National Academy Press, 2000. This report is available on-line: http://books.nap.edu/catalog/9810.html.

DRIs: vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, silicon, vanadium, and zinc. Trumbo P, Yates AA, Schlicker S, Poos M. Dietary reference intakes: vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, silicon, vanadium, and zinc. *J Am Diet Assoc*. 101(3): 294-301; 2001. This article presents a discussion of the development of the DRIs and includes a table of the DRIs as of 2001. It is available on-line to ADA members at: http://www.eatright.org. Login with your ADA number, then follow the links to the Journal.

Nutrition Strategies for Children with Special Health Care Needs. Harris AB, Blyler EM, Baer MT. *Nutrition Strategies for Children with Special Needs*. USC University Affiliated Program, Childrens Hospital Los Angeles. 1999. This manual provides guidelines for nutrition screening and strategies for ten nutrition-related health concerns. Resources and educational materials are also included.

Nutritional Assessment. Bessler S. Nutritional assessment. In: Samour PQ, Helm KK, Lang CE. *Handbook of Pediatric Nutrition*, 2nd ed. Gaithersburg, MD. 1999.