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](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](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.

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/cshcnut. 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


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


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.