Nutrition Assessment Form

Patient information	
Name: Henry Hughes	
Age: 52	**Gender:** MALE
Anthropometric measurements	
Height: 178 cm	**Weight:** 85 kg
Body mass index (BMI): 26.8 kg/m² (Overweight)	
Limb measurements	
Upper leg length (L): 40 cm	**Upper leg length (R):** 40 cm
Upper arm length (L): 30 cm	**Upper arm length (R):** 30 cm
Waist circumference: 98 cm	
Skinfold measurements	
Biceps: 10 mm	Triceps: 18 mm
Iliac chest: 22 mm	Thighs: 24 mm
Calf: 16 mm	Subscapular: 20 mm
Abdomen: 28 mm	Chest: 18 mm
Dietary habits and nutrient intake	
Typical daily food intake	
Breakfast:	Lunch:
2 scrambled eggs, toast, coffee	Grilled chicken salad, water
Dinner:	Snacks:
Baked salmon, quinoa, steamed broccoli	Mixed nuts, fruit, protein bar
Fluid intake: 2.5 liters/day	**Meal frequency:** 3 main meals, 2 snacks

Dietary restrictions (allergies, intolerances, preferences):

Lactose intolerance

Supplement use (vitamins, nutritional supplements, etc.):

Vitamin D, Omega-3, protein powder

Changes in appetite:

Reduced appetite over the past 2 months

Biochemical data

Blood glucose levels: 110 mg/dL (borderline high)	**Serum albumin:** 3.8 g/dL
Hemoglobin: 3.5 g/dL	**Total cholesterol:** 220 mg/dL (elevated)

Serum iron: 85 mcg/dL

Other relevant lab results:

Elevated LDL cholesterol (140 mg/dL)

Physical examination and clinical presentation

Skin:

- ☐ Texture
- ☑ Wounds
- ☑ Color
- ☐ Pressure sores

Hair:

- ☑ Thin
- ☐ Brittle
- ☐ Shiny

Nails:

- ☐ Brittle
- ☐ Spoon-shaped
- ☑ Healthy

Eyes:

- ☑ Pale conjunctiva
- ☐ Healthy

Oral health:	**Muscle wasting:**
☑ Dry lips ☐ Cracked ☐ Sores	○ Present ◉ Not present
Fluid retention (edema):	**General appearance:**
Mild edema in lower legs	☐ Weakness ☑ Fatigue ☑ Others, specify: Slight overweight

Nutritional risk factors

Difficulty chewing or swallowing (dysphagia): ○ **Yes** ◉ **No**

Gastrointestinal Issues (nausea, vomiting, diarrhea): ◉ **Yes** ○ **No**

Any relevant medical conditions affecting nutrition: Hypertension, prediabetes

History of enteral nutrition or tube feeding: ○ **Yes** ◉ **No**

Medical history

Current medical conditions:	**Medications and supplements:**
Hypertension, prediabetes	Lisinopril (for hypertension), Vitamin D, Omega-3
Surgical history:	**History of chronic illness:**
Appendectomy (2009)	Hypertension for 8 years, managed with medication

Known nutritional deficiencies:

Mild Vitamin D deficiency

Nutritional needs and goals	
Dietary reference intakes (DRI) goals:	**Caloric needs:** 2000 kcal/day
Fiber: 25-30 g/day Sodium: < 1500 mg/day	**Protein needs:** 75 g/day
	Fluid needs: 2.5 liters/day
Other nutritional requirements: Increased Vitamin D, reduced sodium intake	
Enteral/parenteral nutrition requirements (if applicable):	
Not applicable	
Additional notes	
Patient reports difficulty maintaining a balanced diet due to a busy work schedule. Increased sodium intake from processed foods, needs nutritional education on healthier meal options.	
Practitioner name: Dr. Jane Smith	
Signature:	**Date:** September 25, 2024