

# Nutrition Diagnostic Terminology

## INTAKE

Defined as "actual problems related to intake of energy, nutrients, fluids, bioactive substances through oral diet or nutrition support"

### Energy Balance (1)

Defined as "actual or estimated changes in energy (kcal) balance"

- Unused NI-1.1
- Increased energy expenditure NI-1.2
- Unused NI-1.3
- Inadequate energy intake NI-1.4
- Excessive energy intake NI-1.5
- Predicted suboptimal energy intake NI-1.6
- Predicted excessive energy intake NI-1.7

### Oral or Nutrition Support Intake (2)

Defined as "actual or estimated food and beverage intake from oral diet or nutrition support compared with patient goal"

- Inadequate oral intake NI-2.1
- Excessive oral intake NI-2.2
- Inadequate enteral nutrition infusion NI-2.3
- Excessive enteral nutrition infusion NI-2.4
- Less than optimal enteral nutrition NI-2.5
- Inadequate parenteral nutrition infusion NI-2.6
- Excessive parenteral nutrition infusion NI-2.7
- Less than optimal parenteral nutrition NI-2.8
- Limited food acceptance NI-2.9

### Fluid Intake (3)

Defined as "actual or estimated fluid intake compared with patient goal"

- Inadequate fluid intake NI-3.1
- Excessive fluid intake NI-3.2

### Bioactive Substances (4)

Defined as "actual or observed intake of bioactive substances, including single or multiple functional food components, ingredients, dietary supplements, alcohol"

- Inadequate bioactive substance intake NI-4.1
- Excessive bioactive substance intake NI-4.2
- Excessive alcohol intake NI-4.3

### Nutrient (5)

Defined as "actual or estimated intake of specific nutrient groups or single nutrients as compared with desired levels"

- Increased nutrient needs NI-5.1  
(specify) \_\_\_\_\_
- Malnutrition NI-5.2
- Inadequate protein-energy intake NI-5.3
- Decreased nutrient needs NI-5.4  
(specify) \_\_\_\_\_
- Imbalance of nutrients NI-5.5

### Fat and Cholesterol (5.6)

- Inadequate fat intake NI-5.6.1
- Excessive fat intake NI-5.6.2
- Inappropriate intake of fats NI-5.6.3  
(specify) \_\_\_\_\_

### Protein (5.7)

- Inadequate protein intake NI-5.7.1
- Excessive protein intake NI-5.7.2
- Inappropriate intake of protein NI-5.7.3  
or amino acids (specify) \_\_\_\_\_

## NI

### Carbohydrate and Fiber (5.8)

- Inadequate carbohydrate intake NI-5.8.1
- Excessive carbohydrate intake NI-5.8.2
- Inappropriate intake of types of carbohydrate (specify) \_\_\_\_\_ NI-5.8.3
- Inconsistent carbohydrate intake NI-5.8.4
- Inadequate fiber intake NI-5.8.5
- Excessive fiber intake NI-5.8.6

### Vitamin (5.9)

- Inadequate vitamin intake NI-5.9.1  
(specify) \_\_\_\_\_
- A (1)  Riboflavin (7)
- C (2)  Niacin (8)
- D (3)  Folate (9)
- E (4)  B6 (10)
- K (5)  B12 (11)
- Thiamin (6)
- Other (specify) \_\_\_\_\_ (12)
- Excessive vitamin intake NI-5.9.2  
(specify) \_\_\_\_\_
- A (1)  Riboflavin (7)
- C (2)  Niacin (8)
- D (3)  Folate (9)
- E (4)  B6 (10)
- K (5)  B12 (11)
- Thiamin (6)
- Other (specify) \_\_\_\_\_ (12)

### Mineral (5.10)

- Inadequate mineral intake NI-5.10.1  
(specify) \_\_\_\_\_
- Calcium (1)  Potassium (5)
- Chloride (2)  Phosphorus (6)
- Iron (3)  Sodium (7)
- Magnesium (4)  Zinc (8)
- Other (specify) \_\_\_\_\_ (9)
- Excessive mineral intake NI-5.10.2  
(specify) \_\_\_\_\_
- Calcium (1)  Potassium (5)
- Chloride (2)  Phosphorus (6)
- Iron (3)  Sodium (7)
- Magnesium (4)  Zinc (8)
- Other (specify) \_\_\_\_\_ (9)

### Multi-nutrient (5.11)

- Predicted suboptimal nutrient intake NI-5.11.1
- Predicted excessive nutrient intake NI-5.11.2

## CLINICAL

Defined as "nutritional findings/problems identified that relate to medical or physical conditions"

### Functional (1)

Defined as "change in physical or mechanical functioning that interferes with or prevents desired nutritional consequences"

- Swallowing difficulty NC-1.1
- Biting/Chewing (masticatory) difficulty NC-1.2
- Breastfeeding difficulty NC-1.3
- Altered GI function NC-1.4

## Biochemical (2)

Defined as "change in capacity to metabolize nutrients as a result of medications, surgery, or as indicated by altered lab values"

- Impaired nutrient utilization NC-2.1
- Altered nutrition-related laboratory values (specify) \_\_\_\_\_ NC-2.2
- Food-medication interaction NC-2.3
- Predicted food-medication interaction NC-2.4

## Weight (3)

Defined as "chronic weight or changed weight status when compared with usual or desired body weight"

- Underweight NC-3.1
- Unintend weight loss NC-3.2
- Overweight/obesity NC-3.3
- Unintend weight gain NC-3.4

## BEHAVIORAL-

## ENVIRONMENTAL

## NB

Defined as "nutritional findings/problems identified that relate to knowledge, attitudes/beliefs, physical environment, access to food, or food safety"

### Knowledge and Beliefs (1)

Defined as "actual knowledge and beliefs as related, observed, or documented"

- Food- and nutrition-related knowledge deficit NB-1.1
- Harmful beliefs/attitudes about food- or nutrition-related topics (use with caution) NB-1.2
- Not ready for diet/lifestyle change NB-1.3
- Self-monitoring deficit NB-1.4
- Disordered eating pattern NB-1.5
- Limited adherence to nutrition-related recommendations NB-1.6
- Undesirable food choices NB-1.7

### Physical Activity and Function (2)

Defined as "actual physical activity, self-care, and quality-of-life problems as reported, observed, or documented"

- Physical inactivity NB-2.1
- Excessive physical activity NB-2.2
- Inability or lack of desire to manage self-care NB-2.3
- Impaired ability to prepare foods/meals NB-2.4
- Poor nutrition quality of life NB-2.5
- Self-feeding difficulty NB-2.6

### Food Safety and Access (3)

Defined as "actual problems with food safety or access to food, water, or nutrition-related supplies"

- Intake of unsafe food NB-3.1
- Limited access to food or water NB-3.2
- Limited access to nutrition-related supplies NB-3.3