

Nutrition Thread: Study Guide & Reference

Using this study guide/reference sheet is optional but encouraged to allow for consolidation of nutrition content for future referencing.

Nutritional Needs Throughout the Life Cycle			
Life Stage	IOM-calculated AMDRs	Change in Nutrient Needs	Additional Notes
Pregnancy	CHO: __-__% of Kcals PRO: __-__% of Kcals FAT: ____-____% of Kcals	<u>Increased requirements</u> *:	
Lactation	CHO: __-__% of Kcals PRO: __-__% of Kcals FAT: ____-____% of Kcals	<u>Increased requirements</u> *: <u>Decreased requirement</u> *:	
Infancy	<i>No AMDRs; Consider macronutrient ranges in breastmilk as guide</i>	<u>Increased requirements</u> *:	
Childhood	CHO: __-__% of Kcals PRO: __-__% of Kcals FAT: ____-____% of Kcals	<u>Increased requirements</u> *:	
Adolescence	CHO: __-__% of Kcals PRO: __-__% of Kcals FAT: ____-____% of Kcals	<u>Increased requirements</u> *: Female: Male:	
Early adulthood (ages 19-50)	CHO: __-__% of Kcals PRO: __-__% of Kcals FAT: ____-____% of Kcals	<u>Increased requirements</u> : Female: Male:	
Middle Age (ages 51-70)	CHO: __-__% of Kcals PRO: __-__% of Kcals FAT: ____-____% of Kcals	<u>Increased requirements</u> *: <u>Decreased requirements</u> *:	
Elderly (age 70+)	CHO: __-__% of Kcals PRO: __-__% of Kcals FAT: ____-____% of Kcals	<u>Increased requirements</u> *: <u>Decreased requirements</u> *:	

IOM = Institute of Medicine; AMDRs = Acceptable Macronutrient Distribution Ranges; CHO = carbohydrates; PRO = protein; Kcals = Kilocalories

*Relative to adult requirements for those 19-50 years of age (and on a per-Kg basis for macronutrients)

Nutrition Fundamentals	
Topic	Highlights
Macronutrient Structure & Metabolism	
CHO-rich Foods; Glycemic Index; Dietary Fiber	Kcals/gram of CHO: ____
Animal & Plant-based Proteins	Kcals/gram of Protein: ____
Dietary Fats	Kcals/gram of Fat: ____
Energy Requirements (BEE vs. TEE)	
Intake Standards & Dietary Guidelines	
Nutrition Assessment	
Nutrition Assessment & Evaluation	<p>Food & Nutrition Related History:</p> <p>Client History:</p> <p>Anthropometric Data:</p> <p>Biochemical tests, medical procedures:</p> <p>Nutrition Focused Physical Exam:</p>

Malnutrition	Kwashiorkor: Marasmus: Cachexia: Sarcopenia:	Risk factors:
Nutrition Support		
Enteral	Indications: Routes: <i>Short term</i> <i>Long term</i>	
Parenteral	Indications: Peripheral PN: Central PN: Glucose Limits:	

Micronutrient Table	
Micronutrient	Notes: Site of absorption, food sources, signs/symptoms of deficiency/toxicity
Thiamine (B1)	
Niacin (B3)	
Folate (B9)	
Cobalamin (B12)	
Ascorbic Acid (vit C)	
Vitamin A	
Iron	

Nutrition for Disease Prevention & Treatment		
Topic	Prevention	Treatment
e.g. Obesity		
