

NUTRITIONAL ASSESSMENT OF DIETARY INTAKE

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PRIVACY ACT STATEMENT

AUTHORITY: 10 U.S.C. Chapter 55 and Section 8067 and 8013, and EO 9397.

PURPOSE: To evaluate each patient's diet which will form the basis for recommendations for dietary treatment by dietitians and certified/authorized diet counselors (diet therapists or health care providers).

ROUTINE USE: None.

DISCLOSURE IS VOLUNTARY.* However, failure to provide information may limit the dietitian's ability to effect changes in patient's eating habits.

NAME (Last, First, Middle Initial)

SPONSOR'S SSN

SEX

AGE

HEIGHT

CURRENT WEIGHT

HAVE YOU HAD ANY RECENT WEIGHT CHANGES?

LOSS

GAIN

TIME PERIOD

REASON FOR WEIGHT CHANGE

CIRCLE THE NUMBER OF SERVINGS YOU USUALLY EAT PER DAY FROM EACH FOOD GROUP

FOOD GROUPS	SERVINGS
MILK GROUP	
One serving is equal to: (Circle type used)	
1 cup milk or yogurt (skim, 1%, 2%, whole)	
1 1/2 ounces natural cheese	
2 ounces of processed cheese	0 1 2 3 4 5 6 More
2 cups cottage cheese	
1 1/2 cups ice milk or ice cream	
1 cup frozen yogurt	
MEAT/PROTEIN GROUP	
One serving is equal to:	
2-3 ounces meat, fish, poultry	
Count as one ounce of meat:	
1 egg	0 1 2 3 4 5 6 More
1/2 cup cooked dried beans, lentils, split peas	
2 Tbsp peanut butter	
1/3 cup nuts	
FRUIT GROUP	
One serving is equal to:	
1 medium piece of fruit	0 1 2 3 4 5 6 More
1/2 cup fresh or canned fruit	
3/4 cup fruit juice	
VEGETABLE GROUP	
One serving is equal to:	
1 cup raw, leafy vegetable	0 1 2 3 4 5 6 More
1/2 cup other vegetables, chopped raw or cooked	
1/2 cup vegetable juice	
BREAD/CEREAL/RICE/PASTA GROUP	
One serving is equal to:	
1 slice bread	
1/2 bagel, hamburger/hot dog bun, or English muffin	
3/4 cup dry, ready to eat cereal	0 1 2 3 4 5 6 More
1/2 cup cooked cereal, rice or pasta	
1 small dinner roll, tortilla, or muffin	
3 cups popped popcorn	
FATS/OILS	
1 tsp salad dressings, mayonnaise	0 1 2 3 4 5 6 More
1 tsp butter, margarine, oil, etc.	
OTHER GROUP	
regular soda, candy, sugar, fruit-flavored beverage	0 1 2 3 4 5 6 More
cakes, cookies, donuts, honey, etc.	

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