## NUTRITION DIAGNOSTIC TERMINOLOGY

### INTAKE

**NI**

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

#### Caloric Energy Balance (1)

**NI-1.1**

- Hypermetabolism *(Increased energy needs)*
- Increased energy expenditure **NI-1.2**
- Hypometabolism **NI-1.3** *(Decreased energy needs)*
- Inadequate energy intake **NI-1.4**
- Excessive energy intake **NI-1.5**

#### Oral or Nutrition Support Intake (2)

*Defined as “actual or estimated fluid and beverage intake from oral diet or nutrition support compared with patient goal”*

- Inadequate oral food/beverage intake **NI-2.1**
- Excessive oral food/beverage intake **NI-2.2**
- Inadequate intake from enteral/parenteral nutrition infusion **NI-2.3**
- Excessive intake from enteral/parenteral nutrition **NI-2.4**
- Inadequate fluid intake **NI-2.5** *(use with caution)*

#### 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 Substance Intake (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 Intake (5)

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

- Inadequate nutrient needs **NI-5.1** *(specify)*
- Evident protein-energy 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 (51)

- Inadequate fat intake **NI-51.1**
- Excessive fat intake **NI-51.2**
- Inappropriate intake of food fats *(specify)* **NI-51.3**

#### Protein (52)

- Inadequate protein intake **NI-52.1**
- Excessive protein intake **NI-52.2**
- Inappropriate intake of amino acids *(specify)* **NI-52.3**

#### Carbohydrate and Fiber (53)

- Inadequate carbohydrate intake **NI-53.1**
- Excessive carbohydrate intake **NI-53.2**
- Inappropriate intake of types of carbohydrate *(specify)* **NI-53.3**
- Inconsistent carbohydrate intake **NI-53.4**
- Inadequate fiber intake **NI-53.5**
- Excessive fiber intake **NI-53.6**

#### Vitamin (54)

- Inadequate vitamin intake *(specify)* **NI-54.1**
- Excessive vitamin intake *(specify)* **NI-54.2**

#### Mineral (55)

- Inadequate mineral intake *(specify)* **NI-55.1**
- Excessive mineral intake *(specify)* **NI-55.2**

### CLINICAL

**NC**

*Defined as “nutritional findings/problems identified as related 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**
- 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 nutrient laboratory values *(specify)* **NC-2.2**
- Food-medications interaction **NC-2.3**

#### Weight (3)

*Defined as “chronic weight or changed weight status when compared with usual or desired body weight”*

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

### BEHAVIORAL-

#### ENVIRONMENTAL

**NB**

*Defined as “nutritional findings/problems identified as related to knowledge, attitudes/beliefs, physical environment, or food supply and safety”*

#### Knowledge and Beliefs (1)

*Defined as “actual knowledge and beliefs as reported or documented”*

- Food, nutrition, 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 exercise **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 access or food safety”*

- Intake of unsafe food **NB-3.1**
- Limited access to food **NB-3.2**

---

### Edition: 2006