Nutrition Diagnoses Classification

The 60 nutrition diagnoses/problems have been given labels that are clustered into three domains: intake, clinical, and behavioral-environmental. Each domain represents unique characteristics that contribute to nutritional health. Within each domain are classes and, in some cases, subclasses of nutrition diagnoses.

A definition of each follows:

The **Intake** domain lists actual problems related to intake of energy, nutrients, fluids, or bioactive substances through oral diet, or nutrition support (enteral or parenteral nutrition).

Class: Energy Balance (1)—Actual or estimated intake of energy (kcal).

Class: Oral or Nutrition Support Intake (2)—Actual or estimated food and beverage intake from oral diet or nutrition support compared with patient/client's goal.

Class: Fluid Intake (3)—Actual or estimated fluid intake compared with patient/client's goal.

Class: Bioactive Substances Intake (4)—Actual or estimated intake of bioactive substances, including single or multiple functional food components, ingredients, dietary supplements, and alcohol.

Class: Nutrient Intake (5)—Actual or estimated intake of specific nutrient groups or single nutrients as compared with desired levels.

Subclass: Fat and Cholesterol (5.6)

Subclass: Protein (5.7)

Subclass: Carbohydrate and Fiber (5.8)

Subclass: Vitamin (5.9)

Subclass: Mineral (5.10)

Note: Whenever possible, nutrient intake data should be considered in combination with clinical, biochemical, anthropometric information, medical diagnosis, clinical status, and/or other factors as well as diet to provide a valid assessment of nutritional status based on a totality of the evidence. (*Dietary Reference Intakes. Applications in Dietary Assessment*. Institute of Medicine. Washington, D.C.: National Academy Press; 2000.)

The **Clinical** domain is nutritional findings/problems identified as related to medical or physical conditions.

Class: Functional (1)—Change in physical or mechanical functioning that interferes with or prevents desired nutritional consequences.

Class: Biochemical (2)—Change in the capacity to metabolize nutrients as a result of medications, surgery, or as indicated by altered lab values.

Class: Weight (3)—Chronic weight or changed weight status when compared with usual or desired body weight.

The **Behavioral-Environmental** domain includes nutritional findings/problems identified that relate to knowledge, attitudes/beliefs, physical environment, access to food, and food safety.

Class: Knowledge and Beliefs (1)—Actual knowledge and beliefs as reported, observed, or documented.

Class: Physical Activity and Function (2)—Actual physical activity, self-care, and quality of life problems as reported, observed, or documented.

Class: Food Safety and Access (3)—Actual problems with food access or food safety.