

DIETARY ASSESSMENT WOMAN --Pick a color/texture/face/image that tells me how you feel about your appetite and eating?

Tell me more about that. Affirm-- Clarify/Probe for better understanding--Reflect/Summarize.

Discuss possible solutions to pregnancy, breastfeeding or postpartum challenges. Frame this as “Other pregnant/BFing/PP women have found that ____ is helpful”.

| Framework/INPW-RC | Questions: | Follow-up Education |
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| <p>Consuming a diet very low in calories or essential nutrients or impaired caloric intake or absorption of essential nutrients following bariatric surgery includes: [strict vegan diets, macrobiotic diets, low-CHO/high protein diets] 427.2</p> | <p>If it is ok with you I would like to ask you a few questions, so that I have a better understanding of your eating habits.</p> <p>How is your appetite?</p> <p>What is a typical day of eating for you; tell me about your typical meals and snacks from the beginning of the day until bedtime.</p> <p>Are there any foods that you think you may not eat enough of? i.e. milk/yogurt/cheese; protein foods; fruits; vegetables, grains etc.</p> <p><i>Any special foods or meals?</i>—Screen for special diet, possible food allergies, eating disorders, intolerances, aversions, difficulty chewing or swallowing.</p> <p>What do you typically drink during the day? What type of milk? Any water? Any alcohol, beer or wine? (if yes, record frequency and number of drinks on ATOD screen)</p> <p>How do you feel about your weight?</p> <p>Screen for adequacy and variety.</p> | <p>Review appropriate pregnancy/ BFPP/PP Nutrition guidelines.</p> <p>As appropriate, discuss typical issues with PG— i.e. nausea, heartburn or constipation.</p> <p>Discuss weight gain recommendation for PG or reasonable wt loss in the PP period.</p> <p>Discuss appropriate portions.</p> |
| <p>Pregnant women ingesting foods that could be contaminated with pathogenic microorganisms 427. 5</p> | <p>As appropriate, screen for routinely intake of unpasteurized juice, dairy products or soft cheeses, raw or undercooked meat/fish/poultry or eggs, raw vegetable sprouts and/or deli meats, hot dogs and processed meat (unless heated to steaming hot).</p> <p>If the woman reports that these foods are consumed, ask for more information i.e. what types of juice/dairy/soft cheeses does she eat? How are meats/fish/poultry and eggs prepared? Any raw veggie sprouts? How are deli meats and hot dogs prepared before eating? Are they heat to steaming hot?</p> <p>Also see “Optional Questions to Elicit Dietary Code Risks for Inappropriate Nutrition Practices”</p> | <p>As appropriate-buy only pasteurized juice and dairy products.</p> <p>Cook foods thoroughly.</p> <p>If, deli meats or hot dogs, heat to steaming hot.</p> <p>Food Safety guidelines at www.Foodsafety.gov</p> |
| <p>Consuming dietary supplements with potentially harmful consequences 427.1</p> | <p>Screen for routinely taking supplements which in excess of recommendations may be toxic or harmful. This includes single or multivitamins, mineral supplements, and/or herbal/botanical supplements/remedies/teas.</p> | <p>Referral to woman’s HCP.</p> <p>Discuss reason/belief i.e. root cause for supplementation.</p> |
| <p>Inadequate vitamin/mineral supplementation recognized as essential by public health policy 427.4</p> | <p>What vitamins, minerals or supplements do you take? [Record on the StarLINC Health Interview Screen]</p> <p>___ PNV/MVI (Amount___ Frequency___)</p> <p>___ Iron (Amount___ Frequency___)</p> <p>___ Minerals (Amount___ Frequency___)</p> <p>___ Herbs (Amount___ Frequency___)</p> <p>___ Other (Amount___ Frequency___)</p> | <p>PG- Iron 27 mg Fe+, PG/BF- Iodine 150 micrograms, PP/BF-folic acid 400 mcg FA foods or supplements)</p> |
| <p>Compulsively ingesting nonfood items (pica) 427.3</p> | <p>Screen for PICA- routine ingestion of nonfood items—i.e. ashes, carpet fibers, dust, foam, rubber, soil, starch, paint chips etc....</p> <p>Do you eat any non-food items, like starch, soil paint chips, ice chips etc.?</p> | <p>Referral to woman’s HCP.</p> <p style="text-align: right;">04/2013</p> |