

UNIT-3

NUTRITIONAL ASSESSMENT

AKANSHA INSTITUTE
OF NURSING
ANIM 1ST YEAR
SUB-HEALTH
PROMOTION
(HP).

Nutritional Assessment

Nutritional assessment is the sum of nutritional status of the community.

Objective

-) To get information about nutritional problem of a given community.
-) To identify the population group at risk.
-) To develop health care programme according to needs.
-) To evaluate the programme.
-) To assess the degree of PEM of pre school and school children.

Methods of Assessment

-) Clinical Examination
-) Anthropometry
-) Laboratory and Biochemical test.
-) Functional indicators
-) Assessment of Dietary intake.

•) vital statistics

- Road to Health / Growth chart
- WHO growth chart

Value of food source

a) food that give us energy :- staple main food.

Some example of staple food

a) Cereals and grains - wheat, rice, jowar, maize, ragi.

b) Starchy roots - potato, sweet potato, tapioca.

c) Starch fruit - Banana, Bread fruit, Plantain

b) food for growth and development

- Protein $\left\{ \begin{array}{l} \text{Plant source - Pulses, nuts, peas, beans.} \\ \text{Animal source - Milk, curd, cheese, eggs,} \end{array} \right.$

meat, fish.

c) foods that give us extra Energy :- (High energy foods)

fats and sugar are concentrated forms of stored energy. Always try to eat some fat or oil with each meal.

Some example of energy supplement are :-

fat :- oil, butter, ghee, Meat fat.

12.
Fat Rich food - nuts, oil seeds, pannaee.

Sugars - white sugar, honey, jaggery.

• food that prevent illness and disease

vitamins

(It help our body work properly).

Mineral.

(It helpful for making healthy food blood, bones, teeth).

Vitamin source :- Spinach, drumstick leaves, Carrots, yellow pumpkin, tomato, Papaya, amla, orange, mango, lemon, meat, eggs, chicken, fish, milk.

Mineral food :-

Milletts - Ragi and bajra contain lots of calcium

Jaggery, Tamarind, beetroot - contain lot of iron

Sea weed - lot of iodine.

Influence of food fads, Taboos, custom on

Health: - Every culture has its own customs

and belief regarding nutritional practices. Culture influence vary widely from country to country.

(1) cold and hot food belief.

(2) flatulent food belief - urd dal, cauliflower, ^{Potato} Rice, etc.

(3) food causing Dryness - Dry fruit

(4) Acc to a tradition pure milk is not boiled as it

reduce milk yield of the cattle and some water

is mixed before boiling.

(5) Tea and coffee has replaced the traditional use of milk and lassi, which are more nutritious

and good for health.

(6) Eating Together in the same utensils to show brotherhood may spread communicable disease.