# Nutrition Assessment Form

## Patient Information

| First Name | Last Name | Date of Birth | Gender |
|---|---|---|---|
| Morgan | Jones | 11.20.1995 | M |

| Email | Contact Number | ID |
|---|---|---|
| morgan.jones@sample.co | 555-5555 | N/A |

| Address | City | State | Zip Code |
|---|---|---|---|
| 123 Sample Terrace | Sampleton | AZ | 1111 |

## Anthropometric Assessment

| Weight | Usual Weight | Height | BMI |
|---|---|---|---|
| 264.5 lbs | 200 lbs | 6'0" | 37 |

| MUAC | Waist Circumference | Skinfold and Sites |
|---|---|---|
| 37.5cm | 47" | - |

Other Measurements/Indices
IBW = 171lbs (+54%) // ABW = 208 lbs //

Notes
BMI 37 = obese

## Biochemical Assessment

Lab Results
LFT = high
Mild MAFLD
Prediabetic = positive

Notes

## Clinical Assessment

Pregnancy ○ Yes ◉ No Breastfeeding ○ Yes ◉ No

Smoker ○ Yes ◉ No If yes, how many pack-years

Alcohol Consumption 3-4 beers a night, >10 standard drinks over the weekend

Activity Level ◉ Sedentary ○ Moderately Active ○ Active ○ Very Active ○ Extremely Active

Current Medication
Amitriptyline - for depression, once daily, taken for past year

Pertinent Medical History
Diagnosed with clinical depression 2021, has always been "bigger" than his brothers

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## Clinical Assessment (Continued)

Allergies (Including Food Allergies)
None

Physical Findings
Hair and teeth appear in good condition. Some cystic acne that would

Notes
Reports tiredness and headaches lasting throughout the day. Decrease in energy, inability to exercise with friends due to strain on muscles since gaining weight. Weight gain started when he started taking new antidepressants ~12 months ago.

## Dietary Assessment

### 24-Hour Dietary Recall

| Time | Food or Drink | Quantity |
|---|---|---|
| 1015 | Monster energy - 330ml | 2 |
| 1245 | Store bought turkey sandwiches | 2 |
| 1245 | Large soda can - full sugar | 1 |
| 1620 | Drive-thru combo meal, Large Coke- full sugar, Sundae | 1 |
| 2030 | Chocolates, chips | 2 |
| | | |
| | | |
| | | |

Notes
High amount of sugary drinks, replacing meals with sugary drinks e.g. breakfast.

Eating from 2/5 food groups with heavy consumption of highly processed and fatty foods.

Recommend dietary counseling, assigned food diary task and goal to eat from minimum 4/5 food groups daily, will see Morgan again in one week's time.

| Nutritionist Name | Nutritionist Signature | Date |
|---|---|---|
| Jane Young | | 10.13.2022 |