### NUTRITION DIAGNOSTIC TERMINOLOGY

**INTAKE (NI)**
- Defined as "actual problems related to intake of energy, nutrients, fluids, bioactive substances through oral diet or nutrition support"

**Energy Balance (1)**
- Defined as "actual or estimated changes in energy (kcal)"
  - Hypermetabolism (increased energy needs): NI-1.1
  - Increased energy expenditure: NI-1.2
  - Hypometabolism (decreased energy needs): NI-1.3
  - Inadequate energy intake: NI-1.4
  - Excessive energy intake: NI-1.5

**Oral or Nutrition Support Intake (2)**
- Defined as "actual or estimated food 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: NI-2.3
  - Excessive intake from enteral/parenteral nutrition: NI-2.4
  - Inappropriate infusion of enteral/parenteral nutrition (use with caution): NI-2.5

**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 Substances (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 (5)**
- Defined as "actual or estimated intake of specific nutrient groups or single nutrients as compared with desired levels"
  - Increased nutrient needs (specify): NI-5.1
  - Evident protein-energy malnutrition: NI-5.2
  - Inadequate protein-energy intake: NI-5.3
  - Decreased nutrient needs (specify): NI-5.4
  - 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
  - A
  - C
  - Thiamin
  - Riboflavin
  - Niacin
  - Folate
  - Other

**Mineral (55)**
- Inadequate mineral intake (specify): NI-55.1
  - Calcium
  - Iron
  - Potassium
  - Zinc
  - Other
- Excessive mineral intake (specify): NI-55.2
  - Calcium
  - Iron
  - Potassium
  - Zinc
  - Other

**Biochemical (2)**
- Defined as "change in capacity to metabolize nutrients as a result of medications, or surgery, or as indicated by altered lab values"
  - Impaired nutrient utilization: NC-2.1
  - Altered nutrition-related laboratory values: 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 that relate to knowledge, attitudes/beliefs, physical environment, access to food, or food safety"

**Knowledge and Beliefs (1)**
- Defined as "actual knowledge and beliefs as related, observed or documented"
  - Food- and nutrition-related knowledge deficit: NB-1.1
  - Self-monitoring deficit: NB-1.2
  - Upset related topics (use with caution): NB-1.3
  - Overweight/obesity: 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

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**#1 Problem**

**Etiology**

**Signs/Symptoms**

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**#2 Problem**

**Etiology**

**Signs/Symptoms**

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**#3 Problem**

**Etiology**

**Signs/Symptoms**

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