2.Nutritional assessment is the interpretation of anthropometric, biochemical (laboratory), clinical and dietary data to determine whether a person or groups of people are well nourished or malnourished (over-nourished or under-nourished). Nutritional assessment can be done using the ABCD methods.

b. Types of nutrition assessment is ABCD: Anthropometric, biochemical, clinical, and dietary. Anthropometry is the measurement of the size, weight, and proportions of the body. Common anthropometric measurements include weight, height, MUAC, head circumference, and skinfold.

3.

| Changing Nutrient Needs through the Life Cycle | |
| --- | --- |
| **Life Stage** | Change in Nutrient Needs |
| Pregnancy\* | **Increased requirements:** energy, protein, essential fatty acids, vitamin A, vitamin C, B-vitamins ( B1, B2, B3, B5, B6, B12, folate, choline) & calcium, phosphorus,\*\* magnesium, potassium, iron, zinc, copper, chromium, selenium, iodine, manganese, molybdenum |
| Lactation\* | **Increased requirements:** vitamins A, C, E, all B-vitamins, sodium, magnesium\*\* **Decreased requirements:** iron |
| Infancy, childhood\* | **Increased requirements:** energy, protein, essential fatty acids |
| Adolescence\* | **Increased requirements:** energy, protein, calcium, phosphorus, magnesium, zinc (females only) |
| Early adulthood (ages 19-50) | **Increased requirements for males, compared with females:** vitamins C, K; B1, B2, B3, and choline; magnesium, zinc, chromium, manganese **Increased requirements for females, compared with males:** iron |
| Middle age (ages 51-70)\* | **Increased requirements:** vitamin B6, vitamin D |
| Elderly (age 70+)\* | **Increased requirements:** vitamin D **Decreased requirements:** energy; iron (females only) |