

STUDY GUIDE

NUTRITIONAL ASSESSMENT

Course Code: EDHN 6017
PGD Public Health and Nutrition



**Department of Nutritional Sciences & Environmental Design,
Faculty of Sciences**

ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD

Study Guide for PGD Course

NUTRITIONAL ASSESSMENT

Course Code: EDHN6017

PGD Public Health and Nutrition

Program Code (1048)



**Department of Nutritional Sciences and Environmental
Design Faculty of Sciences
Allama Iqbal Open University
Islamabad**

COURSE TEAM

- | | | |
|----|---------------------------|--|
| 1. | Chairperson | Prof. Dr. Hajra Ahmed, Chairperson, Department of NS&ED |
| 2. | Course Coordinator | Dr. Mahpara Safdar, Assistant Professor |
| 3. | Writers | i. Ms. Hiba Ahmed, Master's in Public Nutrition
ii. Dr. Mahpara Safdar, PhD, Human Nutrition
iii. Ms. Mutiba Aijaz, Master's in Public Nutrition |
| 4. | Reviewer | Dr. Mahpara Safdar, Assistant Professor |
| 5. | Designer | As allocated by the Director, IET |
| 6. | Layout | Ummad Ahmed Shad |
| 7. | Editor | Humera Ejaz |
| 8. | Producer | As allocated by the Director, IET |
| 9. | Printer | As allocated by the In-charge PPU |

FOREWORD

It is with great pleasure that the Department of Nutritional Sciences and Environmental Design, Faculty of Sciences, is offering PGD Public Health and Nutrition (PHN). The curriculum integrates the foundational principles of public health with cutting-edge insights into nutrition science, equipping students with the knowledge and skills necessary to address both global and local health issues.

Public Health focuses on disease prevention and health on a broader scale, providing a comprehensive understanding of the social, economic, and environmental factors that shape health and well-being. Nutrition focuses on the science of food and its impact on health, particularly as diet-related illnesses rise in developing countries and food systems face increasing strain due to uncontrolled population growth. Understanding this field is essential for promoting healthier lives and communities.

Allama Iqbal Open University is dedicated to promoting an educational environment where creativity and responsibility go hand in hand. We believe that the next generation of professionals will play a fundamental role in shaping a sustainable future.

This study guide on “Nutritional Assessment” is structured to facilitate critical thinking, evidence-based analysis, and effective problem-solving, which are essential competencies for today’s health professionals.

I encourage you to approach this guide not only as a source of academic knowledge but also as a tool for fostering your passion for public service. Your work in public health and nutrition has the potential to make a significant impact on individual lives, communities, and entire populations.

I wish you success in your studies and hope that this guide will be a valuable companion on your educational journey, preparing you to meet the demands of a rapidly evolving field and contribute meaningfully to improving global health outcomes.

Best Wishes,

Prof. Dr. Nasir Mehmood
Vice-Chancellor
Allama Iqbal Open University

PREFACE

The Postgraduate Diploma in Public Health and Nutrition has been carefully designed to address the growing demand for skilled professionals who can tackle complex health and nutrition challenges in our society. As the world evolves, the importance of public health and nutrition in promoting well-being, preventing diseases, and ensuring sustainable health outcomes has become more critical than ever.

In an era of unprecedented global health challenges, including pandemics, malnutrition, and the rising burden of non-communicable diseases, this diploma equips students with the tools, knowledge, and skills necessary to lead positive health transformations in diverse settings. The curriculum integrates the latest scientific research, practical applications, and evidence-based strategies, ensuring that students are well-prepared to contribute meaningfully to the health sector, both locally and globally.

This study guide is designed to support you through each step of your journey. It outlines the key concepts, learning objectives, recommended readings, and assessment strategies for each unit. Whether your goal is to advance in your current role or to embark on a new career path in public health or nutrition, this guide will serve as a valuable resource throughout your academic experience.

I encourage you to approach this course with curiosity, critical thinking, and a commitment to applying your knowledge to real-world challenges. The faculty and I are dedicated to providing you with a supportive and enriching learning environment. Together, we will explore the vital intersections of health, nutrition, and public policy to build healthier communities.

I wish you success in your studies and look forward to seeing the impact you will make in the field of public health and nutrition.

Sincerely,

Prof. Dr. Sher Muhammad
Dean, Faculty of Sciences
Allama Iqbal Open University

MESSAGE FROM CHAIRMAN

Dear Students,

On behalf of the Department of Nutritional Sciences and Environmental Design, it is my pleasure to welcome you to the Postgraduate Diploma in Public Health and Nutrition. As the Chairman, I am thrilled to see your interest in advancing your education and career in this critical field.

The importance of public health and nutrition cannot be overstated. With the growing global challenges related to health and wellness, your role as future public health professionals is vital. This program is designed to equip you with the knowledge and skills necessary to make significant contributions to community health, policy development, and nutritional science.

Nutritional assessment is a cornerstone of public health, clinical practice, and community wellness. It empowers us to identify nutritional risks, design tailored interventions, and improve health outcomes for individuals and populations. This study guide has been carefully crafted to provide you with a comprehensive understanding of the tools, techniques, and principles involved in this critical field.

Welcome once again, and I wish you a rewarding and impactful academic experience.

We are here to support you every step of the way.

Best Wishes

**Dr. Zaheer Ahmad
Chairman,
Department of Nutritional Sciences
and Environmental Design (NS&ED)**

ACKNOWLEDGMENTS

All praises to **Allah**, who gave me the strength to complete this project. The development of this comprehensive study guide on "Nutritional Assessment" has been a collaborative effort, drawing upon the expertise and support of many individuals. It gives me pleasure to express my profound gratitude and reverence to the Vice Chancellor of Allama Iqbal Open University, **Prof. Dr. Nasir Mehmood**, for facilitating, and supporting the preparation of the course. We extend our heartfelt gratitude to all those who have contributed to the creation of this resource.

I would like to express my sincere appreciation to **Prof. Dr. Sher Muhammad**, Dean, Faculty of Sciences, for his support and encouragement. Thanks to **Dr. Zaheer Ahmed**, Chairman, Department of Nutritional Sciences and Environmental Design, for his sustenance and trust. All the course team members, especially **Prof. Dr. Hajra Ahmad**, Ex-chairperson Department of Nutritional Sciences and Environmental Design, for her valuable suggestions to organize and update the material in this study guide and **Ms. Hiba Ahmed**, being writer of the subject field, ensured the content's quality and relevance and provided constructive inputs throughout this study guide's planning and developmental stages.

I also acknowledge the contributions of the design and editorial team, production, and printing team who worked diligently to ensure the clarity, coherence, and accessibility of the content presented in this study guide. Your dedication and attention to detail have been essential in bringing this resource to fruition.

Lastly, we extend our deepest appreciation to the post-graduate students who will use this study guide as a tool for learning and professional development. It is our sincere hope that it will serve as a valuable resource in your practical field.

Thank you to everyone who has contributed to the creation of this study guide. Your collaboration and support have been invaluable in making this project a reality.

Dr. Mahpara Safdar
Course Coordinator

OBJECTIVES OF THE COURSE

- To learn the importance of nutritional assessment in promoting health, preventing disease, and managing medical conditions.
- To gain proficiency in using various nutritional assessment tools and techniques, including anthropometric and dietary assessment.
- To develop the ability to analyse and interpret data from nutritional assessments to identify nutritional deficiencies, excesses, or imbalances.
- To recognise the impact of lifestyle, socioeconomic factors, and medical conditions on nutritional status.
- To understand how to monitor and evaluate the effectiveness of nutritional interventions.

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UNIT 1

INTRODUCTION

Writer: Ms. Hiba Ahmed
Reviewer: Dr. Mahpara Safdar

UNIT 1: INTRODUCTION

INTRODUCTION

In the intricate web of human health, nutrition stands as a cornerstone, influencing every aspect of our physical, mental, and social well-being. The World Health Organisation (WHO) defines health not merely as the absence of disease but as a state of complete physical, mental, and social well-being. Within this holistic definition, the significance of good nutrition emerges as paramount. This unit dives into the complex world of nutrition, emphasising its critical role in promoting health and avoiding disease. The unit covers the whole terrain of nutritional science, from explaining the necessity of appropriate nutrition for general well-being to discussing the procedures for nutritional screening and evaluation. By investigating the role of proper nutrition in reducing hidden hunger, controlling chronic illnesses, and improving quality of life, the unit highlights the tremendous influence of dietary choices on human health. Furthermore, we explore the complexities of nutritional screening and assessment, including the tools and procedures used to completely assess nutritional status. This unit provides a comprehensive framework for assessing and resolving nutritional needs by examining anthropometry, biochemical analysis, clinical examination, dietary assessment, and environmental factors. Furthermore, it emphasises the need to conduct regular nutritional assessments in identifying persons at risk of malnutrition, directing treatments, and developing individualised nutrition care plans. In summary, this unit provides a comprehensive investigation of the relationship between nutrition and health, emphasising the need to promote good dietary practices for overall well-being.

OBJECTIVES

The learning objectives of this chapter are as follows:

- Understand the transition from nutrient-deficiency diseases to chronic diseases of dietary excess and imbalance as leading causes of illness and death.
- Evaluate the importance of nutritional screening in promptly identifying malnourished individuals or those at risk, enabling timely interventions.
- Understand the significance of nutritional assessment methods, including Anthropometric Methods, Biochemical Methods, Clinical Methods, and Dietary Methods, to evaluate body composition and nutritional status.
- Evaluate the role of nutritional assessment in identifying individuals at nutritional risk and determining appropriate nutrition interventions to improve their nutritional status.

1.1 IMPORTANCE OF GOOD NUTRITION FOR HEALTH

Good nutrition is of the utmost importance to our health and bodily functions. What good health means according to the WHO:

“Health is a state of complete physical, mental and social wellbeing and not only the mere absence of disease or infirmity”.

A balanced diet generally comprises nutrient-rich foods from all primary food categories, which include lean proteins, whole grains, healthy fats, as well as a variety of colourful fruits and vegetables.

1.1.1- Optimal Heart Health

In the United States, heart disease remains the foremost cause of mortality among adults, with projections indicating that approximately 45 million individuals may be affected by cardiovascular disease (CVD) by the year 2050. Hypertension, a specific type of CVD, can result in serious health complications such as:

- heart attack
- heart failure
- stroke

Moreover, foods rich in dietary fibre are essential for maintaining heart health. The American Heart Association (AHA) indicates that dietary fibre can enhance blood cholesterol levels and decrease the likelihood of many diseases. Additionally, minimising certain fats can further benefit heart health. For example, the removal of trans fats can lead to a reduction in low-density lipoprotein (LDL) cholesterol levels, which is known to contribute to plaque buildup in the arteries, thereby heightening the risk of heart attacks and strokes.

1.1.2- Reduced Cancer Risk

The American Institute for Cancer Research advocates for a diet abundant in specific food groups to enhance overall health and potentially lower the likelihood of cancer development. This includes:

- a diverse array of fruits and vegetables
- whole grains
- legumes

There is a prevailing belief that the antioxidants found in these foods may significantly contribute to cancer prevention. However, the National Cancer Institute indicates that while laboratory and animal research has established a connection between certain antioxidants and a decrease in free radical damage associated with cancer, findings from human studies remain ambiguous. Consequently, medical professionals recommend against the use of dietary

supplements without prior consultation. Obesity is recognised as a factor that may elevate an individual's risk of cancer and lead to less favourable health outcomes. Therefore, maintaining a healthy weight is advised to mitigate these risks.

1.1.3- Enhanced Mood

Emerging evidence suggests a significant correlation between dietary habits and mood regulation. A study conducted in 2020 indicated that diet influences various factors that can subsequently affect an individual's mood, including:

- Blood Sugar Levels
- Immune system activity
- The gut microbiome

The findings also suggest that certain dietary patterns, particularly the Mediterranean diet, are associated with improved mental health outcomes. Conversely, diets high in red meat, processed foods, and unhealthy fats may have detrimental effects on mood. It is essential to acknowledge that the researchers emphasised the necessity for additional studies to explore the mechanisms that connect dietary choices with mental health. Individuals who suspect they may be experiencing symptoms of depression are encouraged to seek guidance from a healthcare provider or mental health specialist.

1.1.4- Improved Gut Health

The colon hosts a diverse community of naturally occurring bacteria that are crucial for metabolism and digestion. A fibre-rich diet may help reduce inflammation within the gut. Consuming a variety of fibrous vegetables, fruits, legumes, and whole grains can create an environment conducive to the growth of beneficial bacteria in the colon through a combination of prebiotics and probiotics. Fermented foods that are particularly high in probiotics include: yoghurt, kimchi, etc.

1.1.5- Enhanced Cognitive Function

A nutritious diet may contribute to the preservation of cognitive abilities and overall brain health. Nonetheless, additional definitive research is required to substantiate these claims. A review conducted in 2023 indicated that micronutrients, such as B vitamins, iron, and polyphenols, are crucial for promoting cognitive well-being. The diets listed below encompass many of these beneficial components and are linked to a reduced likelihood of cognitive decline and dementia:

- Mediterranean diet
- Nordic diet
- DASH diet
- MIND diet

1.1.6- Weight Management

Sustaining a healthy weight can significantly lower the risk of chronic health

conditions. Individuals with excess weight or obesity may face an increased risk of developing various ailments. Numerous nutritious foods, such as vegetables, fruits, and legumes, typically contain fewer calories compared to most processed options. Individuals can assess their caloric needs by consulting the Dietary Guidelines for Americans 2020–2025. Adhering to a balanced diet can assist individuals in remaining within their daily caloric limits without the necessity of meticulous calorie tracking.

1.1.7- Diabetes Control

A balanced diet may assist individuals with diabetes in:

- Regulating their blood glucose levels
- Maintaining blood pressure within recommended ranges
- Keeping cholesterol levels in check
- Preventing or postponing diabetes-related complications
- Achieving a healthy weight

Those with diabetes should restrict their consumption of foods high in added sugars and salt, and it is advisable to avoid fried foods that are rich in saturated and trans fats.

1.1.8- Bone and Dental Health

An adequate intake of calcium and magnesium is essential for the maintenance of strong bones and teeth. Ensuring bone health can reduce the risk of developing conditions such as osteoporosis later in life. The following foods are excellent sources of calcium:

- Dairy products
- Kale
- Broccoli

1.2 NUTRITIONAL SCREENING & ASSESSMENT

Nutrition screening is a systematic approach aimed at identifying individuals who may be malnourished or at risk of malnutrition, thereby determining the necessity for a comprehensive nutrition assessment. In hospital environments, the Joint Commission requires that all patients admitted to the hospital undergo a nutrition screening within 24 hours of their admission. Typically, nurses are responsible for conducting the initial nutrition screening in most healthcare settings. While there are no established standards that necessitate a nutrition screen upon admission to the Intensive Care Unit (ICU) beyond the initial 24 hours, any healthcare professional can perform nutrition screening and rescreening using valid and reliable tools specifically designed for older adults. It is recommended that these screenings be integrated into the initial assessment conducted in the ICU. Over 21

distinct nutrition screening and assessment tools have been created for older adults; however, many of these tools do not demonstrate sufficient validity and reliability. The Hartford Institute for Geriatric Nursing's Best Practices in Nursing Care to Older Adults suggests the use of the Mini Nutritional Assessment (MNA) for older adults. The MNA, available in both full and short forms, is the only validated screening (MNA–short form) and assessment tool (MNA–full form) that has been utilised in over 200 studies, although research on its application in critically ill older adults remains limited. Further research is needed to identify the most suitable data elements for inclusion in ICU nutrition screening tools, as well as to validate existing nutrition screening instruments for older patients in the ICU setting.

1.2.1- Nutritional Health Status

According to the Food and Agriculture Organisation, “Nutritional status is the condition of the body resulting from the nutrient content of the food we eat to our nutritional needs and from the ability of our bodies to digest, absorb and use those nutrients”.

A high quality of life is characterised by sufficient nutrition and consistent physical activity. This synergy not only diminishes the likelihood of numerous chronic diseases but also enhances physical performance levels. These elements are essential for the overall well-being of the population. Consequently, within the domain of physical activity, it is imperative to examine the impact of nutrition on an individual's health, performance, and recovery. Nutrition and regular exercise are particularly vital for the elderly, individuals with comorbid conditions, and athletes. Effective nutritional intervention incorporates aspects of nutritional assessment and ergogenic supplementation alongside daily dietary practices. A rigorous approach suggests that employing a variety of techniques will yield a more precise final evaluation. Nevertheless, it is crucial to define the purpose of the nutritional assessment to avoid unnecessary expenditures of time and resources on superfluous analyses.

1.2.2- Brief background of Evaluation of Nutritional Health Status:

A high quality of life is characterised by sufficient nutrition and consistent physical activity. This synergy not only diminishes the likelihood of numerous chronic diseases but also enhances physical performance levels. These elements are essential for the overall well-being of the population. Consequently, within the domain of physical activity, it is imperative to examine the impact of nutrition on an individual's health, performance, and recovery. Nutrition and regular exercise are particularly vital for the elderly, individuals with comorbid conditions, and athletes. Effective nutritional intervention incorporates aspects of nutritional assessment and ergogenic supplementation alongside daily dietary practices. An individual's nutritional status can be understood as the balance between nutritional intake and nutritional requirements, which should facilitate the effective use of

nutrients to sustain reserves and offset losses. Considering the multitude of factors and the variability of mechanisms that influence each person's nutritional equilibrium, it is essential to implement strategies that provide insight into our nutritional status. A rigorous approach suggests that employing a variety of techniques will yield a more precise final evaluation. Nevertheless, it is crucial to define the purpose of the nutritional assessment to avoid unnecessary expenditures of time and resources on superfluous analyses.

1.2.3- Components of Nutritional Health Status:

Numerous studies conducted in recent years have identified key elements that define nutritional status, encompassing various dimensions and implications: energy balance (which includes dietary habits and physical activity), body composition, and physiological function.

- ***Energy Balance:*** In clinical settings, it is essential to assess energy requirements by evaluating basal energy expenditure, which can be measured via indirect calorimetry or estimated using predictive equations that typically consider factors such as gender, age, weight, and height. This assessment should be adjusted for physical activity levels (PALs) and the presence or absence of concurrent medical conditions. Subsequently, energy requirements should be compared to energy intake, which can be determined through food records (for instance, a 3-day dietary record, with or without food weighing, or a 24-hour dietary recall) and/or an analysis of habitual dietary patterns (using a food frequency questionnaire). Utilising food composition databases allows for a comprehensive evaluation of an individual's energy and nutrient intake. Cognitive decline, psychological issues, and clinical conditions (such as respiratory diseases) can compromise the accuracy of both instrumental assessments and dietary history. In such cases, caregivers can assist in gathering more precise information, while continuous monitoring of eating behaviours is crucial for all individuals identified as at risk.
- ***Body Composition:*** In clinical practice, fat mass (FM) and fat-free mass (FFM) can be assessed using techniques such as dual-energy X-ray absorptiometry (DEXA) or bioelectrical impedance analysis (BIA), the latter of which necessitates an initial evaluation of hydration status. Anthropometric measurements, including skinfold thickness and circumferences of the mid-upper arm and calf, are also employed. Each method presents its advantages and limitations. It is vital to implement validated inter- and intraobserver protocols, utilising reference values that have been established for the relevant population. Research has shown that body composition metrics in older adults serve as independent predictors of mortality, with a decrease in body cell mass correlating with a negative

prognostic outcome in malnutrition.

- **Functional Status:** Malnutrition, encompassing both overnutrition and undernutrition, can significantly impair functional status, leading to a gradual decline in various parameters such as aerobic capacity, muscle strength, walking speed, and balance maintenance. Additionally, malnutrition can affect metabolic indicators, including lipid profiles, glycemic control, and plasma protein levels, through an increase in fat mass (FM) or a decrease in fat-free mass (FFM). It also has implications for inflammatory responses, as evidenced by changes in C-reactive protein (CRP) levels, and can compromise immunocompetence, reflected in lymphocyte counts. Individuals experiencing malnutrition are often at heightened risk for complications associated with immobilisation syndrome, such as pressure ulcers and venous thromboembolism, as well as reduced immune function, which may lead to conditions like respiratory sepsis. When assessing the nutritional status of individuals facing acute clinical events, it is crucial to exercise special caution. The presence of acute inflammation or infection can temporarily disrupt biochemical markers that are closely associated with nutritional status, necessitating not only thorough evaluation but also diligent monitoring.

1.2.4- Nutritional Screening

Nutritional Screening is the basic step to identify or analyse the health status of a person. It tells us if the person is malnourished or at risk of malnutrition and whether he/she needs nutritional care or not. Nutritional screening is often performed by nurses or supporting staff of healthcare professional teams. There are many tools developed for the screening of nutritional health status, some of them are the Mini Nutritional Assessment (MNA), Subjective Global Assessment SGA, Malnutrition Universal Screening Tool (MUST), and Short Nutritional Assessment Questionnaire (SNAQ).

1.2.5- Nutritional Assessment

Nutritional Assessment is a detailed, multi-step method of evaluating nutritional health status. It is often designated as the ABCDs of nutritional indicators. Nutritional assessment is conducted by a team of professional healthcare team.

1.3 NUTRITIONAL ASSESSMENT METHODS

Nutritional assessment is characterised as the analysis derived from dietary, laboratory, anthropometric, and clinical investigations. This process is employed to evaluate the nutritional status of individuals or groups, taking into account the intake and utilization of nutrients. The nutritional status reflects the extent to which the human body's requirements for essential and protective substances are met, as evidenced by physical, physiological, and biochemical attributes, as well as functional capabilities and overall health. Understanding nutritional status through

assessments is crucial for identifying potential nutrient deficiencies in at-risk populations, formulating dietary recommendations, designing effective public health nutrition (PHN) initiatives aimed at preventing nutrition-related diseases, and monitoring the success of these interventions. In contemporary nutrition epidemiology (NE) and PHN research, it is imperative to collect data, conduct comparative analyses, and develop a harmonized and standardized methodology for nutritional assessment. Additionally, to accurately interpret the outcomes of nutritional assessment techniques, it is essential to consider various other factors, including socioeconomic status, cultural practices, and ecological influences such as health and vital statistics.

1.3.1- Anthropometry:

Anthropometry is the measurement of humans, if we simply put the word. It is the physical measurement of the gross composition and physical dimensions of the human body. The assessment of anthropometric parameters is a straightforward and valuable method for evaluating unintentional changes in body weight, whether loss or gain. Additionally, the relationship between weight and height serves as a significant predictor of adverse clinical outcomes.

1.3.2- Biochemical Methods:

Biochemical methods are the measurement of nutrient composition in the blood. This measure used a biochemical laboratory.

1.3.3- Clinical Methods:

In this method patient's history is taken, in signs and symptoms are observed to determine the disease or malnutrition. This includes the family and medical history of the patient.

1.3.4- Dietary Methods:

Dietary methods are well-designed measures of the food intake of an individual. It helps in the assessment and analysis of the nutrient uptake of the patients. Commonly used methods are FFQ, 24-hour dietary recall, Food records, etc.

1.3.5- Environment and Evaluation:

Five indicators of the environment need to be assessed. These indicators are the integrity of the biosphere, novel entities, impacts on natural resources, climate change and environmental trade-offs of the food in the diet.

1.3.6- Assessment of food security:As per USAID, "having, at all times, both physical and economic access to sufficient food to meet dietary needs for a productive and healthy life."

1.4- IMPORTANCE OF NUTRITION ASSESSMENT

1.4.1- Nutritional Screening And Assessment For Risk Management

Nutritional screening and assessment aim to evaluate a patient's nutritional status and determine relevant nutrient recommendations and requirements. The screening

process is designed to identify individuals at risk of malnutrition, who may consequently be more vulnerable to various diseases. Typically, this process incorporates subjective data concerning dietary habits, lifestyle behaviours, body weight history, medical background, and anthropometric measurements. These data can be swiftly correlated with observable oral health conditions, allowing for a comprehensive evaluation. By identifying the risk factors associated with oral diseases and conditions, dental professionals can take appropriate actions based on the analysis of the gathered information. The primary objective of nutritional screening is to provide an overview of pertinent dietary factors, establish relevant nutritional education objectives, guide dietary supplement recommendations, and determine the necessity for patient referrals to social services or registered dietitians for further assistance. In instances where a thorough nutritional assessment is warranted, more extensive and systematic approaches to collecting patient data and categorising levels of malnutrition are required. Such comprehensive assessments are not typically feasible within standard dental practice environments. Nevertheless, dental practitioners operating in hospitals, critical care settings, and long-term care facilities should implement nutritional assessment protocols when appropriate. Malnutrition arises from disruptions in dietary intake, digestion, absorption, metabolism, or the excretion of essential dietary components, including energy, protein, and other nutrients. A comprehensive definition of malnutrition encompasses conditions of undernutrition (insufficient nutrient intake to meet needs), overnutrition (excessive nutrient intake), nutrient deficiencies, and nutrient imbalances. The documented prevalence of specific malnutrition-related conditions is critical for understanding and addressing these issues effectively.

1.4.2- Nutritional Assessment for Obesity:

A comprehensive dietary evaluation is optimally conducted by a registered dietitian who possesses specialised training and experience in weight management. The initial nutritional assessment may include a 24-hour dietary recall, a food frequency questionnaire to assess the adequacy and composition of the diet, anthropometric measurements (such as waist and hip circumferences), and an interview that explores meal patterns, beverage intake, food preferences, grocery shopping and cooking habits, dining out experiences, as well as any religious or cultural practices that may influence the patient's dietary choices. This nutritional assessment is essential for determining the patient's initial nutritional status and for formulating appropriate dietary and treatment recommendations. While many dietary elements can be viewed as behaviours, gaining insight into patients' taste preferences and the macronutrient profile of their typical food selections is beneficial for proposing dietary and behavioural modifications that align with the patient's preferences and lifestyle. It is important to interpret the findings of the dietary assessment with caution, as both underreporting and restrained eating (especially when under observation) are prevalent issues. Nevertheless, the data collected can be highly

informative. For instance, if an individual indicates a consumption of nearly 1000 calories daily from juice and soda, transitioning to non-caloric beverages could potentially lead to significant weight loss.

1.4.3- Nutritional Assessment for Public Health:

Nutritional epidemiology (NE) encompasses a range of objectives, including the surveillance of food consumption, nutrient intake, and the nutritional health of populations. It aims to formulate new hypotheses regarding the relationship between diet and disease, provide empirical evidence that either supports or contradicts existing hypotheses, evaluate the robustness of diet-disease correlations, aid in disease prevention, and enhance public health outcomes. One of the primary advantages of NE is its capacity to yield direct risk estimates, which can subsequently inform specific dietary recommendations aimed at modifying nutrient intakes or food consumption behaviours. However, NE is not without its challenges; it is susceptible to various forms of bias, which are systematic errors that may lead to either an overestimation or underestimation of the association strength between exposures and outcomes. Additionally, it can be difficult to ascertain whether the observed associations are indeed causal.

1.4.4- Scope of Nutritional Assessment in Public Health:

The scope of NE includes multiple activities, such as tracking dietary intake and nutritional status within populations, contributing to the body of evidence for or against nutrition-related health hypotheses, and developing interventions to encourage healthier eating practices. It is crucial to employ optimal and standardised methodologies for data collection, analytical techniques, and data interpretation to ensure the validity of findings.

1.4.5- Frequency of Nutritional Assessment:

The frequency of nutrition assessment depends on a client's age, pregnancy and disease status and national policies. The recommendations below should be adjusted based on national guidelines.

- Pregnant/postpartum women: On every antenatal visit
- Infants 0–< 6 months of age: At birth and on every scheduled postnatal visit
- Infants 6–59 months of age: During monthly growth monitoring sessions for children under 2 and every 3 months for older children
- Children 5 years of age and over: On every clinic visit
- Adolescents and adults: On every clinic visit
- People with HIV: On every clinic visit and when initiating or changing antiretroviral therapy (ART)

SELF-ASSESSMENT QUESTIONS

Answer the questions below:

1. Explain why good nutrition is essential for overall health and how it helps in preventing chronic diseases.
2. Discuss the methods used for nutritional screening and assessment and their importance in identifying health risks.

Choose the correct answer: (MCQs)

- 1- Which of the following methods is used to determine the physical measurement of an individual?
 - a- Dietary Methods
 - b- Environmental Assessment
 - c- Anthropometry
 - d- Biochemical Analysis
- 2- What is hidden hunger?
 - a- Food insecurity
 - b- Micronutrient deficiency
 - c- Lack of macronutrients
 - d- Hunger caused by food availability
- 3- Nutritional screening uses tools like _____.
 - a- MNA
 - b- BMI
 - c- MUAC
 - d- FFQ
- 4- C in Nutritional Assessment Methods stands for?
 - a- Client history
 - b- Clinical Method
 - c- Care process
 - d- Chronic disease
1. Which methods in the nutritional assessment are used for the determination of the blood composition of the individual?
 - a- Dietary Method
 - b- Anthropometry
 - c- Biochemical Method
 - d- Clinical Method

ACTIVITY:

Check around your surroundings to find 5 individuals you think might be at risk of malnutrition using the SGA tool for nutritional screening. The link to download the SGA tool is given below:

https://nutritioncareincanada.ca/sites/default/uploads/files/SGA%20Tool%20EN%20BKWT_2017.pdf

Answer key:

1. c- Anthropometry
2. b- Micronutrient deficiency
3. a- MNA
4. b- Clinical Method
5. c- Biochemical Method

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UNIT 2

NUTRITIONAL ASSESSMENT IN NUTRITION CARE PROCESS

Writer: Ms. Hiba Ahmed
Reviewer: Dr. Mahpara Safdar

UNIT 2: NUTRITIONAL ASSESSMENT IN NUTRITION CARE PROCESS

INTRODUCTION:

This unit goes into the complexities of the NCP approach, including its four-step structure of Assessment, Diagnosis, Intervention, and Monitoring and Evaluation (ADIME). Through the lens of this approach, healthcare providers may negotiate the difficulties of diagnosing and treating patients' nutritional requirements with accuracy and efficacy. At the heart of the NCP is the need to identify and manage nutritional needs thoroughly. Nutritional Assessment is the first phase, and it serves as the foundation for all future interventions. To get insights into the patient's nutritional state, a large amount of data is gathered, confirmed, and analyzed. This unit establishes the foundation for individualized treatment by emphasizing cost-effectiveness and quality. Standardized language is essential for successful communication and understanding within the NCP. From computerized Nutritional Care Process Terminology to organized PES (Problem, A etiology, Signs, and Symptoms) statements, precise and simple terminology helps to simplify the diagnosis and intervention procedures. Nutrition Diagnosis and Intervention are the next steps of the NCP, in which healthcare practitioners turn evaluation results into actionable plans. By differentiating between medical and nutritional diagnoses, practitioners may identify nutrition-related disorders and modify therapies accordingly. Domains of nutritional diagnosis improve the process by providing a formal framework for examination and documentation. Nutritional intervention, or the proactive application of methods to fulfil identified requirements, highlights the NCP's dynamic aspect. The unit focuses on individualized treatment, evidence-based procedures, and rigorous documentation, and strives to improve patient outcomes while being adaptable to changing conditions. Monitoring and evaluation are the last phases of the NCP when the efficacy of interventions is rigorously examined. Healthcare workers track patient progress, assess the effectiveness of therapies, and modify care plans as required through regular monitoring, measuring, and assessment. This holistic strategy goes beyond individual patient results to address greater health and economic concerns. The Nutritional Care Process model reflects a paradigm change in healthcare, emphasizing the importance of nutrition in patient care. By adopting a systematic and evidence-based approach, healthcare practitioners aim to improve patient outcomes, promote holistic well-being, and address the various difficulties of nutrition.

OBJECTIVES

After reading this unit, you will be able to:

- Evaluate each step of the Nutrition Care Process - nutritional assessment, nutrition diagnosis, nutrition intervention, and nutritional monitoring and evaluation - in facilitating comprehensive patient care.
- Explore the process of nutritional assessment within the Nutrition Care Process, including data collection, review, clustering, and establishing nutrition diagnoses and care criteria.
- Understand the significance of standardised terminology in nutritional assessment within the Nutrition Care Process (NCP), facilitating clear identification, description, and documentation of nutrition-related problems.
- Explain how to create a PES statement and establish a nutrition diagnosis using examples.
- Analyse the components of nutrition intervention within the Nutrition Care Process, including planning, implementation, and monitoring.
- Examine the Nutrition Care Process's goal and nutritional monitoring and assessment procedure, with an emphasis on identifying pertinent nutrition care indicators.

2.1. THE NUTRITIONAL CARE PROCESS MODEL

The nutritional care process model is a four-step systematic approach to diagnosing and evaluating nutritional needs and interventions in patients. The term ADIME(Assessment, Diagnosis, Intervention, Monitoring, and Evaluation) is used for the NCP.

2.1.1. Nutritional Care Criteria

There are two distinct criteria on which nutritional indicators of the care process are adhered to for analysis purpose. Nutritional prescription by the practitioner depends upon the individual's requirement. The other is generalised standards for food intake, like DRI.

Screening and Referral System: It is a specified system that screens and refers those who are at risk of malnutrition or in need of a nutrition care process.

Outcomes Management System: All the outcomes must be documented for further evaluation and research purposes.

2.1.2. Overview of the Model:

The Nutrition Care Process represents a structured approach employed by nutrition and dietetics professionals to deliver nutritional care. This process consists of four key components: nutrition assessment and reassessment, nutrition diagnosis, nutrition intervention, and nutrition monitoring and evaluation. It is important to note that the implementation of the Nutrition Care Process does not imply a uniform approach to patient care. Instead, it serves as a framework that enables practitioners to tailor their care to the specific needs and values of each client, while also utilising the most current evidence to inform their decisions. The application of the Nutrition Care Process can enhance the efficiency and effectiveness of care, promote nutrition research, and elevate the recognition of the contributions made by credentialed nutrition and dietetics professionals. Rooted in the scientific problem-solving methodology, the primary focus of the Nutrition Care Process and Model is on clinical practitioners. Nevertheless, this framework can also be applied by Registered Dietitian Nutritionists (RDNs) across various settings, including clinical environments, management, food service, research, community health, and education. All professionals in the field need to be able to articulate the Nutrition Care Process and Model, which encapsulates the daily activities of nutrition and dietetics practitioners. The Scope and Standards of Practice for RDNs and Nutrition and Dietetics Technicians, Registered (NDTRs) encompass the application of the Nutrition Care Process. According to the Centres for Medicare & Medicaid Services' Conditions of Participation regarding Food and Dietetic Services, a qualified dietitian overseeing nutrition care must uphold professional standards of practice. The interpretive guidelines provided by CMS delineate the responsibilities of dietitians about the Nutrition Care Process. The Academy collaborates with

various accreditation bodies, including DNV GL Healthcare Accreditation, the Accreditation Commission for Health Care, and The Joint Commission, to utilise the Nutrition Care Process as a guiding framework for evaluating the standards and performance elements of dietetic services.

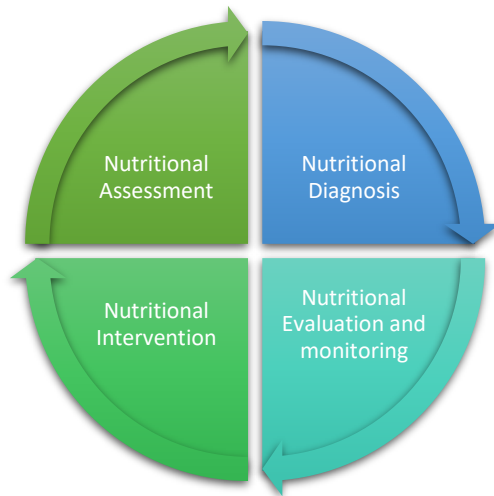


Figure 1- Nutrition Care Process Model0.1

The Nutrition Care Process (NCP) serves as a structured framework for systematic problem-solving within the field of nutrition and dietetics. This process enables professionals to engage in critical thinking and make informed decisions, ensuring the delivery of safe, effective, timely, and equitable high-quality nutrition care. The NCP is comprised of four interrelated steps:

1. Nutrition Assessment and Reassessment
2. Nutrition Diagnosis
3. Nutrition Intervention
4. Nutrition Monitoring and Evaluation

Designed for application across various practice settings, the NCP is not intended as a charting or documentation system. The adoption of the NCP and its associated terminology (NCPT) can enhance the efficiency and effectiveness of care delivery, improve communication, advance nutrition research, and elevate the recognition of nutrition's significance in both individual and population health, as well as the contributions of credentialed nutrition and dietetics practitioners. The NCP promotes a uniform approach to care, while the NCPT offers a globally recognised framework for understanding and defining concepts related to nutrition assessment, monitoring, evaluation, diagnosis, and intervention.

Through the efforts of its Nutrition Care Process and Terminology Committee, along with various subcommittees, nutrition and dietetics professionals from the U.S. and around the world contribute to the development and revision of educational resources and terminology as the field of nutrition practice continues to evolve. Additionally, the NCP provides valuable infographics that focus on critical thinking in areas such as Nutrition Assessment, Nutrition Diagnosis, Nutrition Intervention, and Nutrition Monitoring and Evaluation.

2.2. NUTRITIONAL ASSESSMENT IN THE NUTRITIONAL CARE PROCESS

The first step of NCP is Nutritional Assessment, which includes all the ABCDs mentioned in Unit 1. In this step, the data is collected, verified, recorded, and later interpreted. This step is cost-effective and gives high quality.

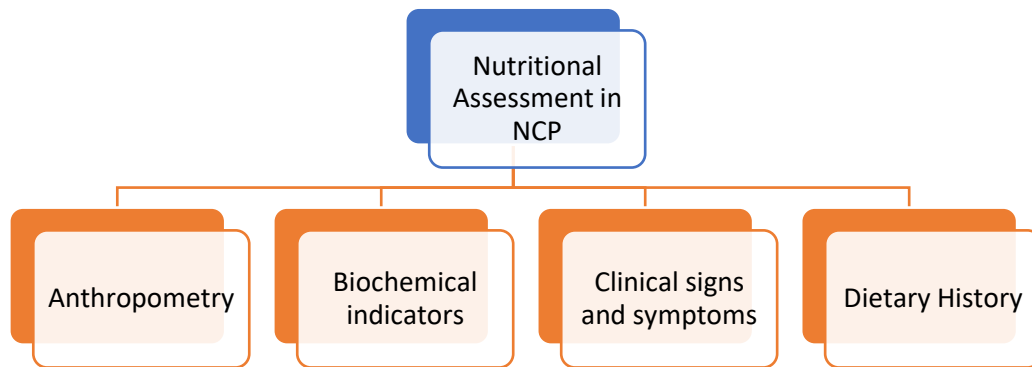


Figure 2- Nutritional Assessment in NCP

2.3. STANDARDIZED TERMINOLOGY IN NUTRITIONAL ASSESSMENT

Nutritional Assessment is a well-defined and structured method that uses certain terms to indicate the analysis or observation. These terminologies are standardised in such a way that it is easier for interpretation and diagnosis. Nutrition Care Process Terminology. To effectively document the influence of nutrition on client care, professionals need to utilize a terminology that accurately reflects the nuances of the care they deliver. The ability to consistently capture nutrition care within the profession is crucial for integrating these activities into electronic health records (EHRs), existing databases, and research initiatives, thereby facilitating the identification of key components of nutrition interventions that contribute to favourable nutrition and health outcomes.

The Nutrition Care Process, characterised by a standardised and internationally recognised terminology (NCPT), fosters critical thinking, enhances clarity and focus in nutrition care, promotes person-centred approaches, increases recognition of the significance of nutrition care among other healthcare professionals, and supports the effective implementation of evidence-based guidelines. A comprehensive list of structured terms is available to address the requirements for the Global Malnutrition Composite Score, documentation within EHRs, and HL7 nutrition standards. Additionally, the introduction of unique codes and identifiers for these standardised nutrition and dietetic terms improves the integration of nutrition terminology within broader standardised health terminologies and standards, thereby enhancing interoperability.

2.3.1- Electronic Nutritional Care Process Terminology:

Electronic NCPTs are available online for ease of professional use for diagnosis. The NCPT is systematically mapped and modelled within two established health terminologies:

Logical Observation Identifier Names and Codes (LOINC®)—utilised by reference laboratories, healthcare providers, governmental bodies, insurance entities, and software and device manufacturers. Systematised Nomenclature of Medicine Clinical Terms (SNOMED CT®)—recognised as the most comprehensive clinical healthcare terminology globally and accepted as a common language in over 50 countries. In April 2024, SNOMED released a reference set of terms aligned with the NCPT problem (diagnosis) concepts. For further information regarding SNOMED CT and the reference set, please refer to the article detailing its implications for nutrition and dietetics.

2.4. NUTRITION DIAGNOSIS AND INTERVENTION IN THE NUTRITION CARE PROCESS

2.4.1- PES Statement:

A PES statement is a structured format of sentences used by a Professional dietitian

for the nutritional diagnosis. The PES statement has 3 distinct components as follows:

Problem: P stands for a problem that mentions the actual nutritional issue of the patient.

Etiology Aetiology: E stands for (root cause), which mentions the possible reason for the problem.

Signs and Symptoms: S stands for signs and symptoms, which mentions the presence of indicators of the outcome of the problem or measure of the problem.

Altogether, PES statements used the word “related to” and “as evidenced by” in the following way:

“**Problem** *related to* **Etiology** *as evidenced by* **Signs and Symptoms**”

2.4.2- Medical Diagnosis Vs Nutritional Diagnosis:

MEDICAL DIAGNOSIS	NUTRITION DIAGNOSIS
The medical diagnosis describes a disease or pathology of organs or body systems.	The nutrition diagnosis is the identification and labelling of a nutrition problem that the RD is responsible for treating independently.
FOR EXAMPLE:	
Diabetes	Excessive carbohydrate intake is related to evidence by diet hx and increased blood glucose levels
Obesity	Intake energy imbalance or calorie increase related to increased calories or obesity or lack of healthy foods or SES, AEB weight, BMI.
Trauma and closed head injury	Increase energy needs related to multiple traumas as evidenced by the results of indirect calorimetry.
Liver failure	Altered gastrointestinal function related to cirrhosis of the liver as evidenced by steatorrhea and growth failure.
Dependence on mechanical ventilation	Increase carbohydrates, excessive calories related to high TPM, AEB vent settings.
Anorexia nervosa	Decreased calorie intake related to a history of anorexia and self-limiting behaviour, AEB weight and diet history.

2.4.3- Domains of Nutritional Diagnosis for the Evaluation of PES Statement:

The standardised term uses different terminologies for diagnosis, such as:

NI (Nutritional Intake)

NC (Clinical signs)

NB (Behaviour- Environmental factors)

These are the basic genres of terminologies with more elaborated forms as can be found in the link below:

([https://www.csun.edu/~lisagor/Fall%202012/NCP%20codes%20\(1%20page\).pdf](https://www.csun.edu/~lisagor/Fall%202012/NCP%20codes%20(1%20page).pdf))

2.4.4- Nutritional Intervention in Nutritional Care Process: Steps of Intervention

Selecting: The right strategies and actions to address the nutritional needs identified in the diagnosis.

Planning: Develop a detailed plan on how to carry out these strategies effectively.

Implementing: Putting the plan into action to improve the patient's nutritional health.

Characteristics of Nutritional Intervention in NCP

The key features of a good nutritional intervention such as being tailored to individual needs, based on the latest nutrition science, and being adaptable to changes in the patient's condition.

Documentation of Nutritional Intervention in NCP

Documentation helps keep detailed records of the nutritional care provided, including plans, actions taken, and changes in the patient's status, to ensure continuity and quality of care.

2.5. Nutritional Monitoring and Evaluation in the Nutrition Care Process

2.5.1- Purpose:

Monitoring and evaluation aim to regularly check and assess the effectiveness of the nutritional care plan, ensuring it meets the patient's changing health needs.

2.5.2- Monitoring:

This helps in keeping an eye on the patient's progress, watching closely for any changes in their health that might require adjustments to the care plan.

2.5.3- Measuring:

By using specific tools and methods to measure the patient's nutritional status and

response to the intervention over time.

2.5.4- Evaluation:

Finally, the data is collected through monitoring and measuring to see if the goals of nutritional care are being met.

2.5.5- Outcomes:

Patient Outcome: This deals with the condition of the patient after the NCP. The effect and improvement of health.

Health and Disease Outcome: It evaluates the broader health impacts, such as improvements in disease symptoms or prevention of new health issues.

Cost Outcome: While considering the economic effects of nutritional care, like reducing the need for medications or hospital visits, which can save money for patients and healthcare systems.

Self-Assessment Question

Answer the following questions:

1. Describe the Nutritional Care Process Model and its significance in improving patient care.
2. How does standardised terminology enhance the accuracy and effectiveness of nutritional assessments?

MCQs:

1. What is the primary purpose of the Nutritional Care Process (NCP)?
 - a. To diagnose medical conditions
 - b. To prescribe medications To diagnose and treat nutritional problems
 - c. To perform surgical operations
2. Which tool is used to diagnose nutritional issues using a structured format in the NCP?
 - a. PES Statement
 - b. Medical prescription
 - c. Blood test
 - d. Physical exam
3. What does the 'P' in a PES statement stand for?
 - a. Prescription
 - b. Problem
 - c. Plan

- d. Procedure
- 4. What is the difference between a medical diagnosis and a nutritional diagnosis?
 - a. A medical diagnosis focuses on pathology; a nutritional diagnosis focuses on dietary issues.
 - b. A nutritional diagnosis is used to prescribe drugs; a medical diagnosis is not.
 - c. They are the same; there is no difference.
 - d. A medical diagnosis is only used by nurses; a nutritional diagnosis is only used by dietitians.
- 5. What is the first step in the Nutritional Care Process?
 - a. Intervention
 - b. Assessment
 - c. Monitoring
 - d. Evaluation
- 6. Which domain is NOT typically included in the domains of nutritional diagnosis?
 - a. Nutritional Intake (NI)
 - b. Clinical signs (NC)
 - c. Environmental factors (NB)
 - d. Surgical history (NS)
- 7. What does the Nutritional Intervention step in the NCP primarily involve?
 - a. Conducting surgery
 - b. Selecting and planning nutritional strategies
 - c. Prescribing medication
 - d. Performing physical therapy
- 8. What is evaluated in the 'Outcomes' phase of the NCP?
 - a. Only the financial cost
 - b. Only patient satisfaction
 - c. Health improvements, disease outcomes, and cost-effectiveness
 - d. The dietitian's performance only

Answer Key:

- 1. c- Anthropometry

2. b- Micronutrient deficiency
3. a- MNA
4. b- Clinical Method
5. c- Biochemical Method

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UNIT 3

STANDARDS FOR NUTRIENT INTAKE

Writer: Ms. Hiba Ahmed
Reviewer: Dr. Mahpara Safdar

INTRODUCTION

This unit is based on thorough study and epidemiological data, gives essential insights into the dietary needs of both individuals and societies, and digs into the complex world of dietary standards and allowances, exploring the complexities of their development, use, and importance in supporting healthy eating habits. The Dietary Reference Intake (DRI) approach, pioneered by the United States National Academy of Medicine (NAM) in the 1990s, is central to dietary guidelines. This comprehensive framework includes a range of reference values, from the Estimated Average Requirement (EAR) to the Tolerable Upper Consumption Level (UL), each of which is designed to address distinct elements of nutrient consumption and health effects. A detailed grasp of these values allows healthcare practitioners and policymakers to negotiate the intricacies of dietary adequacy and toxicity, aiming to optimise health outcomes while reducing possible hazards. Observational standards give further insights into the relationship between nutrient consumption and health consequences, shedding light on patterns of deficiency or excess in communities. These standards provide vital information for supporting balanced dietary behaviours and reducing the risk of nutrient-related illnesses by establishing acceptable limits between the Recommended Dietary Allowances (RDAs) and ULs. The introduction of scientifically based dietary guidelines represents a paradigm change in the field of nutritional research, ushering in a new age of evidence-based guidance and informed decision-making. The DRIs are the foundation for the formulation of nutrition labels, dietary guidelines, and food fortification programs, having been meticulously synthesised from research findings, expert opinion, and epidemiological data. Nutrient density and profile are significant advances in the field of dietary evaluation, providing subtle insights into the nutritional quality of foods and food items. Nutrient profile models, which use complex scoring systems and rigorous testing methodologies, enable consumers, governments, and food manufacturers to make educated decisions that prioritise health and well-being. In essence, the setting of dietary guidelines and allowances is a joint effort to promote optimal health and well-being for both individuals and groups.

OBJECTIVES

After reading this unit, you will be able to:

- Understand Dietary Standards and Dietary Allowance.
- Explore the transition from observational dietary recommendations to standards based on physiologic requirements and scientific evidence.
- Determine nutrient adequacy by comparing intake to EAR and RDA; supplement with other assessments when intake falls within this range.
- Assess nutrient intake against RDA/AI using various methods: dietary, anthropometric, biochemical, and clinical measures.
- Understand nutrient-dense foods: rich in essential nutrients, low in calories, added sugars, solid fats, and sodium.
- Figure out nutrient profiling: ranks foods by nutrient content for informed choices. Stress consistent standards for labelling nutrient-dense foods.

3.1. DIETARY STANDARDS AND DIETARY ALLOWANCE

In the 1990s, the National Academy of Medicine (NAM) of the United States established a system for nutrition recommendations. This system is the Dietary Reference Intake (DRI), which is the guideline for nutrient intake based on epidemiological data. These are the reference values for healthy individuals' nutrient intake.

The recommended dietary allowance (RDA) represents the average daily intake level necessary to fulfil the nutrient needs of nearly all (97–98%) healthy individuals within a specific demographic, including factors such as sex, age, life stage, or physiological conditions like pregnancy or lactation. The RDA serves as a target for nutrient intake when designing individual diets.

To accommodate the variability in nutrient requirements for individuals, a measure of variability around the estimated average requirement (EAR) is typically employed, often using the standard deviation or, in cases of insufficient data, an estimated coefficient of variation (CV) of either 10% or 15%. This variability is factored into the calculation of the RDA. Statistically, the RDA is defined as two standard deviations above the EAR, under the assumption that nutrient requirements follow a normal distribution, which applies to most studied nutrients. Thus, the RDA can be expressed as $EAR + 2 SD$. In instances where the standard deviation is unavailable, a CV of 10% results in the RDA being set at 1.2 times the EAR, while a CV of 15% leads to an RDA of 1.3 times the EAR.

As intake levels decrease below the RDA, the risk of inadequacy rises, although this does not guarantee deficiency. It is important to note that the RDA is a conservative benchmark for evaluating nutrient adequacy, as it is designed to exceed the actual needs of approximately 2–3% of the population. Consequently, individuals whose intake falls below the RDA may still meet their nutrient requirements. The RDA, established in 1989, was primarily a singular reference point aimed at ensuring sufficiency for individuals. However, it was frequently misapplied as a standard for evaluating the nutrient intake of populations. In reality, the RDA is not suitable for assessing individual diets or for planning the dietary needs of groups.

3.1.1- Population Reference Intake (PRI):

Many nations and organisations provide two additional categories of dietary intake recommendations. The Institute of Medicine (IOM) refers to the recommended intake as the Recommended Dietary Allowance (RDA), while the World Health Organization/Food and Agriculture Organization (WHO/FAO) designates it as the Recommended Nutrient Intake (RNI), and the European Food Safety Authority (EFSA) calls it the Population Reference Intake (PRI). These values are determined to satisfy the nutritional needs of 97.5% of individuals within a specific population group, typically calculated as the Average Requirement (AR) plus two standard deviations (SDs) to accommodate the higher needs of certain individuals. Although the exact SD is often unknown, it is generally estimated to be between 10% and 15%. This recommended intake level serves as a guideline for individual dietary planning; however, it is not suitable for assessing the dietary needs of entire population groups. Consequently, calculating the prevalence of inadequate intake by determining the percentage of individuals whose intakes fall below the RDAs,

Nutrient Reference Values (NRVs), or RNI's may lead to a significant overestimation of inadequate dietary intake prevalence.

For certain nutrients, an AR may not be established due to insufficient data, which consequently means that an RDA cannot be determined, as it relies on the AR plus two SDs. In such instances, intake recommendations are instead provided as Adequate Intakes (AI), defined as the median intake level observed that supports adequate nutritional health in healthy individuals. This value is likely to exceed the actual requirements of a population group and should not be utilised to gauge the percentage of individuals with inadequate intake. If the mean intake of a group surpasses the AI, it can generally be inferred that the prevalence of inadequate intakes is low; however, if it falls below the AI, no valid conclusions regarding adequacy can be drawn. In such situations, biomarkers of nutritional status are the most effective means of evaluating the necessity for fortification or other nutritional interventions.

3.1.2- Dietary Reference Intake (DRI):

The more general term for the references is DRI, under which many values or recommendations fall. These are as follows:

EAR (Estimated Average Requirement): These sets of values are the estimated dietary requirements for 50% of healthy individuals. While 50% of the population may be assessed.

RDA (Recommended Dietary Allowance): RDA is the average daily value of nutrient intake which meets the dietary requirements of 97-97% of the population.

AI (Adequate Intake): When there is not enough evidence for the establishment of RDA, AI is assumed to ensure sufficient nutrient intake.

UL (Tolerable Upper Intake Level): These values impose the maximum intake of particular nutrients which may not pose toxicity or health adversities. Intake of nutrients above this level may contribute to toxicity.

EER (Estimated Energy Requirement): It is the estimated energy intake that is necessary to maintain the balance of energy in a healthy individual. These values are specific to age, gender, weight, height and physical activity or stress factor.

3.2- OBSERVATIONAL STANDARDS

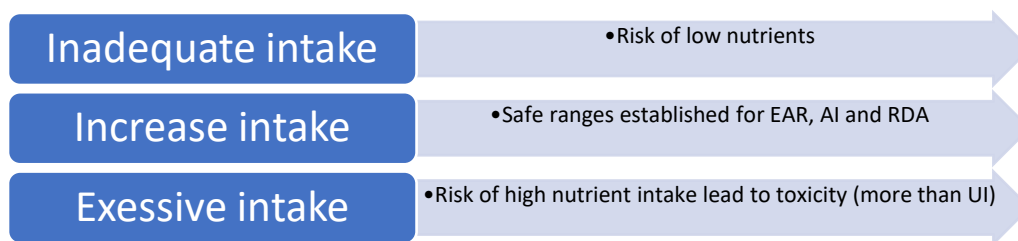


Figure 3- Recommended Dietary Guidelines

Observational standards showed the intake of nutrients at different levels. When the intake of nutrients is low, it leads to inadequacy. Or when the intake is high, it leads

to excess. The values between RDA and UL are considered safe. Below is the graphical representation of the observed intake of nutrients.

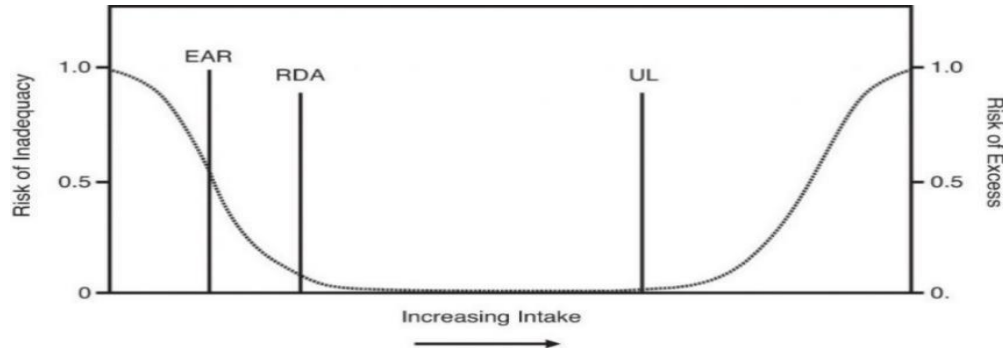


Figure 4- Observational Standards

3.3- BEGINNINGS OF SCIENTIFICALLY BASED DIETARY STANDARDS

Since 1941, the Food and Nutrition Board (FNB) in the United States has periodically published reports that establish standards aimed at promoting optimal nutrition. The earlier reports, which focused on nutrient intake recommendations and Recommended Allowances from the 1930s and 1940s, were designed to guide to ensure that populations fulfilled their essential nutritional requirements, including energy and nutrients, necessary for optimal growth, development, normal functioning, and overall health throughout life. Initially, these recommendations were derived from observations of typical food consumption patterns, but they increasingly evolved to reflect scientific understanding of human requirements for essential nutrients and energy.

In the latter half of the 20th century, advancements in economic and social welfare in high-income nations led to a transformation in morbidity and mortality trends, characterised by a significant decline in malnutrition and vitamin deficiencies, alongside a rise in chronic diseases. The connection between diet and chronic disease began to gain recognition, prompting new research in this domain. Drawing on a growing body of epidemiological evidence linking diet to noncommunicable diseases, there arose a necessity to articulate desirable levels of nutrient intake, as well as levels pertinent to specific nutrient functions.

Consequently, reports from the 1990s onward began to refer to nutrition recommendations as Dietary Reference Intakes (DRIs) and Dietary Reference Values (DRVs). These standards, developed by consensus committees, are utilised for the planning and evaluation of diets for seemingly healthy individuals and populations. The recommendations are grounded in evidence regarding physiological needs and metabolic demands.

3.3.1- Collaboration of the United Kingdom and the European Union:

In 1991, the United Kingdom, followed by the European Union in 1992 and a collaborative effort between the United States and Canada in 1994, adopted a novel strategy for determining nutrient intake recommendations. This approach was based on a framework of Nutrient Reference Values (NRVs) rather than relying on

a singular recommended intake. A panel of experts devised new methodologies for establishing nutrient intake values, taking into account various forms of evidence. They acknowledged the necessity of employing a statistical framework to ascertain the average requirement and recommended intakes, while also identifying the importance of defining safe upper intake levels for nutrients.

3.3.2- Evidence for the Establishment of RDA:

The establishment of Recommended Dietary Allowances (RDAs) was informed by multiple types of evidence, including:

- Nutrient intakes are recorded in individuals who are considered normal and healthy.
- Epidemiological data from populations where dietary improvements have rectified the clinical effects of nutrient deficiencies.
- Balance studies that evaluate nutrient status about intake levels.
- Nutrient depletion and repletion studies, where participants are placed on diets with marginally low nutrient levels, followed by a controlled correction of the deficiency.
- Data extrapolated from animal studies, and
- Biochemical assessments that measure tissue saturation or the adequacy of molecular functions about nutrient intake.

Numerous countries have developed their nutrient recommendations to evaluate the sufficiency of dietary intakes and to guide optimal dietary consumption at both individual and population levels. The World Health Organisation (WHO) and the Food and Agriculture Organisation (FAO) have also published nutrient reference values that take into account various dietary and environmental contexts.

3.3.3- Role of European Registries for Rare Endocrine Conditions (EuRECa):

A comprehensive examination of the recommendations within the framework of the EU-funded EURRECA project, titled ‘Harmonising micronutrient recommendations across Europe,’ revealed that individual countries employed distinct methodologies for formulating nutrient recommendations. The primary objective of EURRECA was to create tools that enhance transparency regarding the various approaches utilised in establishing micronutrient recommendations, which encompass the criteria for adequacy, the evaluation of evidence, and the interpretation of data throughout Europe.

Currently, there exists a substantial body of evidence indicating that nutrients and dietary patterns significantly affect the risk of chronic diseases, as well as the potential involvement of nutrients and other dietary components in the causal mechanisms leading to such diseases. Consequently, recent iterations of nutrient recommendations have incorporated epidemiological and other relevant data concerning disease risk as an additional factor in determining nutrient requirements and in formulating guidelines for safe and adequate intake levels of macronutrients.

3.3.4- Summarising the Nutritional Components:

In December 2017, the European Food Safety Authority (EFSA) released a comprehensive summary report that consolidated findings from 32 scientific

opinions published over seven years. This report addressed various nutritional components, including water, fats, carbohydrates, dietary fibre, protein, energy, as well as 14 vitamins and 13 minerals.

Currently, high-income nations employ comparable methodological frameworks to establish average nutrient requirements (AR) and safe upper intake levels (UL). This includes, in addition to the United States, Canada, the European Union (EU), and other European nations, as well as China, Korea, Southeast Asia, Australia, New Zealand, and Mexico. However, various terminologies are utilised to describe these nutrient reference values, with a preference for the term NRVs over DRIs, as actual nutrient intakes can significantly differ within populations. For example, the term Average Requirement (AR) is used in EFSA documents, while the equivalent term in UK and USA–Canada documents is Estimated Average Requirement (EAR). The Recommended Intake Level is referred to as the Recommended Dietary Allowance (RDA) in the USA–Canada, the Reference Nutrient Intake (RNI) in the UK, and the Population Reference Intake (PRI) in EFSA documents. In terms of the Safe Upper Level of Intake, EFSA, USA–Canada, and WHO-FAO documents refer to this as UL, while UK documents use the term SUL (Safe Upper Level). Lastly, the appropriate macronutrient range is designated as Appropriate Macronutrient Dietary Range (AMDR) in the USA, Canada and UK documents, whereas EFSA documents refer to it as Reference Intake Range for Macronutrients (RIs). WHO-FAO documents describe this nutrient value as population mean intake goals.

3.3.5- Framework for the Establishment of DRV:

Within the European Union (EU), the European Food Safety Authority (EFSA) Panel on Dietetic Products, Nutrition and Allergies (NDAs) established foundational principles for the formulation of Dietary Reference Values in 2010. In EFSA publications, the term Dietary Reference Values (DRVs) encompasses the complete array of nutrient reference values, which includes population reference intakes (PRIs), average requirements (ARs), adequate intakes (AIs), and reference intake (RIs) ranges for macronutrients. These values delineate the quantity of a nutrient that should be consumed regularly to sustain health in an otherwise healthy individual or population. EFSA has systematically reviewed and revised the reference values for nutrient and energy intakes, adhering to a consistent methodology while considering new scientific findings and recent recommendations from both national and international sources.

The proposed framework for standardising the derivation of Nutrient Reference Values (NRVs) emphasises the necessity of a comprehensive evaluation of evidence through systematic reviews as a foundational element for formulating recommendations. These systematic reviews should encompass various aspects, including nutrient status, health outcomes, physiological needs, bioavailability, and health-related factors. Additionally, it is crucial to take into account local and regional variables such as body size, dietary habits, nutrient consumption, biomarkers, and the risk of chronic diseases. To estimate average requirements, methodologies such as dose-response modelling and factorial approaches are recommended, while risk assessment is advised for determining upper intake levels.

3.4- USES OF THE DRIS

3.4.1- Projection of Chronic Diseases:

Chronic diseases are projected to account for 70% of all global fatalities. The precise role of specific nutrients or food components in the onset of chronic diseases remains ambiguous. Nonetheless, existing evidence indicates that nutrients, dietary habits, and lifestyle choices play significant roles in the prevention of chronic diseases, as well as in delaying their onset or mitigating their effects. Furthermore, research indicates that unhealthy dietary patterns, excessive caloric intake, and lack of physical activity are contributing factors to preventable chronic diseases. The accumulated body of literature has suggested that simplistic single-nutrient theories fall short in explaining the complex relationships between diet and noncommunicable diseases, thereby shifting research focus towards the intricate biological impacts of food and dietary patterns.

Despite this, discussions persist regarding the exploration of whether specific nutrient levels or food components can effectively lower the risk of chronic diseases. Experts have engaged in reflection and debate concerning methodologies for addressing NRVs related to chronic diseases; however, a consensus on a universally applicable process has yet to be reached.

3.4.2- Assessing and Planning Nutrient Intake

The Dietary Reference Intakes (DRIs) serve multiple functions, primarily categorised into two main areas: evaluating current nutrient consumption and strategising for future nutrient needs. Each of these categories can be further divided into applications for individual dietary assessments and those about group diets.

For instance, the Recommended Dietary Allowance (RDA), Estimated Average Requirement (EAR), and Tolerable Upper Intake Level (UL) can be utilised to evaluate the dietary intake of an individual. In contrast, the RDA and Adequate Intake (AI) serve as foundational elements for designing a more nutritious diet for that same individual. Similarly, the EARs and ULs can be employed to assess the nutrient consumption of a collective group, such as participants in a dietary survey conducted as part of the National Nutrition Monitoring System. Additionally, the EAR and UL are instrumental in planning nutritionally sufficient diets for groups, including residents in nursing homes, students in schools, and other communal dining environments.

Historically, the RDAs in the United States and the Recommended Nutrient Intakes (RNIs) in Canada were the primary reference values available to health professionals for evaluating and planning diets for both individuals and groups, as well as for assessing inadequate or excessive nutrient intake. Nevertheless, the RDAs and RNIs were not entirely adequate for many of these applications (IOM, 1994). The DRIs offer a more comprehensive array of reference values. Transitioning from reliance on RDAs and RNIs to the effective application of the full spectrum of DRIs will necessitate considerable time and effort from health professionals and related stakeholders.

Assessing and Planning Nutrient Intake of Individuals

Assessing: The Dietary Reference Intakes (DRIs) were not intended to serve as standalone tools for evaluating the dietary sufficiency of an individual due to the inherent variability in requirement estimates. The Estimated Average Requirement (EAR) provides a median value within a distribution of nutrient needs specific to a particular life stage and gender; however, without additional physiological or biochemical assessments, it remains unclear where an individual fits within this distribution. Consequently, dietary data alone can only offer an estimation of the probability of nutrient sufficiency or deficiency. Moreover, the infrequency of obtaining accurate and representative data regarding an individual's typical intake further complicates the assessment of dietary adequacy.

Planning: Individuals are encouraged to utilise the Recommended Dietary Allowance (RDA) as a benchmark for their daily nutrient consumption, provided that an RDA has been established. For instance, to enhance their intake of vitamin A to align with the RDA (900 µg/day for men and 700 µg/day for women), adults may consider increasing their consumption of foods rich in preformed vitamin A, such as dairy products, eggs, margarine, and liver, as well as carotenoid sources like β-carotene found in deep green and yellow fruits and vegetables. An 8-ounce glass of milk offers approximately 65 µg of preformed vitamin A, while a half-cup serving of carrots provides around 950 µg of vitamin A in the form of β-carotene.

Assessing and Planning Nutrient Intake of Groups

Assessing: The estimation of nutrient inadequacy within a specific population can be achieved by analysing the distribution of typical nutrient intakes about the distribution of nutrient requirements. The Estimated Average Requirement (EAR) serves as a suitable Dietary Reference Intake (DRI) for this analysis. Typically, a cut-point method is employed to gauge the prevalence of inadequate nutrient intakes. This method simplifies the comprehensive probability approach for determining inadequacy prevalence, as outlined by the National Research Council. By utilising the cut-point method, one can estimate the proportion of individuals within a population whose usual nutrient intakes fall below the EAR for the nutrient in question. This method operates under the assumption that the distributions of intake and requirement are independent, a premise applicable to the nutrients examined in this report. Additionally, it presumes that the variability in nutrient intakes among individuals is at least equivalent to the variability in their nutrient requirements, a valid assumption for free-living populations. Lastly, it is assumed that the distribution of nutrient requirements is symmetrical, a condition that holds for most nutrients discussed in this report, except iron, which exhibits skewed requirement distributions. Further details regarding the evaluation of iron intake adequacy can be found in the section titled “Nutrient-Specific Considerations.”

Planning: The process of utilizing the Estimated Average Requirement (EAR) and the Tolerable Upper Intake Level (UL) for planning nutrient intakes within specific groups necessitates several critical decisions and the examination of various factors, including: the assessment of the existing distribution of nutrient intake among the target population; the consideration of potential strategies to modify the

current intake distribution, if deemed necessary, to ensure that the prevalence of intakes falling below the EAR is acceptably low, while also maintaining a similarly low prevalence of intakes exceeding the UL; certain strategies may focus on increasing intake among individuals at higher risk (typically through personalized interventions), whereas others may aim to enhance the intake of the entire population (for instance, through food fortification); and the determination of an acceptable level of risk when establishing intake plans for the group, such as opting for a prevalence of 2 to 3 percent versus a different threshold.

3.4.3- Development of Nutrition Label:

Daily values are mentioned in Nutrition Labels on the packaged food products we purchase. These values are referenced by DRIs. The primary responsibility of the Committee of the Institute of Medicine on Use of Dietary Reference Intakes in Nutrition Labelling was to offer guidance on how to translate the scientific findings from the Dietary Reference Intake (DRI) reports into reference values suitable for the forthcoming revision of nutrition labelling regulations.

The committee's methodology for utilising the DRIs as reference values for nutrition labelling was articulated in the contractual language provided by the sponsors. Specifically, this language indicated that the reference values on food labels are intended to assist consumers in comparing the nutrient content across various food products and in assessing the relative contributions of a food item to a health-promoting diet. It is important to note that the information presented in nutrition labelling is not designed for individual diet planning. The committee was tasked with identifying overarching guiding principles for establishing nutrient reference values for nutrition labelling, taking into account the specified purposes. This involved evaluating the objectives, rationale, and recommendations regarding the methodology for selecting reference values that reflect the nutritive value of food to be included in the Nutrition Facts panel.

3.5- NUTRIENT DENSITY AND PROFILING

3.5.1- Nutrient Density:

The notion of nutrient density stands in stark contrast to that of empty calories. Foods characterised as nutrient-dense are abundant in essential nutrients, whereas calorie-dense foods are primarily high in caloric content without providing significant nutritional value. For instance, a single cup of fresh broccoli contains approximately 30 calories and is rich in vital nutrients such as calcium, magnesium, and vitamins A, C, and K. In comparison, a standard soft drink offers around 150 calories per 12-ounce serving, predominantly derived from sugar, water, and various additives. Thus, broccoli exemplifies a nutrient-dense food, while the soft drink is classified as calorie-dense. It is advisable to prioritise the consumption of nutrient-dense foods in one's diet.

Nutrient Density Score

The implementation of scoring systems to evaluate and compare the nutritional

quality of foods serves as an effective method for conveying food attributes to consumers. Various nutrient density scoring systems exist, utilising caloric values as a denominator. Within these frameworks, fruits consistently receive higher scores in comparison to processed foods. To assess the relative contributions of vitamins and minerals about daily nutritional requirements (nutrient adequacy) and caloric content (nutrient density), Darmon, Darmon, Maillot, and Drewnowski (2005) formulated a scoring system tailored specifically for fruits and vegetables. This system aligns with the concept of naturally nutrient-rich foods introduced by Drewnowski (2005) in his examination of nutrient density models. The methodology established by Darmon et al. (2005) encompasses two primary components.

1. Nutrient Adequacy: Nutrient adequacy is computed as the average of the percentage of recommended daily intake values for the nutrients included in the model. The nutrient values are derived from a standard serving size (100 g) of the edible portion of the fruit or vegetable.

Nutrient adequacy score = $(\sum \text{Nutrient } i / \text{DRV } i \times 100) / n$, where n represents the total number of nutrients in the model and i denotes the specific nutrient.

2. Nutrient Density: Nutrient density is calculated by dividing the nutrient adequacy score by the food's energy density. It reflects the average percentage of recommended daily intake values per 100 kcal of the food item.

Nutrient density per 100 kcal = (nutrient adequacy score/energy density) $\times$ 100, where energy density is defined as the available energy (AE) per unit weight of food (kcal/100 g).

3.5.2- Nutrient Profiling:

The World Health Organisation (WHO) and various consumer advocacy groups are actively engaged in the promotion of nutrient profiling as a means to enhance health and prevent disease. Nutrient profiling involves the classification of foods based on their nutritional content. This process typically establishes criteria that delineate desirable nutrient levels, such as low amounts of fats, sugars, and salt, as well as nutrient density, in contrast to foods that are high in fat, sugar, or salt, which are often energy-dense and nutrient-poor.

There is considerable debate regarding the most effective methods for conveying this information to consumers who may lack expertise in nutrition. Many proponents of front-of-pack (FOP) nutrition labelling view it as a valuable strategy for guiding consumers away from unhealthy food options. In the United Kingdom, for instance, a 'traffic light' labelling system was implemented, although other, more complex labelling methods are being utilised in different regions. While the WHO introduced a model for child nutrition in 2015, the European Parliament voted against the establishment of general nutrient profile labelling in 2016. Recently, France and Belgium have adopted the 'Nutri-score' model, which is recognised as one of the most stringent systems for providing consumers with information about nutrient profiles.

3.5.3- Principles of Nutrient Profiling:

- Scoring System: Scores foods based on nutrients. High scores for nutrient-rich foods and low scores for nutrient-poor foods.
- Making the Rules: No standard method yet; important to choose relevant nutrients, set daily amounts, and decide on measurement units.
- Checking the Scores: Profiles need thorough testing to ensure they reflect healthy dietary standards.
- Ease of Use: Methods and data should be clear and simple for everyone to understand.
- Model Comparison: Important to test different models against health outcomes to verify their effectiveness.

3.5.4- Need for Nutrient Profiling:

Nutrient profiling (NP) models help people understand which foods are healthy and which aren't by checking the nutrition of each food item. These models are used globally for different purposes, like helping people pick healthier foods through labels, deciding what foods can be sold in schools, making rules for health claims on foods, and controlling food ads aimed at children. However, as more of these models are created, they can vary a lot from one another.

This variation can confuse the people who make laws, the companies that make food, and the people who buy it.

For example, a crucial initial step involves verifying the nutritional composition of the existing fat or oil, particularly concerning trans and saturated fats. Information regarding trans and saturated fat content should be obtainable from your oil supplier. In certain instances, efforts to reduce or eliminate trans fats may lead to an unavoidable increase in total saturated fat levels.

Furthermore, it is possible that the current finished product already contains less than 0.5 grams of trans fat per serving, influenced by factors such as absorption, the presence of other fat sources in the formulation, and serving size; thus, a reformulation may not be warranted. Unless the objective is to eliminate hydrogenated fats from the food matrix, including frying oils, no modifications are necessary if the trans fat content is below 0.5 grams per serving.

Equally significant is the need to verify the nutritional profile of the final product. If the trans fat content in the product before frying is already elevated, there may not be a viable frying oil option that can reduce trans fat levels to below 0.5 grams per serving. Understanding this beforehand will enable both producers and suppliers to allocate their resources more effectively.

3.5.5- Nutrient Density of Some Food Items:

Table 1- Nutrient Density of different food items.

Food Item	Nutrient Density Score (per 100g)	Key Nutrients
Kale	1000	Vitamins A, C, K; calcium, potassium, fibre
Spinach	707	Iron, magnesium, folate, and Vitamin K
Broccoli	340	Vitamin C, K; fibre, antioxidants
Blueberries	132	Antioxidants, Vitamin C, fibre
Salmon	257	Omega-3 fatty acids, Vitamin D, and protein
Eggs	150	Protein, choline, Vitamin D, and B12
Quinoa	110	Protein, magnesium, manganese, B vitamins
Chickpeas	140	Protein, fibre, iron, folate
Sweet Potatoes	181	Beta-carotene, Vitamin C, fibre, potassium
Lentils	129	Protein, fibre, folate, and iron
Almonds	97	Vitamin E, magnesium, healthy fats, and protein
Avocado	70	Healthy fats, potassium, Vitamin E, fibre
Chicken Breast	80	Protein, Vitamin B6, niacin
Beef (Lean)	90	Protein, iron, zinc, B vitamins
Brown Rice	63	Fibre, manganese, selenium, magnesium
Oranges	98	Vitamin C, fibre, and potassium
Carrots	186	Beta-carotene, Vitamin A, fibre
Walnuts	80	Omega-3 fatty acids, Vitamin E, and magnesium
Greek Yoghurt (Plain)	76	Protein, calcium, probiotics
Sardines	215	Omega-3 fatty acids, calcium, and Vitamin D

Explanation of Scores

- **High Scores (>300):** Include green leafy vegetables and nutrient-packed items like kale and broccoli.

- **Moderate Scores (100–300):** Foods that provide a balance of macronutrients and essential vitamins/minerals, like lentils and salmon.
- **Lower Scores (<100):** Foods are still valuable for health but less concentrated in micronutrients relative to caloric content, such as nuts and avocado.

SELF-ASSESSMENT QUESTIONS

Answer the following questions:

1. Discuss the importance of Dietary Standards and Dietary Allowances in maintaining proper nutrition.
2. Explain how the Dietary Reference Intakes (DRIs) are used in nutritional planning and research.

MCQs:

1. What does DRI stand for in nutritional guidelines?
 - a. Daily Recommended Intakes
 - b. Dietary Reference Intakes
 - c. Daily Required Intakes
 - d. Diet Regulatory Intakes
2. Which of the following is NOT a component of the Dietary Reference Intakes?
 - a. EAR (Estimated Average Requirement)
 - b. RDA (Recommended Dietary Allowance)
 - c. AI (Adequate Intake)
 - d. DRV (Daily Required Vitamins)
3. What is the purpose of the UL (Tolerable Upper Intake Level) in DRI?
 - a. To determine the minimum nutrient requirements
 - b. To set the maximum safe nutrient intake levels to avoid toxicity
 - c. To outline daily energy requirements
 - d. To recommend a daily fibre intake

4. Which DRI component is used when not enough evidence is available to establish an RDA?
 - a. EAR
 - b. AI
 - c. UL
 - d. EER
5. Nutrient profiling helps in:
 - a. Only assessing the calorie content of foods
 - b. Classifying foods based on their nutritional makeup for health promotion
 - c. Measuring the physical weight of food items
 - d. Calculating the economic cost of foods
6. According to the principles of nutrient profiling, what is NOT a criterion for scoring food?
 - a. Nutritional importance
 - b. Taste and flavour of the food
 - c. Quantity of essential nutrients
 - d. Balancing nutrient ratios
7. What is one of the uses of the DRI mentioned in the text?
 - a. Designing exercise programs
 - b. Developing nutrition labels
 - c. Managing restaurant menus
 - d. Regulating water intake
8. What is the estimated energy requirement (EER) based on?
 - a. The average nutrient needs of 50% of the population
 - b. The energy balance in an individual, considering factors like age, gender, and activity level
 - c. The highest amount of calories one can consume in a day
 - d. The nutritional value of food consumed on weekends

ACTIVITY:

Check the table below, do some research and fill in the DRI values of the nutrients, also mention which form of DRI is established for each and the UL:

<i>Nutrients</i>	DRI (RDA, AI, EAR)	Value	UL
<i>Vitamin C</i>			
<i>Iron</i>			
<i>Zinc</i>			
<i>Vitamin B6</i>			
<i>Calcium</i>			
<i>Vitamin D</i>			
<i>Chromium</i>			
<i>Flouride</i>			
<i>Potassium</i>			

Answer Key

1. b. Dietary Reference Intakes
2. d. DRV (Daily Required Vitamins)
3. b. To set the maximum safe nutrient intake levels to avoid toxicity. AI (Adequate Intake)
5. b. Classifying foods based on their nutritional makeup for health promotion.
b. Taste and flavour of the food

7. b. Developing nutrition labels
8. b. The energy balance in an individual, considering factors like age, gender, and activity level

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UNIT 4

INDICES OF DIET QUALITY

Writer: Ms. Hiba Ahmed
Reviewer: Dr. Mahpara Safdar

UNIT 4: INDICES OF DIET QUALITY

INTRODUCTION

This unit explores the complicated realm of diet quality, dietary recommendations, nutritional labelling, and food guides, providing insights into their development, use, and importance in supporting healthy eating habits. Diet quality indicators, such as the Diet Quality Index International (DQI-I) and the Healthy Eating Index (HEI), offer organised frameworks for evaluating the quality of dietary consumption. These indices provide sophisticated information on dietary patterns and their influence on health outcomes by assessing characteristics such as food diversity, nutrient sufficiency, and moderation. Diet quality indices are critical in encouraging educated dietary choices and supporting public health activities, ranging from recognising strengths and weaknesses to guiding policy decisions. Dietary guidelines, which are adapted to various populations and cultural situations, provide comprehensive advice for improving health and avoiding illness through eating. Whether it's the Dietary Guidelines for Americans or the Dietary Guidelines for Pakistan, these evidence-based guidelines offer vital advice on how to achieve a balanced diet, restrict dangerous substances, and treat nutritional deficiencies. Nutritional labelling of food, including food labels and nutrition data labels, enables customers to make educated dietary decisions. Nutritional labels provide clarity and advice in selecting foods that correspond with personal health goals and preferences by displaying serving sizes, calories, macronutrients, and micronutrients. Food guides, such as Food Pyramids and MyPlate, provide visual representations of healthy eating patterns, assisting consumers in understanding and implementing dietary guidelines in their everyday lives. Furthermore, the food exchange system offers a realistic foundation for meal planning, especially for people with special dietary requirements or diseases like diabetes. In summary, this unit investigates the role of dietary standards, diet quality indices, nutritional guidelines, and food guides in supporting healthy eating habits. Individuals and communities may use these tools and resources to make educated decisions that promote optimal health and longevity.

OBJECTIVES

After reading this unit, you will be able to:

- Improve understanding of diet quality indexes (DQI and HEI), including their components, grading methods, and aims.
- Investigate historical changes in eating patterns and macronutrient distribution to inform dietary guidelines and address public health problems.
- Understanding the use of Daily Values (DRVs) and Reference Daily Intakes (RDIs) on product labels to help customers make educated dietary decisions.
- Describe the purpose and importance of food guides in promoting healthy dietary habits and the importance of exchange lists in meal planning.

4.1- DIET QUALITY AND HEALTHY EATING INDEX:

Indices of diet quality define the quality of intake. These tell about the proportionality, moderation, variety, and excess of food in a diet. Here we are going to discuss two indices that define the quality of diet. Various comprehensive dietary assessment tools have been established, including the Diet Quality Index (DQI) and Healthy Eating Index (HEI). The DQI was developed in response to rising concerns regarding prevalent diet-related chronic diseases in the United States. In 1999, this index underwent revisions to align with contemporary dietary guidelines and to emphasise additional critical components of a nutritious diet. The HEI was designed to evaluate dietary consumption and support nutrition-related initiatives for the U.S. population. Collectively, these tools serve as valuable resources for examining dietary variability and overall dietary quality within specific populations.

4.1.1- Diet Quality Index:

The Development of the Diet Quality Index-International (DQI-I)

In the domain of dietary assessment, a composite measure of diet is often favoured over an index that focuses solely on a single nutrient or food item. Nevertheless, the absence of a standardised tool for cross-national comparisons has hindered the ability to evaluate diet quality across different countries using a comprehensive dietary measure. To address this gap, researchers developed the Diet Quality Index-International (DQI-I), which facilitates global monitoring and analysis of dietary quality among nations. The index encompasses major categories, including variety, adequacy, moderation, and overall balance. This research utilises the DQI-I to conduct a comparative analysis of diet quality between China and the United States, drawing on comparable national dietary data. The findings indicate that the average DQI-I score was marginally higher in China compared to the United States. In terms of the DQI-I's major categories, the U.S. diet exhibited greater dietary variety, while China demonstrated superior moderation and overall balance in nutrient intake. The DQI-I effectively captured the variability in food and nutrient consumption in both countries, revealing distinct patterns of poor dietary quality unique to each nation. This study illustrates that the DQI-I serves as a valuable tool for cross-national comparative research, enhancing the global understanding of diet quality. Additionally, the dietary issues identified through the DQI-I may inform the development of initiatives aimed at improving public health outcomes.

Components

The Dietary Quality Index-I (DQI-I) emphasises four key components essential for a high-quality and nutritious diet: variety, adequacy, moderation, and overall balance. This framework addresses nutritional issues pertinent to both developed and developing nations. It is important to note that food consumption patterns are expected to exhibit greater variability on a global scale compared to nutrient intake

patterns. Consequently, the DQI-I integrates both nutrient and food-based approaches in its evaluation, thereby offering a comprehensive method to more accurately characterise the diversity of dietary habits across different countries.

The four dimensions of a nutritious diet constitute the primary categories of the Diet Quality Index-International (DQI-I). Each category encompasses specific dietary elements that require evaluation. These distinct categories facilitate the identification of dietary aspects that require the most attention for improvement. In contrast to some other dietary indices, which amalgamate the adequacy and moderation components into a single category, the DQI-I allows for a clearer understanding of whether a low diet quality score stems from deficiencies or excesses in dietary intake. The scores for each component are compiled within the four main categories, and the aggregate of these scores yields the overall DQI-I score, which ranges from 0 to 100, with 0 indicating the lowest quality and 100 representing the highest possible quality.

Variety: Checks if you eat many different types of foods from all the food groups. Dietary variety is assessed through two primary dimensions: overall variety and variety within protein sources. This evaluation aims to determine whether dietary intake is derived from a range of sources, both across and within specific food categories. The overall variety score is maximised by ensuring that at least one serving from each of the five food groups—meat, poultry, fish, eggs, dairy, beans, grains, fruits, and vegetables—is consumed daily. The absence of any food group results in a deduction of three points from the ideal score of 15 for each missing category. In the Dietary Quality Index for Individuals (DQI-I), beans and dairy are categorised together, particularly to facilitate cross-national comparisons. This approach is significant, as beans serve as a crucial source of calcium in numerous developing regions, particularly in Asia; thus, relying solely on dairy intake would significantly underestimate the actual consumption of calcium-rich foods in these areas.

Nutrient Adequacy: Ensures you're getting enough essential nutrients like vitamins and minerals. This category assesses the consumption of essential dietary components that must be adequately provided to ensure a nutritious diet, serving as a safeguard against undernutrition. Scores for the eight components within this category are determined based on the percentage of recommended intakes achieved, measured on a continuous scale from 0 points for 0% to a maximum of 5 points for 100%. The recommended amounts of fruits, vegetables, grains, and fibre are contingent upon total energy intake. A diet that includes at least 2 to 4 servings of fruits and 3 to 5 servings of vegetables, tailored to three distinct energy intake levels [7118 kJ (1700 kcal), 9211 kJ (2200 kcal), and 11304 kJ (2700 kcal)], receives the highest score of 5 points. Additionally, daily consumption of at least 6, 9, and 11 servings from the grain group, along with more than 20, 25, and 30 grams of fibre for the respective energy intake categories, fulfils the criteria for the top score in the grain and fibre components. Protein intake is deemed sufficient when it constitutes more than 10% of total energy intake. The thresholds for achieving the highest scores for iron, calcium, and vitamin C adequacy are based on the Dietary

Reference Intakes (DRI), which differ according to age and gender.

Balance: Measures the mix of nutrients in your diet, such as carbs, proteins, and fats. The overall equilibrium of dietary intake concerning the proportional distribution of energy sources and the composition of fatty acids is crucial. Numerous studies consistently highlight the significance of maintaining a balance among energy-providing macronutrients about their overall contribution to total energy consumption. Although there are slight variations in recommendations regarding the proportion of energy obtained from each macronutrient, this investigation adopts widely recognised general guidelines as the preferred ranges for energy contributions from carbohydrates, proteins, and fats.

In terms of fatty acids, a comparable set of guidelines exists. An elevated consumption of saturated fatty acids (SFA) is associated with an increased risk of various chronic diseases, particularly cardiovascular conditions. Conversely, higher intakes of polyunsaturated fatty acids (PUFA) and monounsaturated fatty acids have been shown to offer protective benefits against these diseases. Nonetheless, excessive consumption of any type of fatty acid is not advisable, and it is essential to maintain a balanced intake of these fatty acids for optimal health. The proportionality of energy sources and fatty acid composition contributes 6 and 4 points, respectively, to the overall Dietary Quality Index-International (DQI-I).

Moderation: Moderation plays a critical role in assessing the consumption of food and nutrients associated with chronic diseases, which may necessitate certain restrictions. While specific amounts of total fat, saturated fat, cholesterol, and sodium are essential for normal bodily functions, excessive consumption of these nutrients can lead to the development of chronic health issues. The intake levels of these nutrients are classified into three distinct tiers based on their impact on health. The lowest tier encompasses intake levels that do not exhibit any harmful effects in healthy individuals. Conversely, excessive consumption within the highest tier is linked to adverse chronic health outcomes. The middle tier represents intake levels that fall between the lowest and highest categories. The lowest intake category is assigned the highest score of 6 points, while the highest intake category receives the lowest score of 0, with the middle tier assigned a score of 3 points.

To underscore the significance of moderation in fat consumption, the Dietary Quality Index I (DQI-I) employs more rigorous cut-off values for total fat intake compared to other dietary indices. A total fat intake that constitutes 20% or less of total energy intake is awarded the highest score, whereas an intake exceeding 30% results in the lowest score. Additionally, the intake of saturated fat is assessed based on the percentage of energy derived from it. The levels of cholesterol and sodium intake are also evaluated according to their respective consumption levels.

Table 2- Diet Quality Index Scoring

Component score range	grouping	Scoring criteria	Score range
Variety - Food Groups	5 food groups: meat/poultry/fish/egg, dairy/beans, grains, fruits, vegetables	Each food group was awarded 0 or 3 pts. 3 points awarded if at least 1 item from that group was consumed	0-15
Variety - Protein Sources	6 sources: meat, poultry, fish, dairy, beans, eggs	3 or more sources consumed: 5 pts; 2 sources consumed: 3 pts; 1 source consumed: 1 pt; 0 sources consumed: 0 pts	0-5
Adequacy	8 groups: vegetables, fruit, grain, fibre, protein, iron, calcium, vitamin C	Between 0 and 5 points were awarded for each of the 8 adequacy groups, depending on the percentage of RDA met	0-40
Moderation	6 groups: total fat, saturated fat, cholesterol, sodium, and empty calorie foods	Between 0 and 6 points were awarded for each of the 5 moderation groups, depending on the percentage of RDA met	0-30
Balance	2 groups: macronutrient ratio, fatty acid ratio	Between 0 and 6 points are awarded, depending on the ratio of macronutrients, and between 0 and 4 points are awarded, depending on the ratio of fatty acids	0-10

Uses

The Diet Quality Index International (DQI-I) helps check how good someone's diet is. It can be used around the world, which is great for comparing what people eat in different places. The DQI-I looks closely at nutrients that relate to long-term

health problems and includes specific food categories, like junk food, to help understand how diets are changing. It can also link what people eat to their health and personal information.

Strengths and Limitations

The following are the strengths and Limitations of DQI.

Strengths:

- **More Detailed:** DQI gives a deeper look into diet quality compared to other diet measures.
- **Tracks More Nutrients:** It checks for more types of nutrients than its earlier version, the DQI.

Limitations:

- **Needs Lots of Data:** Calculating DQI requires detailed eating records from several days, which can be hard to gather.
- **One-Size-Fits-All Problem:** The way foods are scored might not fit every situation because it uses set values that may not be right everywhere.

4.1.2- Healthy Eating Index (HEI):

The Healthy Eating Index (HEI) serves as an indicator of dietary quality by Federal dietary recommendations, necessitating its update following the release of the Dietary Guidelines for Americans 2005. An interagency working group developed the HEI-2005, utilising the food patterns outlined in MyPyramid. Diets that adhere to the least restrictive food-group recommendations, calculated on a per 1,000 calorie basis, can achieve maximum scores across nine adequacy components: total fruit (5 points), whole fruit (5 points), total vegetables (5 points), dark green and orange vegetables and legumes (5 points), total grains (5 points), whole grains (5 points), milk (10 points), meat and beans (10 points), and oils (10 points). Scores for lesser amounts are determined through linear prorating. In establishing the standards for minimum and maximum scores for the three moderation components—saturated fat (10 points), sodium (10 points), and calories from solid fats, alcoholic beverages (including beer, wine, and distilled spirits), and added sugars (20 points)—population probability densities were analyzed. The calories derived from solid fats, alcoholic beverages, and added sugars serve as a proxy for discretionary calorie allowance. The standards for saturated fat were informed by the 2005 Dietary Guidelines, while the Adequate Intake and Tolerable Upper Intake Level for sodium were expressed per 1,000 calories. Intakes falling between the established maximum and minimum standards are prorated accordingly. The HEI-2005 effectively measures dietary quality as articulated by the principal diet-related recommendations of the 2005 Dietary Guidelines, with diverse applications such

as monitoring the dietary quality of the U.S. population and its subgroups, evaluating interventions, and conducting research.

Updates of Healthy Eating Index in 2005-2020

HEI 2010: The release of the 2010 Dietary Guidelines for Americans led to the formation of an interagency working group tasked with revising the Healthy Eating Index (HEI). The HEI-2010 maintains several characteristics from the 2005 iteration:

- It consists of 12 components, with many remaining unchanged, including nine components focused on adequacy and three on moderation;
- It adopts a density-based approach for establishing standards, such as per 1,000 calories or as a percentage of total caloric intake; and
- It utilises the least-restrictive standards, which are designed to be the most attainable among recommendations that differ based on energy intake, gender, and/or age.

Modifications to the index include:

- The introduction of the Greens and Beans component, which replaces the previous Dark Green and Orange Vegetables and Legumes category;
- The addition of Seafood and Plant Proteins to specifically address choices within the protein group;
- The replacement of Oils and Saturated Fat with Fatty Acids, which measures the ratio of polyunsaturated and monounsaturated fatty acids to saturated fatty acids, reflecting the guidance to substitute saturated fats with healthier fat options; and
- The substitution of the adequacy component, Total Grains, with a moderation component, Refined Grains, to evaluate the issue of overconsumption.

The HEI-2010 encapsulates the principal recommendations of the 2010 Dietary Guidelines and, similar to its predecessors, will serve to assess the dietary quality of the U.S. population and its subgroups, evaluate dietary interventions, investigate dietary patterns, and analyse various elements of the food environment.

HEI 2015: The components of the HEI-2015 are consistent with those of the HEI-2010, with the notable exception that Saturated Fat and Added Sugars have replaced Empty Calories, resulting in a total of 13 components. The 2015-2020 Dietary Guidelines for Americans (DGA) explicitly recommend limiting the intake of both Added Sugars and Saturated Fats to less than 10% of total energy. Unlike its predecessors, HEI-2015 does not treat excessive energy from alcohol as a distinct component; instead, it incorporates all energy from alcohol into the total energy

calculation, which serves as the denominator for most components. The remaining components are unchanged from HEI-2010, except a revised approach to the classification of legumes. In earlier iterations of the HEI, legumes were categorised within either the vegetable or protein food components, whereas HEI-2015 recognises legumes across all four components. The weighting methodologies remain largely consistent with previous versions, while scoring standards have been maintained, refined, or newly established to enhance consistency across components, ensure face validity, adhere to established precedents, encompass a broad range of intake levels, and, where relevant, guarantee that the DGA level corresponds to a score exceeding 7 out of 10. The component scores of HEI-2015 can be analysed collectively through radar graphs, which illustrate patterns of dietary quality, and can be aggregated to provide an overall assessment of diet quality.

HEI 2020: The latest restatement of the Healthy Eating Index-2020 (HEI-2020) has been developed for individuals aged 2 and older, after the publication of the Dietary Guidelines for Americans (DGA) for the years 2020-2025. The comprehensive review process encompassed several key steps:

- The collection of information from the revised DGA, along with insights from experts and federal stakeholders;
- The assessment of significant modifications and the necessity for new developments, while adhering to the HEI's fundamental characteristics and guiding principles, as well as the Dietary Patterns established by the US Department of Agriculture that underpin the HEI, and considerations for scoring; and
- The execution of evaluative analyses, which included an assessment of content validity.

This development culminated in the creation of the HEI-2020, alongside a distinct HEI-Toddlers-2020 tailored for children aged 12 to 23 months. The 13 components and scoring criteria of the HEI-2020 are fully consistent with those of the HEI-2015, although the index has been rebranded to reflect its alignment with the most current DGA for 2020-2025. As the evidence supporting the DGA continues to progress, it is anticipated that various elements of the HEI may also require updates in the future. Additional methodological research is recommended to enhance the scientific foundation regarding dietary patterns, to address specific needs across different life stages, and to model optimal pathways for maintaining healthy dietary patterns throughout the lifespan.

Components

The HEI evaluates diets by looking at several key areas:

- **Food Variety:** Includes all major food groups like fruits, vegetables, grains, protein sources, and dairy.
- **Quality of Food:** Assesses the intake of whole grains, lean proteins, and low-fat dairy, among other quality factors.
- **Nutrient Density:** Focuses on the consumption of key nutrients like fibre, vitamins, and minerals.

Scoring

The total score of HEI is 100, which is distributed as follows:

Component	Criteria for Perfect Score of 10	Criteria for Minimum Score of 0
Food Group		
1. Grains	5–12 Servings ^a	0 Servings
2. Vegetables	2–6 Servings ^a	0 Servings
3. Fruits	2–4 Servings ^a	0 Servings
4. Milk	2 Servings ^a	0 Servings
5. Meat	2–3 Servings ^a	0 Servings
Dietary Guidelines		
6. Total Fat	30% or less energy from fat	45% or greater energy from fat
7. Saturated Fat	< 10% energy from saturated fat	15% or greater energy from saturated fat
8. Cholesterol	< 300 mg	≥ 450 mg
9. Sodium	< 2,400 mg	≥ 4,800 mg

^a Determined for each 200-calorie level increments (1200–3000 calories) based on the recommendations of the USDA Food Guide Pyramid.

Uses

- **Diet Assessment:** Helps determine how well a diet aligns with national dietary guidelines.
- **Research:** Used in studies to link diet quality with health outcomes.
- **Policy Making:** Supports the development of dietary guidelines and nutrition policies.

Strengths:

Comprehensive: Covers a wide range of dietary components.

Adaptable: Can be used across different populations and dietary patterns.

Limitations:

Not Personalised: Does not account for individual dietary needs or preferences.

Dependent on Accurate Reporting: Effectiveness depends on honest and precise dietary reporting by individuals.

4.2- DIETARY GUIDELINES

Dietary guidelines serve as a foundational framework for developing recommendations regarding healthy eating habits, establishing connections between nutrients and food consumption, and promoting overall dietary quality for health. Well-structured dietary guidelines can assist individuals seeking guidance in converting their nutritional requirements into appropriate food selections and beneficial eating patterns. A recent investigation revealed a relationship between the utilisation of nutritional information by consumers and the healthfulness of their food selections, as evaluated by the Healthy Eating Index (HEI), which measures adherence to the Dietary Guidelines for Americans. Notably, this association was observed exclusively for foods consumed at home, with no similar correlation identified for foods consumed outside the home.

4.2.1- Dietary Guidelines for Americans 2020-2025:

The **Dietary Guidelines for Americans, 2020–2025**, are a set of recommendations designed to help people make healthier food choices, stay active, and lower their risk of chronic diseases. These guidelines focus on eating habits for every stage of life, from babies to older adults. The main recommendations are as follows:

1. Eat Healthy at Every Stage of Life

The guidelines are tailored to different life stages:

- **For Babies (0-2 years):**
- Babies should ideally be fed only breast milk for the first 6 months of life, if possible.
- At around 6 months, parents should start adding healthy foods, like fruits, vegetables, and iron-rich foods, while continuing breastfeeding if they choose.
- Avoid giving babies and toddlers foods or drinks with added sugars.
- **For Children, Teens, Adults, and Older Adults:**
- Everyone should aim to eat a variety of foods from all food groups. Eating a balanced mix of foods helps your body get all the nutrients it needs to grow, stay strong, and stay healthy.

2. Choose Foods That Fit Your Tastes, Traditions, and Budget

- Healthy eating doesn't mean giving up your favourite foods. Instead, try to make choices that work for you:
- Include foods you like and are used to eating in your culture.
- Choose healthy foods that fit your budget.

3. Focus on Nutrient-Dense Foods

Nutrient-dense foods are those that are packed with vitamins, minerals, and other good nutrients your body needs, without being high in added sugars, saturated fats, or sodium. These are the kinds of foods you should include in your daily diet:

- **Vegetables:** Eat a variety, like leafy greens (spinach, kale), red and orange vegetables (carrots, peppers), beans, peas, and starchy vegetables (potatoes, corn).
 - **Fruits:** Choose whole fruits (fresh, frozen, or canned without added sugar) rather than fruit juices.
 - **Grains:** Make at least half your grain intake whole grains, like brown rice, oatmeal, or whole-wheat bread.
 - **Dairy:** Pick low-fat or fat-free options like milk, yoghurt, or cheese, or choose fortified soy products if you don't consume dairy.
 - **Protein Foods:** Include a mix of lean meats, poultry, fish, eggs, beans, peas, lentils, nuts, seeds, and soy products like tofu.
3. **Oils:** Use healthy oils, such as olive oil, and eat foods naturally rich in healthy fats, like avocados, nuts, and fish.
- Limit Foods That Are Less Healthy**

Some foods and drinks can harm your health when eaten in large amounts. Try to limit the following:

- **Added Sugars:**
- For children over 2 and adults, added sugars should make up less than 10% of your daily calories. For example, if you eat 2,000 calories a day, that means no more than 200 calories (about 12 teaspoons of sugar) should come from added sugars.
- Babies and toddlers under 2 years old should avoid added sugars entirely.
- **Saturated Fats:**
- Keep saturated fats (found in foods like butter, fatty meats, and full-fat

dairy) to less than 10% of your daily calories. Use healthier fats instead, like those in olive oil and fish.

- **Sodium (Salt):**
- Limit sodium intake to less than 2,300 milligrams a day. That's about one teaspoon of salt for an adult. Children need even less.
- **Alcohol:**
- If you drink alcohol, limit it to one drink a day for women and up to two drinks a day for men. Some people, like those who are pregnant, should avoid alcohol altogether.

5. Balance Food and Activity

Eating healthy is one part of staying healthy. Physical activity is the other. Staying active can help you manage your weight, reduce the risk of chronic diseases, and feel better overall. Choose activities you enjoy and try to make movement part of your daily routine.

6. Plan Your Diet Around Your Needs

Your diet should change as your needs change. For example:

- Children and teens need foods that support growth and development.
- Adults need to focus on maintaining good health and preventing diseases.
- Older adults need more of certain nutrients, like calcium and Vitamin D, to keep bones strong.

4.2.2- Dietary Guidelines for Pakistan 2019:

The 2019 Dietary Guidelines for Pakistan aim to address nutritional challenges specific to Pakistan. The Pakistan Dietary Guidelines for Better Nutrition (PDGN) help people in Pakistan eat healthier and stay fit. These guidelines focus on eating the right foods, controlling portion sizes, and living an active lifestyle to improve overall health and prevent diseases. Key aspects include:

1. Eat a Balanced Diet

- Include foods from all major food groups in your meals:
- **Grains and cereals** (like wheat, rice, and corn)
- **Vegetables and fruits**
- **Pulses and beans**
- **Meat, eggs, fish, and dairy**

- **Healthy oils and fats**
 - Eating a mix of these foods ensures your body gets all the nutrients it needs.
- 2. Include Variety in Your Meals**
- Don't stick to the same foods every day.
 - For example:
 - Try different vegetables (leafy greens, root vegetables like carrots, etc.).
 - Use different types of proteins like beans, chicken, or fish.
 - This helps your body get a wide range of vitamins and minerals.
- 3. Watch Your Portion Sizes**
- Avoid overeating by keeping portion sizes reasonable.
 - Eat enough to feel satisfied, not overly full.
- 4. Limit Unhealthy Fats**
- Avoid foods high in **saturated fats** like ghee, butter, and fatty meats.
 - Use healthier fats like those found in fish, nuts, seeds, and vegetable oils.
- 5. Reduce Sugar and Salt**
- Eat fewer sugary foods like sweets, sodas, and desserts.
 - Use less salt when cooking and avoid adding extra salt to your food. Too much salt can lead to high blood pressure.
- 6. Practice Food Safety and Cleanliness**
- Wash hands before cooking and eating.
 - Store food properly and cook it thoroughly to avoid food poisoning.
 - Use clean water for washing, cooking, and drinking.
- 7. Stay Active**
- Include regular physical activity in your daily routine, such as walking, playing sports, or doing household chores. This helps keep your body strong and fit.

8. Focus on Special Needs

- **Pregnant and breastfeeding women:** Eat foods rich in nutrients to support the baby's growth.
- **Children and elderly people:** Ensure they eat foods that provide energy, vitamins, and minerals to keep them healthy and strong.

4.3- Nutritional Labelling of Food

Nutrition labelling encompasses the disclosure of nutritional information about food products. In numerous countries, including those within the European Union and the United States, it is a legal requirement to present details regarding energy content and the levels of essential nutrients, such as fat, saturated fat, sugar, and salt, per 100 grams and/or per serving size. This obligatory information is typically displayed in fine print on the packaging's reverse side. Furthermore, various voluntary front-of-pack (FOP) labelling initiatives have been established, most of which focus on key nutrients, presenting energy and nutrient content more visibly on the front of the packaging. This data is frequently accompanied by information regarding the guideline daily allowance (GDA), which indicates the percentage of the recommended maximum daily intake of a nutrient contained in a serving or 100 grams of the product. A notable example, particularly prevalent in the United Kingdom, is the traffic light labelling system, which enhances key nutrient information with a colour-coded scheme—green, amber, or red—reflecting the nutrient levels in the product. Green signifies a healthier option, red indicates a product that should be consumed sparingly, and amber represents a moderate choice. In addition to these key nutrient labelling systems, health symbol schemes exist. A health symbol is an emblem that a product may display if it meets specific nutritional criteria. These symbols can be government-sponsored, such as the Scandinavian "keyhole," or managed by independent organisations, like the "Choices" logo, and may apply to all or select product categories. Typically, these symbols are binary, indicating whether or not a product qualifies, but there are instances of graded symbols, such as a product receiving between zero and three stars.

HOW TO READ A FOOD LABEL

If living with high cholesterol, pay close attention to the fat, sugar, and calorie lines



MEDICALNEWS TODAY

Figure 5- Nutrition Label

4.3.2- Components of Nutrition Facts Labels:

Serving Size: This tells you how much people usually eat at one time, which helps you understand how much you're eating.

Calories: Shows how much energy you get from one serving of the food.

Macronutrients: Lists big nutrients like fats, proteins, and carbs, which your body needs in large amounts

Micronutrients: Show vitamins and minerals in the food, which are important for your health, even though you need them in small amounts

Daily Value: Gives a percentage showing how much of each nutrient one serving of the food contributes to what you need every day

4.4- FOOD GUIDES AND FOOD EXCHANGE SYSTEM

4.4.1- Food Guide Pyramids:

The Food Guide Pyramid illustrated the primary food groups about recommended consumption levels. At the base of the pyramid were grains and cereals, followed by fruits and vegetables in the next tier, with dairy, meat, beans, and nuts above them. The apex of the pyramid represented fats, oils, and sweets, which were advised to be consumed in moderation. The 2005 restatement retained the pyramid structure but introduced a vertical spectrum of colours, each representing a distinct food group and its recommended proportion of total dietary intake. Additionally, a segment dedicated to physical activity was incorporated. The Food Guide Pyramid was designed to be interactive online, enabling users to customise their daily dietary recommendations based on factors such as age, gender, and activity level. However, individuals lacking internet access faced challenges in gaining knowledge about the significance of a balanced diet and strategies for integrating nutritious foods into their daily meals.

4.4.2- MyPlate:

MyPlate serves as a visual representation of the essential food groups: fruits, vegetables, grains, protein sources, and dairy, particularly emphasising skim or 1% milk. This dietary icon employs the familiar imagery of a meal setting to illustrate these five groups as foundational components of a nutritious diet. Developed and maintained by the Centre for Nutrition Policy & Promotion (CNPP) within the United States Department of Agriculture (USDA), MyPlate aims to enhance the health and well-being of the American population. The CNPP is responsible for formulating and disseminating dietary guidance that integrates contemporary research and evidence-based findings to address the nutritional requirements of consumers. MyPlate was officially introduced on June 2, 2011, by First Lady Michelle Obama and USDA Secretary Tom Vilsack as the federal government's

updated food icon. This tool encourages consumers to consider the composition of their meals, advocating for the inclusion of foods from all groups—such as low-fat dairy, vegetables, fruits, whole grains, and lean proteins—to create a balanced and healthful plate at every meal.

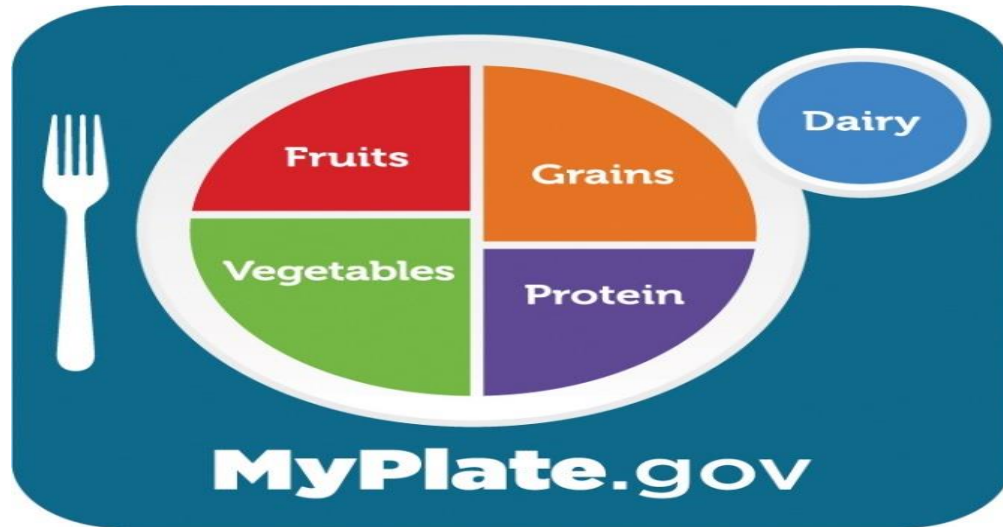


Figure 6- MyPlate

4.4.3- Food Exchange System:

Food exchanges represent a structured approach to meal planning aimed at promoting healthy eating, developed by the American Dietetic Association and the American Diabetes Association, and grounded in the National Nutrient Database for Standard Reference. This system categorises foods into exchange lists, where each list comprises items that provide similar amounts of carbohydrates, calories, and fats per serving. Each serving within a category is referred to as an "exchange," which is designed to deliver comparable levels of carbohydrates, protein, fat, and calories, thereby exerting a similar impact on blood glucose levels as other foods within the same category.

The utility of food exchange lists is particularly pronounced for healthcare professionals, individuals with diabetes, and those monitoring their blood glucose levels for health-related purposes. This exchange system facilitates meal planning, ensuring a consistent and nutritionally balanced diet while allowing for dietary variety, as foods within the same category can be substituted for one another. Additionally, for individuals who require insulin, this system aids in determining the carbohydrate-to-insulin ratio.

The most recent edition of food exchange lists, as stated by the American Dietetic Association, adheres to the foundational principles established in earlier versions.

It organises foods into 11 primary categories, along with various subcategories, or it lists them according to their nutrient profiles. All items within a given list are characterised by similar amounts of carbohydrates, protein, fat, and caloric content per designated serving. The following are the 11 categorised lists:

1. Starch list (each item in this category provides approximately 15 g of carbohydrates, 3 g of protein, a negligible amount of fat, and 80 calories)
2. Sweets, desserts, and other carbohydrate sources list
3. Fruit list (each item in this category contains roughly 15 g of carbohydrates and 60 calories)
4. Non-starchy vegetables list (each vegetable in this category offers about 5 g of carbohydrates, 2 g of protein, 0 g of fat, and 25 calories)
5. Meat and meat alternatives list (each serving of meat or substitute in this category contains approximately 7 g of protein)
6. Dairy list (each serving of milk or dairy product in this category contains around 12 g of carbohydrates and 8 g of protein)
7. Fat sources list (each serving in this category contains 5 g of fat and 45 calories)
8. Fast-food options list
9. Combination foods list (many foods consumed are mixtures that do not exclusively belong to a single exchange list)
10. Free foods list (a free food is defined as any food or beverage containing fewer than 20 calories or less than 5 g of carbohydrates per serving)
11. Alcoholic beverages list.

Calculation of Food Exchanges

- Starch exchanges: To determine the number of starch exchanges in a food item, take the total carbohydrates (CHO) per serving and divide by 15.
- Meat exchanges: To calculate the number of meat exchanges, first multiply the number of starch exchanges by three. Then, subtract this value from the total grams of protein in the serving. The resulting figure should be divided by seven.
- Fat exchanges: For fat exchanges, multiply the number of starch exchanges by 80 and the number of meat exchanges by 45. Subtract both of these products from the overall calorie count, and then divide the result by 45 to ascertain the number of fat exchanges.

SELF-ASSESSMENT QUESTIONS

Answer the following questions:

1. What is the Healthy Eating Index, and how does it measure diet quality?
2. Discuss the role of nutritional labelling in helping consumers make healthier food choices.

MCQs:

1. What does DQI-I stand for?
 - a. Diet Quality Index-International
 - b. Daily Quality Intake-International
 - c. Diet Quantity Index-International
 - d. Dietary Quality Improvement-International
2. Which component is NOT assessed by the Diet Quality Index International (DQI-I)?
 - a. Variety
 - b. Nutrient Adequacy
 - c. Organic Content
 - d. Moderation
3. What is the main focus of the Healthy Eating Index (HEI)?
 - a. To measure energy intake only
 - b. To evaluate diet quality based on dietary guidelines
 - c. To track weight loss progress
 - d. To monitor hydration levels
4. Which food group is NOT included in MyPlate?
 - a. Vegetables
 - b. Proteins
 - c. Oils
 - d. Grains
5. What does the Food Exchange System primarily help with?
 - a. Enhancing food flavours
 - b. Meal planning for diabetes management
 - c. Calculating physical activity levels
 - d. Increasing calorie intake

6. According to the 2020-2025 Dietary Guidelines for Americans, what percentage of calories should come from added sugars and saturated fats?
 - a. Less than 5% each
 - b. Less than 10% each
 - c. Less than 15% each
 - d. Less than 20% each
7. Which is a key aspect of the 2019 Dietary Guidelines for Pakistan?
 - a. Focus on increasing fast food consumption
 - b. Tailoring recommendations to local dietary practices
 - c. Recommending a high intake of processed foods
 - d. Eliminating carbohydrate intake
8. What is the purpose of showing 'Daily Value' on food labels?
 - a. To indicate the freshness of the food
 - b. To show how much of each nutrient one serving contributes to daily intake
 - c. To display the food's price per serving
 - d. To provide cooking instructions
9. Which of the following is a strength of the Diet Quality Index International?
 - a) Requires minimal data for calculation
 - b) Offers a one-size-fits-all approach
 - c) Provides a detailed look into diet quality
 - d) Uses simple nutritional measures
10. What unique feature does the Food Guide Pyramid provide compared to other food guides?
 - a. It uses a circular model to represent food groups
 - b. It prioritises dietary supplements
 - c. It visually emphasises food quantity in a pyramid shape
 - d. It focuses only on liquid intake

ACTIVITY:

In your classroom, assess the diet quality index of five obese and 5 healthy individuals and compare the scores.

Answer key:

1. a. Diet Quality Index-International
2. c. Organic Content

3. b. To evaluate diet quality based on dietary guidelines
4. c. Oils
5. b. Meal planning for diabetes management
6. b. Less than 10% each
7. b. Tailoring recommendations to local dietary practices
8. b. To show how much of each nutrient one serving contributes to daily intake
9. c. Provides a detailed look into diet quality
10. c. It visually emphasises food quantity in a pyramid shape

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UNIT 5

MEASURING DIET

Writer: Ms. Mutiba Aijaz
Reviewer: Dr. Mahpara Safdar

UNIT 5: MEASURING DIET

INTRODUCTION

This section delves into the many reasons for assessing diet, including its uses in epidemiological research, healthcare policy formulation, and the commercial sector, as well as the various methodologies used to successfully record and analyse dietary data. At the core of dietary measurement is the requirement to analyse and monitor food and nutrient consumption, ensuring that individuals meet nutritional standards to sustain good health. Tracking dietary patterns allows academics and healthcare practitioners to get insight into population-wide nutritional trends, identify areas of concern, and devise tailored treatments to address nutritional deficiencies and encourage healthy eating habits. Furthermore, dietary data is the foundation for developing and assessing healthcare policies targeted at improving public health outcomes and avoiding chronic illnesses. Policymakers may use dietary information to create evidence-based interventions, allocate resources more effectively, and prioritise programs with the highest potential to improve public health. An epidemiological study uses nutritional data to better understand the complicated relationship between food and illness prevalence across different groups. Beyond public health, dietary measures are important in commercial sectors, where corporations use dietary data to guide product development, marketing strategy, and customer engagement. Understanding customer tastes and nutritional demands enables food makers to develop products that are in line with changing dietary trends and efficiently appeal to varied market groups. To accurately evaluate nutrition, researchers must examine a wide range of factors, including research design, study population characteristics, available resources, and technological improvements. By properly designing and carrying out dietary research projects, stakeholders may provide strong evidence, drive informed decision-making, and ultimately contribute to the advancement of public health and well-being on a worldwide scale.

OBJECTIVES

After reading this unit, you will be able to:

- Analyse the strengths and weaknesses of various techniques used to measure nutrient intake, considering factors such as accuracy, reliability, and applicability to different populations.
- Understanding dietary intake data serves in analysing consumption, informing regulations, supporting research, and enabling commercial applications.
- Grasp the variety of methods available for collecting food consumption data and recognise the inherent strengths and limitations of each approach.

5.1 INTRODUCTION

The diet measures are approaches and purposes of health assessment and eating habits that might be for epidemiological research and understanding the role of nutrition in public health settings and commercial sectors. Measuring individual dietary intakes for research and monitoring purposes presents significant challenges, often influenced by both random and systematic measurement errors. This review outlines the advantages and disadvantages of existing methods for evaluating dietary and supplemental intakes. Conventional dietary assessment techniques encompass food diaries, food frequency questionnaires, 24-hour dietary recalls, and various screening instruments; additionally, digital and mobile technologies have been developed to enhance these traditional approaches. Ultimately, the selection of an assessment method is contingent upon factors such as the specific research question, the design of the study, the characteristics of the sample, and the overall sample size, among other considerations. Despite the inherent difficulties, dietary assessment tools remain a crucial aspect of nutrition research and monitoring.

5.1.1- Latest Advances on Measuring Diet:

The emergence of the internet and smartphone technology has propelled dietary assessment into the 21st century. The diversity of food products available in supermarkets has reached unprecedented levels. Innovative methodologies for dietary measurement may mitigate measurement errors and enhance our comprehension of the nutritional factors associated with disease. This progress enables the collection of comprehensive dietary data from large populations without the burden of expensive and labour-intensive manual nutrition coding. The novel technologies in dietary measurement provide an overview of the available tools. Three primary areas will be explored:

- The creation of web-based dietary measurement tools;
- The utilisation of smartphone applications for self-monitoring dietary habits; and
- The enhancement of dietary assessment quality through the establishment of an online repository of tools.

A case study was presented on the web-based tool myfood24 (www.myfood24.org), discussing its potential, limitations, and challenges. Additionally, the development of a new food composition database utilising back-of-pack information will be outlined. Smartphone applications aimed at dietary measurement, particularly concerning obesity, helped. Many of these applications lack reliability in tracking dietary intake, and most have not undergone rigorous evaluation. Accurate and consistent dietary measurement is crucial for public health and epidemiological research. The selection of the most suitable dietary assessment method often

depends on the user's experience. The DIET@NET partnership has established best practice guidelines for choosing dietary assessment tools, which seek to enhance the quality, consistency, and comparability of dietary data. These advancements represent a significant improvement in our capacity to accurately characterise food and nutrient intake in population studies. The demand for high-quality, validated systems is essential to fully leverage the advantages of emerging technologies.

5.2 REASONS FOR MEASURING DIET

The precise evaluation of dietary assessment techniques encompasses food diaries, food frequency questionnaires, and 24-hour dietary recalls. In addition, the integration of digital and mobile technologies into these traditional methods is rapidly advancing. Various screening tools and dietary history approaches are also available.

Generally, dietary assessment methods can be classified according to the focus of interest, such as the overall diet or specific dietary components, the design of the study, and the reference time frame. Instruments designed for short-term assessment seek to obtain recent dietary data, while those intended for long-term assessment aim to gather dietary information over periods ranging from several weeks to a year. Long-term or habitual dietary exposures are particularly valuable for both research and population monitoring, as most dietary recommendations are intended to be sustained over time to evaluate group or population adequacy and to explore associations with health outcomes. However, certain research inquiries may necessitate an emphasis on recent dietary exposures, such as examining the relationship between sodium intake and blood pressure. Ultimately, the selection of an assessment method is influenced by the specific research question, the design of the study, the characteristics of the sample, and the sample size, among other factors.

5.2.1- Analysis and interpretation of the Dietary Data:

Dietary assessment methodologies yield essential information for evaluating dietary exposure within the realm of nutritional epidemiology. This chapter emphasises the research applications pertinent to the analysis of dietary data, which encompasses the evaluation of the nutritional composition of the diets of survey participants, the effective presentation and communication of the findings, and the interpretation and contextualization of the data. A fundamental aspect of dietary assessment is the minimisation of measurement error. Enhancing dietary intake methodologies is vital for the integrity of nutrition research, and the strategic application of technology may significantly contribute to alleviating the demands placed on both participants and researchers in the future.

Dietary assessment methods are essential for obtaining data that quantifies dietary exposure within the field of nutritional epidemiology. It is crucial to focus on

minimising errors during both the data collection and analysis phases of dietary assessment. Prioritising the identification of underreporters and enhancing the validity of dietary databases through analytical techniques should be central to dietary assessment efforts until more effective methodologies are developed. Enhancing the methods for assessing dietary intake is vital for the integrity of nutrition research, and advancements in technology may offer promising solutions to this challenge.

5.2.2- Identification of Disease Risk through Diet Measures:

Recent recommendations suggest that the investigation of diet-disease relationships should prioritise a dietary pattern approach over traditional methods that focus on individual nutrients or foods. Analysing dietary patterns enables a comprehensive evaluation of overall dietary intake, rather than isolating specific foods or ingredients. This methodology proves particularly advantageous when conventional nutritional epidemiology struggles to establish robust associations. The dietary pattern approach offers a more realistic perspective compared to food-based or nutrient-focused methods, as it accounts for the intercorrelations and biological interactions among various foods and nutrients that may obscure the links between individual items and specific chronic diseases. Numerous studies have demonstrated the efficacy of the dietary pattern approach in nutritional epidemiology, with many indicating that statistically derived food intake patterns are significantly associated with chronic disease outcomes.

5.2.3- Assessing And Monitoring Food and Nutrient Intake:

Dietary data play a crucial role in elucidating the metabolic energy equation. The interplay between dietary intake and physical activity, or energy expenditure, is fundamental to understanding metabolism, which is vital for the optimal functioning of all organ systems. It is a misconception to believe that an assessment of dietary intake alone suffices for interpreting nutritional status. Dietary intake represents merely one component of the comprehensive nutrition assessment framework. Consequently, a dietary assessment cannot be equated with a nutritional assessment. All foods consist of organic compounds that serve to replace and replenish essential nutrients and their metabolites necessary for sustaining life. The human body contains intricate systems for nutrient storage and turnover, which cannot be fully captured through dietary assessments alone. Nutrient status is influenced by various factors, including the capacity for nutrient storage, the rates of absorption and metabolism, and the extent of nutrient losses, all of which can fluctuate based on climate, health conditions, physical activity levels, and age. The human body functions as a dynamic entity striving to achieve a balance between dietary intake and nutrient losses while preserving health. This reality constrains the simplistic interpretation of dietary data.

The evaluation of dietary intake encompasses the identification of consumed foods, beverages, and dietary supplements, along with the specific consumption patterns exhibited by individuals. Such data can facilitate the estimation of the prevalence of particular foods or food components in the diet, enable the analysis of temporal trends in dietary intake patterns, and inform the development of dietary education and counselling initiatives.

5.2.4- Formulating and Evaluating Healthcare Policy:

Nutrition policy refers to a declaration made by a recognised authority, typically a governmental entity, regarding its commitment to influence or modify the food supply, nutritional health, or other societal indicators. This concept is differentiated from 'food policy,' which does not explicitly address public health issues. The term 'food and nutrition policy' serves as a comprehensive designation that encompasses both public health considerations and collaborative efforts with food policy. It is essential to examine food and nutrition policy in conjunction, as the outcomes of nutrition policy are significantly influenced by food consumption patterns. Nutrition politics encompass the actions of individuals or groups engaged in the governance of a locality, state, or nation concerning nutrition. In many contexts, nutrition policy and politics are closely intertwined, particularly when governmental bodies are involved, necessitating an examination of the political landscape and the roles of these institutions. The primary objective of nutrition policy is to ensure a food supply that is safe, nutritious, culturally appropriate, and economically accessible, thereby promoting health, preventing nutritional deficiencies, and mitigating diet-related diseases.

Nutrition policy consistently emphasises the importance of nutritional adequacy and food safety. Additionally, the implications of food and nutrition on public health represent a critical policy consideration. The objectives of nutrition policy are increasingly expanding to encompass a variety of other principles, such as the sustainability of the food supply, enjoyment of food, affordability, organic production, local sourcing, and cultural acceptability, as well as preferences for 'unprocessed' and 'organic' foods. Different countries prioritise these aspects to varying extents, which are often reflected in food-based dietary guidelines and other nutrition-related policies.

5.2.5- Conducting Epidemiological Research:

Nutritional epidemiology involves the utilisation of epidemiological techniques to explore the relationship between dietary habits and health outcomes in human populations. This field examines various nutritional exposures in connection with a range of health issues, including infectious diseases, chronic conditions, cancer, and congenital anomalies. Epidemiologists analyse the impact of nutrition on disease prevalence by gathering and comparing data from large cohorts. Statistical analyses are employed to quantify the degree to which specific dietary factors

contribute to disease risk within a population, often represented as a measure of association. Additionally, epidemiological approaches are utilised to assess the nutritional status of different populations.

In the realm of epidemiological studies, dietary patterns can be examined at multiple levels, including the intake of individual nutrients, specific foods, food groups, or overall dietary patterns. These dietary exposures can be assessed through various methods, such as administering food frequency questionnaires, analysing biomarkers in biological samples, or evaluating body size and the proportions of different body compartments.

The primary focus in nutritional epidemiology is typically on long-term dietary intake, as the effects of nutrition on health outcomes, particularly those associated with noncommunicable diseases, are generally observed over prolonged periods.

5.3 APPROACHES TO MEASURING DIET

The quantitative and qualitative methods for assessing diets, particularly in the text, noting their advantages and drawbacks. It also explains how these methods can be integrated into food consumption studies to support nutrition policy and planning.

Diet is complex and shaped by biological, psychological, social, and cultural factors. Understanding the links between diet and disease needs methods that accurately describe food and measure nutrient intake, while also reducing systematic errors and providing reliable estimates of differences among individuals or groups.

Over the past hundred years, efforts have been made to get trustworthy estimates of food and nutrient intake to connect them with health outcomes. Two main methods have been used: quantitative and qualitative. Quantitative surveys gather data on the amounts of food consumed by individuals or groups, while qualitative research explores the types of foods eaten, cooking methods, food preferences, cultural influences, and attitudes towards food. Reviews indicate that no single dietary assessment method is fully adequate, so it is advisable to use a mix of both methods based on the specific information needed.

5.3.1- Quantitative Methods for Measuring Diet:

Data from quantitative surveys can guide food and nutrition policies in various ways. They can reveal: the average intake of foods and nutrients across different socioeconomic and demographic groups; how often specific foods or food groups are consumed; the nutritional adequacy of diets for various population segments; the links between diet and disease.

A quantitative approach to dietary assessment evaluates both current and past food intake. Current intake can be measured using three primary methods: 24-hour recall, estimated food records, weighed food records.

Assessing Current Intake

Current intake can be evaluated using three main methods:

24-hour recalls: In a 24-hour recall, individuals report the types and amounts of food and drinks they consumed in the last 24 hours. This method is valuable for estimating nutrient intake in groups and is commonly used to compare actual intake with dietary guidelines. Multiple 24-hour recalls can help represent usual intake in studies that validate food frequency questionnaires. However, a key drawback is that recalls may not accurately reflect typical eating patterns.

Estimated food records: An estimated food record involves keeping a detailed log of food and drink consumed over a few days, usually three to five. This method offers a more accurate picture of usual intake compared to a single 24-hour recall. However, it requires significant cooperation from the participant, and the act of recording may influence their eating habits.

Weighed food records: The weighed food record method, also known as duplicate-food collection, is often seen as the most accurate way to measure food and nutrient intake. In this method, the actual amounts of food consumed are weighed and documented, providing precise data compared to estimates from food composition tables. While this method is very accurate, it can be expensive and time-consuming, and it requires participants to be highly motivated and literate.

Assessing Past Intake

There are two main ways to assess past food intake:

Dietary history: The dietary history method looks at a person's usual food intake over a longer time, usually weeks or months. This method can identify seasonal changes, gather data on all nutrients, and align well with biochemical measures. However, it requires a long interview, which can be burdensome for respondents, and coding the collected data can be difficult and costly.

Food-frequency questionnaire (FFQ): The FFQ is the best method for studying the link between diet and disease. It evaluates regular dietary intake over time. The idea behind this method is that long-term eating patterns are more significant than short-term intakes. This approach can give a better picture of usual intake compared to just a few days of food records or recalls. However, the method has its own limitations.

Application of Quantitative Approaches of Measuring Diet

Results from surveys can help shape food and nutrition policies.

- Average food and nutrient intake across different socio-economic and demographic groups.
- How often specific foods or food groups are eaten.
- Nutritional quality of diets among various population groups.
- Links between diet and health issues. However, these surveys may not give precise information on portion sizes or exact amounts consumed.

5.3.2- Qualitative Methods for Measuring Diet:

Qualitative methods for assessing diets focus on understanding people's beliefs, views, and behaviors. This type of research can quickly gather initial data, providing timely insights. It is also useful for exploring sensitive topics that standard surveys may struggle to address. Qualitative research can help shape food and nutrition policies in various ways. It can:

- Identify healthy food choices for government support and subsidies.
- Determine which foods are best for fortification.
- Guide decisions on taxing or banning unhealthy food imports or sales at different levels.
- Help create food labels that are culturally relevant and easy to understand.
- Highlight ineffective marketing strategies and suggest better controls.
- Offer ideas for national or regional campaigns aimed at improving diets.
- Recommend changes to food assistance programs to enhance food security, such as increasing distribution frequency.

Qualitative methods alone can offer a wealth of evidence and data, significantly aiding the creation of nutrition and food policies and programs. They allow for exploration of aspects of food consumption that cannot be measured, such as the environments and backgrounds influencing dietary habits, personal stories, beliefs about food, and the history of cooking traditions.

These methods can also enhance quantitative research. They are especially helpful when researchers have limited knowledge about a topic, like a group's views or beliefs about specific foods. Qualitative approaches can confirm findings, clarify results, and provide additional depth and context to quantitative data.

Types of Qualitative Approaches

Different types of qualitative approaches and their applications can be found in the works of Bernard (2000) and Weller and Romney (1988). The most common methods in qualitative research include:

In-depth interviewing: This method involves a deep conversation between the interviewer and the informant, where the informant shares insights about their cultural environment. It is effective for uncovering real dietary habits and understanding the factors that help or hinder recommended practices, such as feeding young children.

Direct observations: This technique focuses on recording actual behaviors rather than what people say they do. It is especially useful for documenting food-related behaviors in different groups. Direct observations help researchers move beyond others' perceptions and experience the environment directly, leading to more effective policies and plans.

Participant observation: In this method, the observer lives in the community of interest for a long time and takes part in local activities. This allows the researcher to learn about the community through informal interactions with its members. By being part of the group, the researcher gains insights from the insiders' perspective and better understands the context and processes of local activities.

Focus-group discussions: This use groups to talk about a specific topic. The goal is to explore different issues instead of just explaining them. This approach helps researchers understand deeper meanings by using the participants' own words and expressions. When local people discuss a topic in their own way, it provides valuable insights and allows for natural conversations that one-on-one interviews might miss.

Important Uses of Qualitative Information in Program Development

Qualitative information plays a vital role in program development in various ways. It helps to identify:

- Specific subgroups in a population that programs should focus on.
- Essential factors that influence how individuals define a meal.
- Appropriate systems for classifying food.
- Crucial food restrictions and recommendations.
- Key food handling behaviors (both good and bad) that need intervention,
- Important feeding practices within families.
- Other critical behaviors that require intervention.
- Key foods that should be targeted for intervention.

- Cultural symbols for effective communication.
- Materials for interventions that are culturally suitable.

5.3.3- Precision Nutrition for Measuring Diet:

Precision Nutrition (PN) focuses on creating personalized nutrition plans based on various factors like genetics, gut health, metabolism, overall health, activity level, eating habits, food availability, and social and economic conditions. It aims to answer the question, "What should I eat to be healthy?" by acknowledging that healthy choices can differ from person to person and that health can change over time.

The PN market is growing due to rising consumer demand for tailored products and advancements in technology and science. However, there are significant concerns about the scientific support for many current products and services. Additionally, the high cost of diagnostic tests and wearable technology can limit access to PN. Despite these issues, PN has great potential to enhance health and lower healthcare expenses.

The idea of precision nutrition was introduced nearly ten years ago. Today, research mainly looks at how people respond differently to their diets, but it often overlooks other important parts of precision nutrition. Additionally, there are not many thorough review studies that outline the field of precision nutrition.

This field can be divided into four main areas: developing a theory for individual nutritional needs; creating accurate ways to track food intake and assess nutritional health; designing varied nutrition plans that consider what, how, and when to eat; and forming a system to apply scientific findings in healthcare, using artificial intelligence and data platforms.

Framework of Precision Nutrition

The field of precision nutrition focuses on improving public health and reducing the impact of non-communicable diseases (NCDs). To reach these goals, several steps are necessary.

At the core of precision nutrition is the need to understand how individuals respond to different foods and nutrients. Building on this understanding, other key elements of precision nutrition include accurately assessing dietary habits and nutritional health, developing comprehensive nutrition strategies that consider what, how, and when to eat, and creating a plan for applying precision nutrition methods on a larger scale, including policy development.

A detailed system of precision nutrition includes four main parts as shown in the figure below:

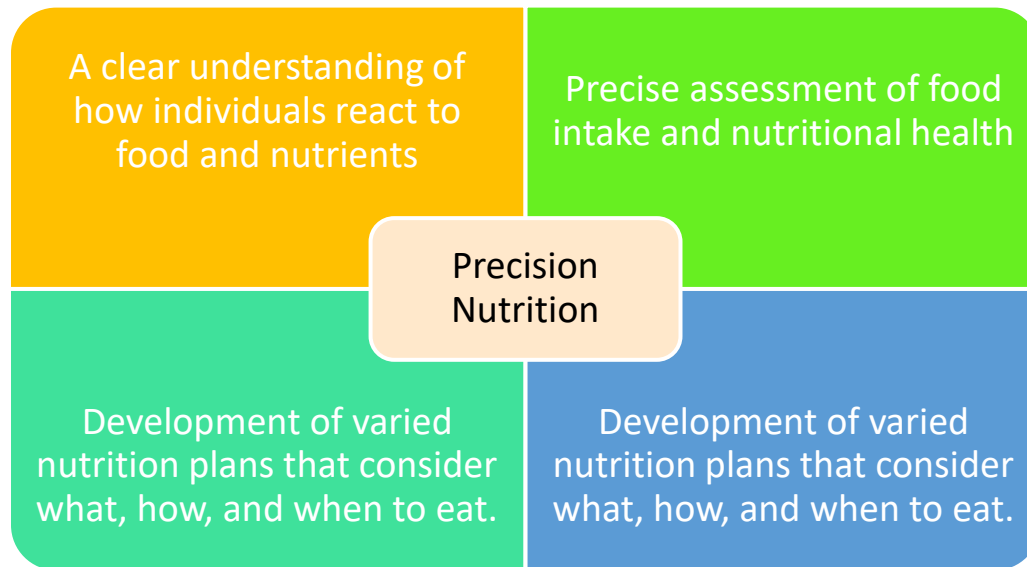


Figure 7- Precision Nutrition

Plan for applying precision nutrition on a community scale

The best place to apply precision nutrition programs is in community-based primary healthcare centers. However, even with advancements in precision nutrition research, most findings stay within research institutions, making it hard to use them in primary healthcare. Additionally, while we are learning more about individual nutrition needs, very few of these insights are being used in everyday healthcare practices. One major reason for this is that personalizing nutrition is difficult to implement for large groups. Community doctors and primary healthcare workers cannot create unique meal plans for every individual. Therefore, to make precision nutrition available to all, it is essential to create a clear plan for its application at the community level. This plan should help spread and use precision nutrition ideas in larger and more varied populations.

Applications of Precision Nutrition

Big data and analytics in precision nutrition: Recent improvements in data collection and analysis have allowed omics to link large data sets, helping us better understand food intake habits and how nutrients are processed. New technologies in omic sciences, artificial intelligence (AI), and wearable sensors could change the

way nutrition research is done and how dietary information is shared with the public. Precision nutrition tools for consumers are increasing in number and availability. Many users, often early adopters, are excited to share their experiences and data. This growth is sparking interest in new research methods in personal and citizen science. These methods can help shorten the time it takes to notice positive or negative effects from an intervention. Additionally, personalised nutrition trials can uncover early signs of health issues, helping to identify markers that indicate a shift away from good health, which can aid in disease prevention and health upkeep.

Creating tailored nutrition products and services: To improve the transition of precision nutrition science into practical products and services, it is important to weigh the benefits and risks for consumers and patients. Benefits can include better health results, easy-to-use digital tools, and a more customised approach. However, risks might arise from the expensive nature of ongoing omic testing, the time commitment needed for complicated programs, and the possibility of unmet expectations when there is a disconnect between scientific findings and product promises. Additionally, there are concerns about trust, privacy, and data control.

Precision nutrition and the future of healthcare: Over the past hundred years, people have been living about thirty years longer. Yet, this increase in lifespan hasn't led to more years of good health, known as healthspan. Poor diets contribute to one in five adult deaths worldwide. Diet-related chronic diseases make up 90% of the \$3.5 trillion spent on healthcare each year in the U.S. To improve PN, we need accurate ways to measure exposures, behaviours, and vulnerabilities in different groups of people. By changing our focus from treatment to prevention, we can use Precision Public Health methods alongside individual-focused Precision Nutrition strategies to provide the right help to the right people at the right time.

SELF-ASSESSMENT QUESTIONS

Answer the following questions:

1. Why is it important to measure diet, and what are the main objectives of dietary measurement?
2. Compare different approaches to measuring diet and their relevance in assessing dietary habits.

MCQs:

1. Why is assessing and monitoring food and nutrient intake important?
 - a. To ensure compliance with food safety standards
 - b. To help individuals meet nutritional standards and maintain healthTo reduce the cost of healthcare
 - c. To increase food production efficiency

2. What role does measuring diet play in formulating healthcare policy?
 - a. Helps create advertisements for food products
 - b. Guides the development of public health policies aimed at improving nutrition and preventing diseases
 - c. Influences global trade policies
 - d. Assists in the development of new cooking techniques
3. Which of the following is a reason for conducting epidemiological research related to diet?
 - a. To find out the latest diet trends
 - b. To understand the relationship between diet and disease occurrence
 - c. To assess the profitability of food products
 - d. To improve food packaging designs
4. For what commercial purpose might dietary data be used?
 - a. To track employee performance in corporations
 - b. To determine the location of new grocery stores
 - c. To design, market, and distribute food products that meet consumer demands
 - d. To calculate taxes on food items
5. What should be considered when designing dietary research?
 - a. The political beliefs of the population
 - b. The colour preferences for food packaging
 - c. The methods and tools for accurate data collection
 - d. The favourite sports of the study population
6. Why is it important to understand the characteristics of the study population in dietary research?
 - a. To tailor the marketing of dietary studies
 - b. To ensure the research is relevant and the data collected applies to the population
 - c. To increase the profitability of food services
 - d. To create a social media presence
7. Which resource is NOT typically considered when planning dietary research?
 - a. Financial resources
 - b. Human resources

- c. Technological resources
- d. Recreational resources

Answer key:

- 1. b. To help individuals meet nutritional standards and maintain health
- 2. b. Guides the development of public health policies aimed at improving nutrition and preventing diseases
- 3. b. To understand the relationship between diet and disease occurrence
- 4. c. To design, market, and distribute food products that meet consumer demands
- 5. c. The methods and tools for accurate data collection
- 6. b. To ensure the research is relevant and the data collected applies to the population
- 7. d. Recreational resources

UNIT 6

ASSESSMENT OF ENERGY REQUIREMENTS

Writer: Ms. Mutiba Aijaz
Reviewer: Dr. Mahpara Safdar

UNIT 6: ASSESSMENT OF ENERGY REQUIREMENTS

INTRODUCTION

Understanding the complex relationship between energy intake, expenditure, and the role of protein in the human body is critical for supporting general health and well-being. This unit investigates the methods for measuring energy expenditure, calculating energy needs, and establishing protein requirements, providing insight into the many variables that impact these critical elements of nutrition and metabolism. Energy, the currency of life, drives all physiological functions in our bodies, from fundamental metabolic processes at rest to the need for physical activity and the thermic effect of food digestion. Daily Energy Expenditure (TDEE) refers to the overall amount of energy used by the body over a day, which includes the Basal Metabolic Rate (BMR), energy used during physical activity, and the thermal effect of food digestion. Individuals can acquire insights into their energy demands and make educated decisions about their nutritional intake and physical activity levels by thoroughly examining these components. Age, gender, activity level, and health state are all aspects to consider when estimating energy needs, and each has a different impact on daily energy requirements. Furthermore, the effect of sickness and injury on energy expenditure needs specific dietary changes to support the body's healing processes and maintain metabolic balance in the face of physiological obstacles. In parallel, protein, which is sometimes referred to as the "building block of life," is essential for a variety of physiological processes, including muscle regeneration, immunological function, and enzyme functioning. Assessing protein requirements necessitates a comprehensive knowledge of individual aspects such as age, health condition, and activity levels, as well as consideration of the special demands of certain groups such as athletes, pregnant women, and those with chronic diseases. As we explore the complexity of energy metabolism and protein needs, it becomes clear that personalised dietary approaches are critical for improving health outcomes and extending longevity. Individuals may adopt a balanced attitude to nutrition by understanding the relationship between energy intake, expenditure, and protein utilisation.

OBJECTIVES

After reading this unit, you will be able to:

- Assess the accuracy of portable metabolic monitors vs. lab-based methods in estimating TDEE.
- Evaluate stressors' impact, e.g., surgery, trauma, infection, burns, on energy expenditure and urinary nitrogen in hospital patients for understanding metabolic responses and energy needs.
- Assess trauma, burns, and injuries' impact on protein metabolism and urinary nitrogen loss to understand protein requirements in critically ill patients.

6.1- MEASURING ENERGY EXPENDITURE

Human energy expenditure refers to the breakdown of macronutrients, mainly carbohydrates and fats, into carbon dioxide and water, which requires oxygen. This process generates heat, allowing energy expenditure to be measured using direct calorimetry. However, this method is expensive and has limitations in measuring energy used during physical activity. Indirect calorimetry, which involves measuring ventilation and gas exchange, is more versatile and is the most common method for assessing energy expenditure during exercise. Energy is a stored form of capacity in our body that is utilised for every function of our body. Even when we are asleep, basal metabolic functions are carried out by our cells and organs, which require energy. The energy is utilised in the form of ATP (Adenosine Triphosphate), which comes mainly as a result of glucose breakdown in normal circumstances.

In the past, ventilation and gas exchange were measured by collecting exhaled air in sealed canvas bags or large calibrated spirometers, followed by analysing the oxygen and carbon dioxide levels either chemically or with electronic gas analysers. Advances in technology have led to automated systems that are now standard for measuring energy expenditure. These automated indirect calorimetry systems include a flow meter for ventilation measurement, gas analysers for assessing CO₂ and O₂ levels in inhaled and exhaled air, and software that calculates ventilation ($\dot{V}_E$), oxygen uptake ($\dot{V}O_2$), and carbon dioxide production ($\dot{V}CO_2$). The terms $\dot{V}_E$, $\dot{V}O_2$, and $\dot{V}CO_2$ are typically written with a dot above the V to indicate they are measured per minute (e.g., L/min for $\dot{V}_E$, and either L/min or mL/kg/min for $\dot{V}O_2$ and $\dot{V}CO_2$).

6.1.1- Total Daily Energy Expenditure (TDEE):

Total Daily Energy Expenditure, or TDEE, is the total number of calories your body burns in one day. Calories are like fuel for your body. You need them to stay alive, move around, and do all the things your body needs to do. TDEE is important because it helps you understand how many calories your body uses every day. If you want to lose weight, you can eat fewer calories than your TDEE. If you want to gain weight, you eat more calories than your TDEE.

TDEE includes three main parts:

1. The energy your body uses just to stay alive (Basal Metabolic Rate, or BMR).
2. The energy you burn when you move around (Physical Activity).
3. The energy your body uses to digest food (Thermal Effect of Food, or TEF).

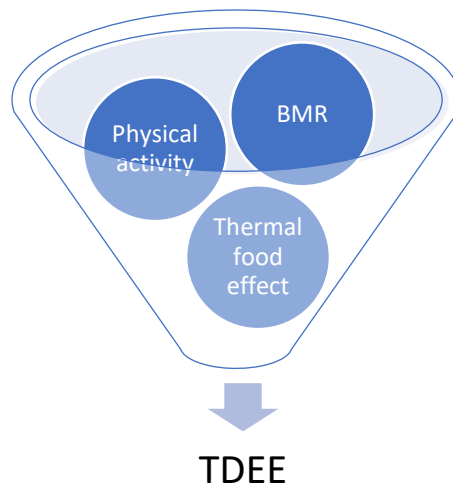


Figure 8- Total Energy Expenditure

Basal Metabolic Rate

This is the amount of energy utilised for the basic purpose of living, such as metabolism, brain functioning, heart pumping, blood circulation, etc. Usually called the energy utilised during rest or survival, energy requirement. Basal Metabolic Rate, or BMR, is the energy your body needs to keep you alive, even if you're doing nothing at all. This energy is used for things like breathing, keeping your heart beating, and helping your brain work. Even when you're sleeping or just lying on the couch, your body is still burning calories to stay alive.

BMR is the biggest part of TDEE, making up about 60–70% of the calories you burn every day. It depends on things like your age, weight, gender, and muscle mass. For example, if you have more muscle, your BMR will be higher because muscles need more energy than fat.

Think of BMR as the energy your body uses just to keep you running, like the battery power in your phone when it's on but not being used.

Physical Activity

Physical activity determines the calories you burn while in action, like exercise, walking, cooking, etc. The second part of TDEE is the energy you burn when you move around. This includes everything you do during the day, from walking, exercising, and cleaning to small movements like tapping your foot or cooking.

Physical activity burns calories, and the more active you are, the more calories you burn.

Physical activity is the part of TDEE that changes the most. If you have a busy day where you're moving a lot, you'll burn more calories. On a lazy day, you'll burn fewer. For example, if you sit at a desk all day and don't exercise, your calorie burn from physical activity will be low. On the other hand, if you go to the gym or do physical work, your calorie burn will be much higher.

You can also increase your calorie burn with small changes, like taking the stairs instead of the elevator or walking to the store instead of driving. These little activities add up and help you burn more calories.

Thermal Effect of Food

The Thermal Effect of Food, or TEF, is the energy your body uses to digest and process the food you eat. When you eat, your body works to break down the food into nutrients, which takes energy. TEF is like the cost your body pays to turn food into fuel.

Different types of food require different amounts of energy to digest. For example:

- **Protein** burns the most calories during digestion. Foods like chicken, fish, and lentils take more effort for your body to process.
- **Carbohydrates** burn fewer calories than protein but more than fat. Foods like rice, bread, and potatoes fall into this category.
- **Fats** burn the fewest calories during digestion.

TEF is a smaller part of TDEE, usually about 10%, but it still matters. Eating foods high in protein can slightly increase the calories you burn because your body works harder to digest them.

6.2- ESTIMATING ENERGY NEEDS

Estimating energy needs means understanding how much energy, in the form of calories, a person requires to perform daily tasks, stay healthy, and maintain their body functions. Every individual is different, so the energy needs vary based on several personal and environmental factors. Calories are the fuel that keeps the body running, whether you are at rest or actively moving. By understanding what affects energy needs, you can make better choices about what to eat and how to manage your lifestyle.

6.2.1 Factors Influencing Energy Requirements:

The amount of energy a person needs depends on several factors. These include **age, gender, activity level, health status**, and other personal or environmental considerations. Each factor plays an important role in determining how many calories you burn every day and how much energy you need to function well.

Age

Age is one of the most significant factors affecting energy needs. As people grow older, their calorie requirements change due to differences in growth rates, physical activity, and metabolism.

- *Children and teenagers:* Young children and teenagers have high energy needs because their bodies are growing and developing rapidly. They need energy to build bones, muscles, and other tissues. For example, during puberty, teenagers experience growth spurts, which require a lot of extra energy. Children are also naturally more active, running and playing throughout the day, which burns more calories.
- *Adults:* For adults, energy needs become more stable. However, they still depend on factors like physical activity and body composition. Adults who are active or exercise regularly need more energy to support their activity levels compared to those who are mostly sedentary.
- *Older adults:* As people age, their metabolism slows down, meaning they burn fewer calories even if their activity level remains the same. Older adults often lose muscle mass, which also reduces their energy needs. However, it's still important for them to consume nutrient-dense foods to maintain their strength, immunity, and overall health.

Gender

Gender affects energy needs because men and women have different body compositions, hormone levels, and activity patterns.

- *Men:* Men generally have a higher percentage of muscle and a lower percentage of fat compared to women. Since muscle burns more calories than fat, men typically require more calories than women of the same age and activity level.
- *Women:* Women often have a higher proportion of body fat, which doesn't burn as many calories as muscle. Women's energy needs can also change

due to hormonal changes, such as during menstruation, pregnancy, and breastfeeding. For example:

- During pregnancy, women need extra calories to support the growth of the baby and maintain their health.
- During breastfeeding, additional energy is required to produce milk for the baby, which can significantly increase daily calorie needs.

Activity Level

The amount of physical activity you do every day is one of the biggest factors in determining how many calories your body needs. Activity level refers to how much you move throughout the day, including exercise, walking, and even small movements like fidgeting.

- *Sedentary lifestyle:* A sedentary person who spends most of the day sitting or lying down (such as working at a desk job or watching TV) burns fewer calories. For example, if you don't exercise or move much, your energy needs will be low.
- *Moderately active lifestyle:* If you engage in light physical activities, like walking, doing chores, or light exercise, you will burn more calories than someone who is sedentary. Moderate activity can include activities like gardening, walking the dog, or doing yoga.
- *Highly active lifestyle:* People with active jobs or those who exercise intensely regularly require significantly more calories. Athletes, manual labourers, and those who engage in sports or heavy physical work may burn hundreds or even thousands of extra calories daily.

Even small activities like walking to the grocery store, taking the stairs, or doing housework can increase your daily calorie burn. Regular exercise is one of the best ways to boost your activity level and energy expenditure.

Health Status

Our overall health plays a major role in how many calories our body needs. Different conditions can increase or decrease energy requirements.

- *Illness and injury:* When you are sick or recovering from an injury, your body needs extra energy to heal. For example, fighting off an infection or repairing damaged tissues requires more calories. Conditions like fever, burns, or surgery recovery can also raise energy needs.

- *Chronic diseases:* Health conditions like diabetes, thyroid disorders, and heart disease can affect metabolism and energy requirements. For instance, hyperthyroidism speeds up metabolism, leading to higher calorie needs, while hypothyroidism slows metabolism, reducing calorie needs.
- *Weight management:* People who are overweight or underweight have different calorie needs. For weight loss, a calorie deficit (eating fewer calories than burned) is needed. For weight gain, a calorie surplus (eating more calories than burned) is required.
- *Special conditions:* Pregnancy and breastfeeding require additional energy to support the mother's and baby's health. Similarly, conditions like malnutrition or recovery from surgery may increase energy needs.

Other Influencing Factors

The major factors like age, gender, activity level, and health, there are other influences on energy needs:

- *Body composition:* People with more muscle burn more calories, even when resting. Strength training and physical activity can help increase muscle mass, which boosts metabolism.
- *Environmental factors:* Living in extreme temperatures can increase energy needs. For example, your body burns more calories to stay warm in cold weather or to cool down in hot weather.
- *Genetics:* Some people naturally have a faster or slower metabolism due to their genes. This affects how many calories they burn each day.
- *Dietary choices:* Eating habits, like consuming foods that are hard to digest (e.g., high-fiber or high-protein foods), can slightly increase calorie burn due to the energy required for digestion.

6.2.2- Importance of Understanding Energy Needs:

Your energy needs is essential for maintaining good health. If you eat too many calories, you may gain weight, which can lead to health problems like obesity. If you eat too few calories, you might not have enough energy to perform daily tasks, and your body could break down muscle for energy.

The factors like your age, gender, activity level, and health, you can estimate your energy needs and make better choices about your diet and lifestyle. For example:

- A teenager involved in sports may need more calories to fuel their active lifestyle.

- An older adult with a slower metabolism might focus on eating fewer but more nutrient-dense calories.
- A pregnant woman should eat extra calories to support the baby's growth.

Energy needs are different for everyone and depend on a mix of factors like age, gender, activity level, and health. These factors help determine how many calories your body needs each day to stay healthy and active. By understanding these factors, you can adjust your diet and activity levels to meet your body's unique needs, helping you stay strong, maintain a healthy weight, and live a better quality of life.

6.3- ENERGY EXPENDITURE IN DISEASE AND INJURY

When someone is sick or injured, their body works harder than usual. This means they burn more calories. The body uses this extra energy to fight the illness or heal the injury. Because of this, people often need to change how much they eat to give their body the energy it needs. Understanding how diseases and injuries affect energy helps us plan better diets to support recovery and health.

6.3.1 Impact of Disease and Injury on Energy Expenditure:

When a person has a disease or injury, their body may burn more calories than normal. This happens because the body needs extra energy to repair itself and fight illnesses.

Fighting Diseases

When someone has an illness, like an infection or a fever, the body uses more energy to fight it. For example:

- **Fever:** A fever raises body temperature, which makes the body work harder and burn more calories.
- **Infections:** Infections like pneumonia or flu increase the energy the body needs because the immune system becomes very active.
- **Chronic diseases:** Long-term illnesses like cancer, diabetes, or heart disease can also change how many calories the body needs. In some cases, these diseases make the body burn more energy.

Healing from Injuries

When a person is injured, the body burns extra calories to heal. For example:

- **Broken bones:** The body needs more energy to repair and rebuild the

- bone.
- **Burns:** Burn injuries use a lot of energy because the body works hard to repair the skin and fight infections.
- **Surgery:** After surgery, the body needs extra calories to heal wounds and recover.

Stress on the Body

When the body is under stress, such as during a serious illness or injury, it burns more energy. Conditions like trauma or severe inflammation make the body's repair systems work overtime, which uses more calories.

6.3.2 Adjusting Energy Intake for Medical Conditions:

When a person's body burns more calories because of illness or injury, their diet needs to change. Eating the right amount and type of food helps the body heal faster and stay strong. Here's how energy intake can be adjusted for different conditions.

Eating More Calories for Healing

Some medical conditions and injuries require the body to burn more calories. In these cases, eating more food helps the body get the energy it needs. For example:

- **Burn injuries:** Burn patients often need a lot more calories because their bodies are working hard to heal the skin and fight infections.
- **Surgery recovery:** People recovering from surgery need extra energy to heal their wounds and regain their strength.
- **Cancer:** Cancer patients may need a higher-calorie diet to maintain their weight and recover from treatments like chemotherapy.

Focusing on Protein

When recovering from an illness or injury, the body needs more protein to repair tissues and prevent muscle loss. Foods like chicken, fish, eggs, beans, and lentils are good sources of protein. In some cases, protein supplements are also used to help the body recover.

Choosing Nutrient-Rich Foods

It's important to eat foods that not only provide energy but also give the body essential vitamins and minerals. Foods like fruits, vegetables, nuts, seeds, whole grains, and lean meats are good choices. These foods help the body heal and fight illnesses.

Eating Less When Energy Needs Are Lower

Not all medical conditions increase energy needs. Some conditions, like hypothyroidism, slow down the body's metabolism, meaning the body burns fewer calories. In these cases, eating fewer calories can help prevent weight gain. A diet with smaller portions and nutrient-rich foods is the best approach.

Special Diets for Long-Term Illnesses

People with long-term illnesses like diabetes, kidney disease, or heart disease may need to follow special diets. These diets are designed to provide enough energy while controlling things like sugar, salt, or fat intake. For example:

- **Diabetes:** People with diabetes may need to balance their calorie intake with their blood sugar levels.
- **Kidney disease:** A person with kidney disease may need to limit certain nutrients, like protein or sodium, while still getting enough calories to stay healthy.

Using Supplements

Sometimes, people with serious illnesses or injuries can't eat enough food to meet their energy needs. In these cases, doctors may recommend supplements like protein shakes or high-calorie drinks to give the body extra energy.

6.3.3- Importance of Energy Adjustment:

Changing the diet to match the body's energy needs is very important. If the body doesn't get enough calories, it will start using stored energy from muscles and fat. This can make the person weak and slow down healing. On the other hand, eating too many calories can cause weight gain, which can worsen some medical conditions. Balancing calorie intake with the body's needs helps support recovery and maintain overall health. Illnesses and injuries change how many calories the body needs. Some conditions, like infections or burns, make the body burn more energy, while others, like hypothyroidism, reduce energy needs. Adjusting the diet to match these changes helps the body recover faster and stay strong. By eating the right amount of calories, along with protein and other nutrients, people can support their recovery and improve their health. Always consult a doctor or dietitian to create the best diet plan for specific medical conditions.

6.4- DETERMINING PROTEIN REQUIREMENTS

Based on general dietary guidelines and credible sources like the World Health Organisation (WHO), National Institutes of Health (NIH), and American Dietetic

Association (ADA) following are the energy and protein requirements as per different conditions:

Table 3- Energy and protein requirements

Condition	Energy Requirement	Protein Requirement	Reason
Normal Healthy Adult	Moderate	0.8 g per kg body weight/day	Supports normal bodily functions and maintains muscle mass.
Fever or Infection	Increased	1.2–2.0 g per kg body weight/day	The immune system needs protein to fight infection and repair tissues.
Surgery Recovery	Increased	1.5–2.0 g per kg body weight/day	Protein supports wound healing, tissue repair, and muscle preservation.
Burn Injury	Significantly Increased	1.5–2.5 g per kg body weight/day	Burn injuries require significant protein for skin regeneration and immune support.
Cancer Treatment	Increased	1.2–1.5 g per kg body weight/day	Protein helps repair tissues, maintain weight, and combat treatment-related muscle loss.
Chronic Illness (e.g., diabetes, heart disease)	Moderate	1.0–1.2 g per kg body weight/day	Maintains muscle mass while managing condition-specific dietary restrictions.
Trauma or Severe Injury	Increased	1.5–2.0 g per kg body weight/day	Protein is critical for tissue repair and recovery from physical trauma.
Hypothyroidism	Reduced	0.8–1.0 g per kg body weight/day	Protein supports normal bodily functions while managing a slower metabolism.

Hyperthyroidism	Increased	1.0–1.5 g per kg body weight/day	Protein is needed to prevent muscle loss due to fast metabolism.
Pregnancy	Increased	1.1 g per kg body weight/day	Extra protein supports fetal growth, placenta development, and maternal health.
Breastfeeding	Increased	1.3 g per kg body weight/day	Protein supports milk production and maternal recovery postpartum.
Older Adults	Moderate to Slightly Reduced	1.2–1.5 g per kg body weight/day	Protein helps prevent muscle loss (sarcopenia) and supports overall health.

- *Protein intake recommendations* are given in grams per kilogram of body weight per day. For example, a person weighing 70 kg with a requirement of 1.5 g/kg would need 105 g of protein daily.
- *Energy requirements* vary based on factors like activity level, body weight, and the severity of illness or injury. These values are general estimates and should be personalised by a healthcare professional or dietitian.
- *High-protein sources* include lean meats, fish, eggs, dairy products, legumes, tofu, nuts, and seeds.
- In conditions like burns, severe injuries, or cancer, supplements (e.g., protein powders or amino acid mixes) are often recommended to meet increased protein needs.

6.4.1 Function of Protein in the Body:

Protein is an essential nutrient that performs many important jobs in the human body. It is often called the “building block” of life because it helps create and repair tissues. This includes muscles, skin, hair, nails, and internal organs. Without enough protein, the body cannot grow, heal, or function properly.

Protein also plays a key role in the body’s immune system. It helps make antibodies that fight infections and diseases. These antibodies protect the body from harmful germs and keep you healthy. Protein is also involved in making enzymes, which are substances that speed up chemical processes in the body, like digestion.

Another important job of protein is maintaining fluid balance. It helps keep the right

amount of water in your body's cells and tissues. Protein also helps transport nutrients, oxygen, and waste products through the blood.

In short, protein is essential for muscle repair, immune function, hormone production, and many other vital processes that keep the body strong and healthy.

6.4.2 Assessing Protein Needs:

The amount of protein a person needs depends on many factors, such as age, activity level, and overall health. For most healthy adults, the general recommendation is to eat about **0.8 grams of protein per kilogram of body weight per day**. For example, if someone weighs 60 kilograms, they need about 48 grams of protein each day.

Protein needs increase during certain stages of life or in specific situations. For example, children and teenagers need more protein because they are growing. Similarly, pregnant and breastfeeding women require extra protein to support the baby's development and milk production.

Physical activity also affects protein needs. People who exercise regularly, especially athletes, need more protein to repair and build muscles. Additionally, individuals recovering from illness, surgery, or injury often require more protein to heal and regain strength.

To assess protein needs, healthcare professionals consider body weight, age, activity level, and any special conditions. Meeting protein needs is important for overall health, and a balanced diet with a variety of protein-rich foods is the best way to achieve this.

6.4.3 Protein Needs in Specific Populations:

Different groups of people have different protein requirements based on their unique needs. Understanding these needs helps ensure proper nutrition for growth, recovery, and health.

Athletes:

Athletes have higher protein needs because their bodies use protein to repair and grow muscles after exercise. Depending on the type and intensity of their activity, athletes may need 1.2 to 2.0 grams of protein per kilogram of body weight per day. For example, a 70-kilogram athlete might require 84 to 140 grams of protein daily. Foods like lean meats, eggs, fish, beans, and protein shakes are common sources for meeting these increased needs.

Pregnant and Breastfeeding Women:

During pregnancy, women need extra protein to support the baby's growth and development, as well as their health. The recommended intake during pregnancy is about 1.1 grams of protein per kilogram of body weight per day. For breastfeeding mothers, the requirement increases to about 1.3 grams per kilogram per day to help produce milk. Including protein-rich foods like dairy, eggs, and legumes in the diet

is essential during these stages.

Older Adults:

Older adults often lose muscle mass as they age, which can make them weaker and less active. To prevent this, they need more protein than younger adults. It is recommended that older adults consume about 1.2 to 1.5 grams of protein per kilogram of body weight per day. This helps maintain muscle mass and overall health.

People with Chronic Illnesses:

Individuals with chronic illnesses, such as cancer, kidney disease, or diabetes, may have different protein requirements. For example, cancer patients often need more protein to repair tissues and maintain their strength during treatments like chemotherapy. Kidney disease patients may need to limit their protein intake to reduce stress on their kidneys. Diabetic patients benefit from balanced protein intake to support muscle and blood sugar control. Protein is vital for everyone, but different groups of people need different amounts based on their age, activity level, and health. Athletes, pregnant women, older adults, and those with chronic illnesses all have specific protein needs. By understanding these requirements and eating a variety of protein-rich foods, individuals can maintain good health and support their body's needs during every stage of life.

SELF-ASSESSMENT QUESTIONS

Answer the following questions:

1. How is energy expenditure measured, and what factors influence daily energy needs?
2. Explain how energy requirements change in cases of illness or injury and why adjustments are necessary.

MCQs:

1. What does TDEE stand for in the context of energy expenditure?
 - a. Total Daily Energy Expenditure
 - b. Total Daily Energy Efficiency
 - c. Total Dynamic Energy Estimation
 - d. Total Daily Exercise Expenditure
2. Which component of TDEE represents the energy used for basic life functions at rest?
 - a. Physical Activity
 - b. Basal Metabolic Rate (BMR)
 - c. Thermal Effect of Food (TEF)
 - d. None of the above

3. What does the Thermal Effect of Food (TEF) measure?
 - a. Energy used in physical activities
 - b. Calories burned during food digestion
 - c. Energy stored from food intake
 - d. Calories needed for sleeping
4. Which factor does NOT influence an individual's daily energy requirements?
 - a. Favorite color
 - b. Age
 - c. Activity level
 - d. Health status
5. How does disease or injury affect a person's energy expenditure?
 - a. Decreases energy needs due to reduced physical activity
 - b. Increases energy needs due to the body's repair processes
 - c. Does not affect energy expenditure
 - d. Reduces the basal metabolic rate
6. What is the main function of protein in the body?
 - a. To provide energy for exercise
 - b. To repair muscles and support immune function
 - c. To increase body fat
 - d. To decrease metabolism

ACTIVITY:

Estimating the BMR of 10 healthy individuals and 10 Malnourished individuals can compute the results.

Answer key:

1. a. Total Daily Energy Expenditure
2. b. Basal Metabolic Rate (BMR)
3. b. Calories burned during food digestion
4. a. Favourite colour
5. b. Increases energy needs due to the body's repair processes
6. b. To repair muscles and support immune function

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UNIT 7

TECHNIQUES IN MEASURING DIET

Writer: Ms. Hiba Ahmed
Reviewer: Dr. Mahpara Safdar

UNIT 7: TECHNIQUES IN MEASURING DIET

INTRODUCTION

This unit examines numerous tools and methods for assessing nutritional consumption, such as Food Frequency Questionnaires (FFQs) and 24-hour recalls, as well as food diaries and diet histories, each of which provides unique insights into people's eating habits and patterns. Food Frequency Questionnaires (FFQs) are useful tools for collecting people's regular food consumption across time, providing a comprehensive picture of their eating habits. FFQs, which are widely used in large-scale epidemiological studies, allow researchers to identify dietary patterns and link them to health outcomes. However, they have disadvantages, such as relying on people's memories and potential mistakes in predicting portion amounts. In contrast, the 24-hour recall approach gives a thorough picture of an individual's nutritional consumption over a single day, allowing for insights into current eating patterns without the requirement for lengthy memory recall. While useful for analysing short-term dietary patterns, 24-hour recalls may not fully represent people's regular dietary behaviours since eating habits change from day to day. Food records and diet histories are alternative techniques to dietary assessment that allow individuals to chronicle their food and beverage consumption across specific periods. These technologies offer precise insights into food intake and eating behaviours, allowing for more personalised dietary assessments. However, they also bring issues, such as the difficulty of record-keeping and the possibility of changing eating behaviours due to increased awareness of dietary monitoring. When using nutritional measuring methods, it is critical to address major issues such as validity and repeatability to ensure the accuracy and dependability of dietary data. Validity assures that assessment methods reliably reflect the desired dietary dimensions, whereas reproducibility examines consistency and dependability over several administrations. Furthermore, measuring portion size appears as an important part of dietary evaluation, allowing people to precisely quantify their food and nutrient consumption. Various approaches, such as measuring cups, visual aids, and digital apps, provide practical ways to estimate portion sizes and manage nutritional consumption with accuracy.

OBJECTIVES

After reading this unit, you will be able to:

- Assess the validity and reliability of food frequency questionnaires (FFQs) by comparing their data with more objective measurements like multiple 24-hour recalls or nutritional biomarkers.
- Perform a comparative study of several dietary assessment methods (e.g., food records, diet history, duplicate food collections, etc.) to establish their strengths, limits, and applicability for different research purposes.
- Assess dietary assessment instruments' relative validity by comparing their intake estimates with a gold standard method, considering accuracy, consistency, and applicability across diverse populations.
- Assess the efficacy of diverse tools like food models, photographs, and digital images in aiding accurate portion size estimation across various populations, considering ease of use, accuracy, and applicability.

7.1- FOOD FREQUENCY QUESTIONNAIRES AND 24-HOUR RECALL

7.1.1- Food Frequency Questionnaires (Ffq):

Food frequency questionnaires (FFQs) are tools used to evaluate regular eating habits by inquiring about how often certain foods or food groups are eaten over a set time. They can cover a broad variety of foods or be more focused, targeting specific nutrients or groups like fruits and vegetables. While FFQs are useful for ranking food intake among study participants, there is ongoing debate about their ability to provide precise measurements of total food and nutrient consumption.

Method of Measurement

The measurement of dietary intake using a Food Frequency Questionnaire (FFQ) is a systematic process designed to gather comprehensive information about an individual's eating habits over a specified reference period. This process can be executed in various formats, each with its advantages and considerations.

Self-Administration:

Individuals can complete the FFQ independently, either using paper forms or through online platforms. This method allows for flexibility and convenience, enabling respondents to fill out the questionnaire at their own pace. Online formats may also facilitate easier data collection and analysis.

Interviewer Administration:

An interviewer can administer the FFQ through in-person or telephone interviews. This approach can enhance the accuracy of responses, as the interviewer can clarify questions, provide examples, and ensure that the respondent understands the items being asked. It also allows for the collection of additional qualitative data through follow-up questions.

Reference Period

The reference period for the FFQ typically spans the past year. This duration is chosen to account for seasonal variations in food availability and consumption patterns. However, the reference period may be adjusted based on the specific objectives of the study or the characteristics of the target population. For instance, if the research focuses on a particular health issue or nutrient, a shorter or longer reference period may be more appropriate to capture relevant dietary behaviours.

Food List

The food list included in an FFQ is a critical component that influences the quality of the data collected. The number of foods can vary significantly, ranging from

approximately 20 to 200 items, depending on the design and purpose of the FFQ. The selection of foods should encompass:

Key Nutrient Sources: Foods that are known to provide essential nutrients, such as fruits, vegetables, whole grains, dairy products, and protein sources.

Variability in Intake: Items that exhibit significant differences in consumption among individuals can help identify dietary patterns and preferences.

Commonly Consumed Foods: Foods that are prevalent in the population being studied, ensuring that the questionnaire is relevant and applicable to the target demographic.

Additional Questions

To enhance the depth of dietary assessment, some FFQs may include supplementary questions that cover various aspects of food preparation and consumption:

Cooking Methods: Questions about how foods are prepared (e.g., fried, baked, steamed) can provide insights into the nutritional quality of the diet.

Specific Ingredients: Inquiries about the types of fats, breads. They help figure out what people usually eat over a long time, often used in big health studies to see diet patterns.

The frequency categories

Food consumption frequency is measured using a multiple-response grid where participants estimate how often they eat or drink specific items. Options range from 'never' or 'less than once a month' to '6+ times a day.' The number of categories can vary from 5 to 10, but some studies may use more categories to better reflect the variety of foods consumed.

Use of portion sizes

Some food frequency questionnaires (FFQs) are called 'semi-quantitative' because they include estimates of portion sizes. In these FFQs, respondents indicate how often they consume specific amounts of food (like $\frac{1}{2}$ cup or $\frac{3}{4}$ cup). On the other hand, quantitative FFQs ask about the usual portion size based on a set measure.

The value of asking about portion sizes is debated for several reasons: People often struggle to accurately judge portion sizes. There is a lot of variation in portion sizes among the population. Current average portion size data is often outdated, even if some information is available. Using a fixed portion size can be acceptable. If the study group is similar and well-informed, participants may easily estimate their

food consumption based on a fixed portion size. This ability should be confirmed in a validation study within the study group.

Use of FFQ

Food Frequency Questionnaires (FFQs) are widely used in nutritional epidemiology and play a vital role in studying how diet relates to disease risk. The focus is more on ranking individuals' intake compared to others in the population (like high, medium, or low) or in quantiles (such as fifths of the intake distribution) rather than measuring exact intake amounts. FFQs have been widely used in large cohort studies, including:

- The Whitehall II study
- The European Prospective Investigation into Cancer and Nutrition (EPIC), which created and validated different questionnaires for various populations
- The UK Women's Cohort Study

FFQs can be tailored for specific needs, such as evaluating calcium intake or regular consumption of oily fish. However, they often include a comprehensive food list to assess all nutrient intakes and total energy intake, which is essential for energy adjustment and identifying misreporting in nutritional epidemiology.

Strengths and Limitations

Strengths: The survey is easy for participants, usually taking 10-20 minutes to finish. It is simple and flexible to use. It costs less than other dietary assessment methods. It can be repeated over the years for tracking diet changes. If an interviewer administers it, more complete data may be gathered, but self-administration can reduce bias. Standardised answers allow for quick analysis, sometimes even automatically. Existing surveys can be adjusted for new studies if the right tools are available. It aims to record regular eating habits and foods that are not eaten often.

Limitations: A complete list of all foods consumed cannot be provided, and reported intake is restricted to the items on the food list. Accurate reporting depends on the respondent's memory. There may be bias, as respondents might report eating 'good' foods more often (leading to over-estimation) and 'bad' foods less frequently (resulting in under-estimation). Evidence suggests that over-estimation tends to increase with a longer food list. A good level of reading and math skills is needed for self-administration, though it's less demanding than other methods; interviewers can assist with this issue. Estimating portion sizes can be challenging, and terms like small, medium, and large may not have a clear meaning for everyone. Food frequency questionnaires (FFQs) are specific to certain populations and may not be suitable for others unless their dietary habits are very similar. The food list might

not accurately represent the eating patterns of the target population, as it may overlook ethnic differences. Additionally, it can be hard for respondents to categorise pre-prepared meals like ready meals or take-out if the food list is based on simpler food categories.

7.1.2- 24-hour recall:

The method evaluates food and drink intake from the previous day or the last 24 hours. To understand regular food consumption, several recalls are needed. More days of recall help capture differences in daily intake, seasonal changes, and foods eaten occasionally. A study suggested 24-hour recalls as the best way to assess diet. An Australian study recommended eight repeat recalls for adults to better understand variations in macronutrient intake. The number of recalls required to evaluate nutrient intake can be calculated statistically, ranging from three days for major macronutrients to several weeks for micronutrients. On the other hand, if the goal is to find the average consumption in a population, one 24-hour recall per person in the target group is enough. However, to determine population-level statistics on variations and how many individuals meet certain intake recommendations, multiple 24-hour recalls are needed.

Method of Measurement

The 24-hour dietary recall is a method used to assess what someone has eaten over the past day. It can be done by a trained interviewer or by the person. This recall usually follows the order of meals from morning to night. A common technique used is the multiple-pass approach, which is explained below.

Multiple-pass approach

The multiple-pass recall is a step-by-step method that aligns better with how people remember things compared to just listing foods in order. This method is frequently used in national studies and research. Here's a simple outline of the 5 steps involved, though the exact steps may differ based on the specific protocol.

- Quick list: Gather a list of foods and drinks consumed in the last 24 hours.
- Forgotten foods: Ask about any foods that might have been missed in the quick list.
- Time and occasion: Note the time and context for each food item.
- Detail cycle: Provide detailed information about each food, including amounts, condiments, cooking methods, and brands if applicable, as a review of the day.
- Final probe: Check for any additional items consumed.

This is often used by dietitians and nutritionists to look into the diet of a person and know their habits. This is also used by doctors and researchers to look at what

someone ate on one particular day, giving detailed food intake info.

Time gaps between recalls

The time gaps between multiple 24-hour recalls should be determined based on the study's goals. If the study aims to assess usual intake over a year, then 24-hour recalls should be conducted throughout all seasons to capture seasonal changes. Sometimes, a combination of a 24-hour recall and a food frequency questionnaire is beneficial. This combination looks at the previous day's intake while also asking about specific food items and their frequencies (often semi-quantitative). These methods are particularly helpful in large studies where using interviewers is not feasible, yet more accuracy is needed compared to traditional food frequency questionnaires.

Interview method

Interviews can be done in person, over the phone, or online. In the Norwegian part of the EPIC study, no major differences were found in dietary data when comparing in-person 24-hour recalls to those done by phone. Computer-based 24-hour recalls, including online ones, offer several benefits:

- Standardises the recall process
- Displays typical food serving sizes with photos
- Records specific brands and foods using images
- Inputs data into an electronic format for easier analysis

Measuring the size of the Meals

Estimating portion size during a 24-hour recall often involves using tools like:

- Food pictures
- Household measurements
- A two-dimensional grid
- Food replicas

Use of the Recall method

This method is used in various situations. Recalls are effective for nutritional surveys and intervention studies, and they can also be applied in prospective cohort studies. They help measure average dietary consumption in specific populations. Many national surveys utilise the 24-hour recall method due to its high response rate and ability to gather detailed information. For instance, in the United States, the automated multiple pass recall (AMPR) is the dietary assessment method used in national surveys. This method is frequently used as a reference to check the accuracy of other methods, such as food-frequency questionnaires and diet history.

It is also commonly used to measure how well someone follows a dietary intervention, often alongside a short dietary checklist or questionnaire.

Strengths and Limitations

Strengths:

- There is a theoretically endless detail about the foods eaten.
- The effort needed from respondents is quite low.
- The method does not change how people eat.
- If done by an interviewer, reading skills are not necessary.
- The interview is fairly short, taking about 20-30 minutes.
- It is aware of cultural differences.

Limitations:

This method relies on how well respondents can remember what they ate. There is a chance of recall bias, meaning people might only remember certain food items, which is a common issue with self-reported data. It can be costly to carry out because it requires a lot of effort from interviewers, but using phone or online methods can help lower expenses. It can also take up a lot of resources, especially if using paper-based 24-hour recalls, which need a lot of data entry, cleaning, and follow-up with respondents. Doing multiple 24-hour diet recalls adds to the time and cost of processing the data. The work of coding and converting the data into nutrients is slow and requires skilled diet coders, along with a nutrient database and analysis software.

7.2- FOOD RECORDS AND DIET HISTORY

7.2.1- Food Records:

Weighed food diaries, often referred to as diet diaries or food records, are valuable tools utilised in nutritional research and dietary assessment. These diaries serve as systematic records that individuals maintain to document their food intake over a specified period, typically ranging from a few days to several weeks. By meticulously noting the types and quantities of foods consumed, along with the timing of meals and snacks, weighed food diaries provide a comprehensive overview of an individual's dietary habits.

One of the primary advantages of using weighed food diaries is their ability to yield accurate estimates of energy intake, nutrient composition, and the variety of food types consumed. Participants are often instructed to weigh their food portions using a kitchen scale, which enhances the precision of the data collected. This level of detail allows for a more thorough analysis of dietary patterns, making it easier to identify specific nutritional deficiencies or excesses.

Moreover, weighed food diaries can be instrumental in various contexts, including clinical settings, public health research, and weight management programs. They enable healthcare professionals and researchers to monitor dietary changes over time, assess adherence to dietary guidelines, and evaluate the effectiveness of interventions aimed at improving nutritional intake.

In addition to their quantitative benefits, weighed food diaries can also provide qualitative insights into eating behaviours and food choices. By examining the recorded data, researchers can identify trends in food preferences, meal timing, and the influence of social or environmental factors on dietary decisions. This holistic approach to dietary assessment can inform tailored interventions that address individual needs and promote healthier eating habits.

Overall, weighed food diaries are a robust method for assessing dietary intake, offering a wealth of information that can contribute to a better understanding of nutrition and its impact on health. Their use in both research and clinical practice underscores their importance in the ongoing efforts to improve dietary quality and promote overall well-being.

Method of Measurement

Food diary measurements require participants or researchers to weigh every food and drink item as they consume it. They also try to note:

- Water
- Dietary supplements
- Alcohol
- Ingredients
- Eating occasions and other important details
- Timeframe

Recording for several days is important because people's eating habits can change daily. More days of recording help reduce bias from specific days of the week, like weekdays versus weekends. It also increases the chances of capturing foods that are eaten less frequently, similar to a 24-hour recall method. However, accuracy may decline towards the end of the recording period due to fatigue from the study. Researchers might ask participants to repeat the assessment to consider seasonal changes in diet, such as using 2-day food diaries (one for the weekend and one for the weekday) multiple times throughout the year.

Procedure

Participants receive instructions and record sheets or booklets, along with scales for weighing food and drinks. For each item consumed, they must note the food

description, brand, weight served, and any leftovers. For mixed dishes that are hard to separate, like fruit pies or casseroles, participants should provide recipe information. When eating out, they are encouraged to record as many details as possible, using pocket booklets to track portion sizes, prices, places of purchase, and leftovers. A brief questionnaire may be included to help interpret the records and gather information about commonly consumed foods (like milk type) and non-food items such as dietary supplements. Participants can keep packaging and labels as part of their records. They may also use electronic devices, including audio recorders and digital cameras, to maintain their recordings.

Estimation:

Diet estimates require a lot of data entry. A person might eat over 50 different items daily, leading to thousands of food items in a study. When entering data, consider these points: Handwritten notes can be hard to read and may have spelling errors. It's best to verify these by reaching out to the person who provided the information. For group assessments, food names should be standardised, often using food codes. For instance, "Coca-Cola" and "fizzy drinks" can be categorised under the code "soft drinks." Food codes should cover all dietary items in the population, including brands and types. Additional text for details is also necessary. Quantities must be recorded consistently, including raw data, specific units (grams or volumes), and any uncertainties. Each food entry may include:

Time details: date, day of the week, and time

Item details: food name, food code, food group (text + code), recipe (text + code), homemade or store-bought (text + code), and brand

Quantity: amount in grams or volume

Context: occasion (e.g., breakfast), location, company, watching TV (yes/no), sitting at a table (yes/no). Results can differ based on goals, detail level, and the number of days recorded. Data from diaries can be averaged over several days to find a "typical" daily intake. For example, dietary estimates from weighed food diaries can show:

Time-related dietary habits: e.g., food consumption during different meals (like breakfast or weekends).

Frequency: e.g., how often takeout is eaten weekly or how often breakfast is skipped, using 1-week diaries instead of 2-day ones. Items can refer to specific foods (like fried chicken from a restaurant) or broader food groups (like total chicken).

Use of Food Record method:

This method is used in several situations:

- To record precise portion sizes, especially in studies about eating habits.
- To give accurate estimates of energy, nutrients, and food intake, making it helpful for researching diet-related diseases.
- To create or adjust diet history or food frequency questionnaires.
- In population surveys. For example, the UK used weighted food diaries in the National Diet and Nutrition Survey, but later switched to estimated food diaries and multiple-day 24-hour recalls.

Strengths and Limitations

Strengths: It does not depend on personal memory since food and drinks are noted when consumed. It offers measured portion sizes, so there is no need to guess portion sizes. It gives clear details about the foods eaten and all meal times.

Limitations: The weighed food diary is the most demanding method for respondents, requiring strong motivation and compliance. Individuals need to have good math and reading skills. Weighing and noting food consumed outside the home can be challenging. Foods eaten infrequently may not be recorded. People might change their eating habits to make tracking easier or to hide unhealthy choices. This method is also time-consuming and requires a lot of work, making it expensive for researchers to enter and standardise the data. Converting dietary information into nutrient data is complicated. The accuracy of the data can vary, especially if the individual did not prepare their meals.

7.2.2- Diet History:

The diet history method is a thorough way to look back at what people eat. It gathers detailed information about specific foods and also about those eaten less often. This method helps to describe what people have eaten over months, a year, or during a certain time in the past.

Nutrient intakes from diet histories are often checked against those from weighed food diaries to ensure accuracy. For instance, in a small group from the SENECA study, reported energy intakes were higher but still lower than the energy used, which was measured by indirect calorimetry.

Another study looked at energy intakes from weighed food records and diet histories compared to energy use measured by doubly labelled water in children and teens. While the average energy intakes were slightly overestimated, the differences were minor. The researchers concluded that energy intake from diet history better reflects regular eating habits than the weighed food diary.

Method of Measurement

A dietary history is a structured interview method that looks back at what people usually eat. It includes questions about common food groups like meat, grains, fruits, vegetables, dairy, and extras, as well as eating habits like skipping breakfast or dieting.

The interview can use open-ended questions to find out what foods and drinks are consumed at each meal, along with the amounts. After this, a 'cross-check' is done to confirm usual intake over the past 3, 6, or 12 months, based on the assessment goals. It can also be paired with a 3-day food record or a 24-hour recall.

Portion sizes are usually measured in household units, sometimes with visual aids. If visual aids are used, a face-to-face interview is often needed, making it harder to do this type of assessment over the phone or through self-reporting.

The focus of the interview may change based on the participants and the goals of the dietary assessment. For instance, if the group is pregnant women, the interview might emphasise dietary supplements and food cravings. If the goal is to study the eating habits of hospital patients during a heatwave or outbreak, specific food intake during that time may be reviewed.

Estimation

Estimates of diet are derived through a standard process used in dietary assessments. Here are the steps to estimate nutrient intakes:

1. If mixed meals are recorded, break them down into individual food items as much as possible. These items should be matched with a food composition table.
2. Convert portion sizes into grams or standard units (like millilitres for liquids) for each food consumed. Frequency should be standardised to daily or weekly consumption.
3. Match all foods and ingredients with entries in a food composition table.
4. Calculate nutrient intakes from each food by multiplying the amount consumed daily or weekly by the nutrient content of each item.
5. Sum the nutrient intakes for each individual per day. This can include specific calculations for meals like breakfast or different times of the day.

Strengths and Limitations

Strengths: People do not have to be able to read. The typical diet is explained in detail, so just one interview is enough for the period being studied. Information about specific foods is collected. Data is also gathered on foods that are eaten less

often. Energy intake and most nutrients can be estimated quite accurately.

Limitations: The data collected relies a lot on how skilled the interviewer is. Methods that involve interviews can lead to bias from the observer. People might not accurately remember what they ate before, which can cause recall bias. It can also be hard for them to judge the portion sizes of meals they had in the past. This approach can be challenging for those with irregular eating patterns, like shift workers. Coding individual foods is needed, but this takes a lot of time and requires trained staff, making it costly.

7.3- ISSUES IN DIETARY MEASUREMENT

Measuring dietary intake accurately in different populations is difficult. Self-reported 24-hour recalls are commonly used in low-income countries because they are quick, culturally appropriate, easy to understand, and provide clear data on foods and nutrients. To measure intake using 24-hour recalls, three steps are involved: 1) gathering information on what people ate, 2) using food-composition data to calculate nutrient intake, and 3) converting the data to reflect "usual intakes" for assessing nutrient adequacy and the relationship between foods, nutrients, and health outcomes. Like all dietary methods, 24-hour recalls can have random errors that affect precision and systematic errors that impact accuracy at each step. Research has found sources of measurement errors in 24-hour recall methods and suggests that random errors can be minimised by using standardised quality-control measures and collecting multiple 24-hour recalls per person, depending on the study's goals. Designing the initial recall protocol carefully can help address potential systematic errors, such as the day of the week or season. Other systematic errors, like energy underreporting, can be identified by using reference measures, such as doubly labelled water to assess energy expenditure. Alternatively, energy intake from 24-hour recalls can be compared with weighed intakes on the same day. However, few studies in low-income countries have evaluated the accuracy of 24-hour recalls or followed recommended protocols to reduce random errors. Therefore, it is important to enhance the assessment, analysis, and interpretation of self-reported 24-hour recall data in population studies within low-income countries. Accurate dietary intake data at the national level is crucial for shaping food, nutrition, and agricultural policies.

7.3.1- Validity:

This checks if the tool measures what it's supposed to measure, which is important to make sure the diet info is right.

7.3.2- Reproducibility:

This checks if the tool can give the same results over and over, showing that it's

reliable no matter how often you use it.

7.4- ESTIMATING PORTION SIZE

To assist individuals in estimating portion sizes accurately, many dietary assessment tools incorporate food images as visual aids. This method, known as image-based portion size assessment (IB-PSE), involves asking participants to select the image that most closely resembles the portion size they consumed or observed. Research indicates that the effectiveness of IB-PSE is influenced by three primary factors: perception, conceptualisation, and memory.

Perception refers to how individuals visually interpret the size of food portions, which can be affected by various elements such as the context in which the food is presented or individual biases. Conceptualisation involves understanding of what constitutes a standard portion size, which can vary widely among different cultures and personal experiences. Memory plays a crucial role as well, as individuals must recall past eating experiences and the sizes of portions they have encountered.

Despite the potential for errors arising from these factors, IB-PSE is still regarded as a valuable tool for estimating portion sizes in dietary assessments. However, there is a notable gap in the existing literature regarding the reliability of IB-PSE in real-world scenarios. Most studies conducted to date have primarily focused on the perceptual aspects of food and images, often overlooking the roles of conceptualisation and memory in the estimation process.

Furthermore, the majority of research has compared the results of portion size estimations using IB-PSE against weighed portion sizes, which serve as a benchmark for accuracy. This approach has provided insights into the effectiveness of IB-PSE, but it has not fully explored alternative methods of portion size estimation.

To our knowledge, there has been no comprehensive investigation into the accuracy of portion size estimation that combines written descriptions of household measures, such as spoons, cups, and glasses, with standard portion sizes categorised as small, medium, and large, as well as estimations in grams. This method is referred to as text-based portion size estimation (TB-PSE). By examining TB-PSE alongside IB-PSE, researchers could gain a more nuanced understanding of how different assessment methods compare in terms of accuracy and reliability in everyday eating situations. This could ultimately lead to improved dietary assessment tools that better reflect actual portion sizes consumed by individuals in their daily lives.

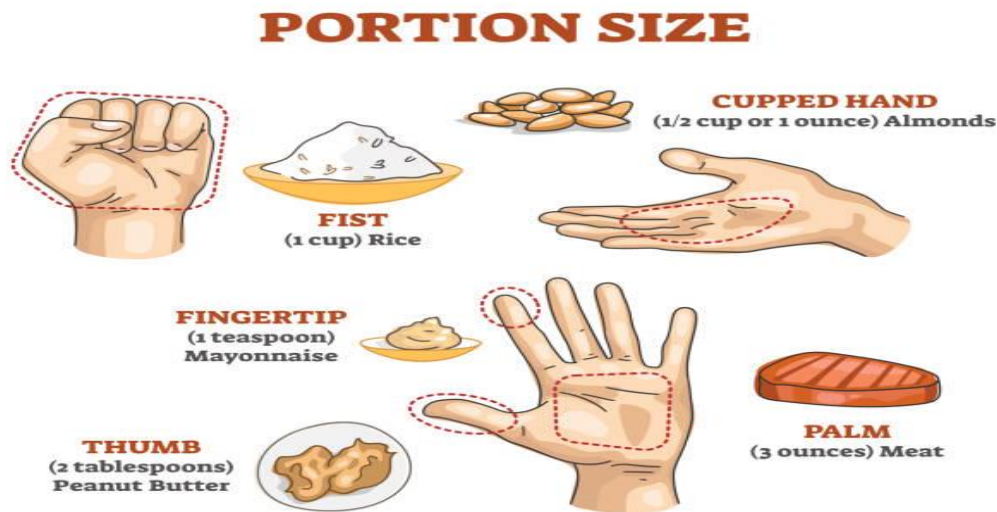


Figure 9- Estimating portion size

SELF-ASSESSMENT QUESTIONS

Answer the following questions:

1. Discuss the strengths and limitations of using Food Frequency Questionnaires and 24-hour recall methods.
2. Why is estimating portion size critical in dietary measurement, and what challenges are associated with it?

MCQs:

1. What is the primary purpose of using Food Frequency Questionnaires (FFQs) in dietary studies?
 - a. To determine the exact calorie intake per day
 - b. To assess the frequency of food item intake over a prolonged period
 - c. To measure the mineral content in food consumed
 - d. To calculate the body mass index of participants
2. What is a key limitation of the 24-hour dietary recall method?
 - a. It is very expensive to administer
 - b. It depends on the participant's ability to accurately recall all foods eaten in the past 24 hours
 - c. It can only be used with children
 - d. It requires blood samples

3. Which of the following is a strength of using food records as a dietary assessment tool?
 - a. They require no effort from the participant
 - b. They provide a detailed view of intake over a short period without relying on memory
 - c. They automatically calculate nutrient intake
 - d. They influence participants to eat healthier
4. What does the diet history method help to assess?
 - a. Future dietary preferences
 - b. Immediate reactions to foods consumed
 - c. Usual dietary intake that might explain or diagnose medical conditions
 - d. Genetic predispositions to dietary preferences
5. Why is the validity of a dietary assessment tool important?
 - a. It ensures the tool is affordable
 - b. It confirms that the tool measures what it is intended to measure accurately
 - c. It makes the tool easier to use
 - d. It decreases the size of the tool for easier handling
6. What is the significance of reproducibility in dietary measurement tools?
 - a. It ensures the tools can measure a large variety of foods
 - b. It shows that the tool can provide consistent results over repeated uses
 - c. It reduces the nutritional value of the diet assessed
 - d. It increases the speed of data collection
7. Which method is recommended for estimating portion size accurately in dietary assessment?
 - a. Guessing the weight of the food
 - b. Using measuring cups, visual aids, or apps to track food accurately
 - c. Using a standard plate size for all meals
 - d. Estimating based on the cost of the food

ACTIVITY:

Use a 24-hour recall method to measure the nutrient contents of 5 individuals. See how many of them are taking adequate nutrients.

Answer key:

1. b. To assess the frequency of food item intake over a prolonged period

2. b. It depends on the participant's ability to accurately recall all foods eaten in the past 24 hours
3. b. They provide a detailed view of intake over a short period without relying on memory
4. c. Usual dietary intake that might explain or diagnose medical conditions
5. b. It confirms that the tool measures what it is intended to measure accurately
6. b. It shows that the tool can provide consistent results over repeated uses
7. b. Using measuring cups, visual aids, or apps to track food accurately

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UNIT 8

COMPUTERIZED DIETARY ANALYSIS SYSTEMS

Writer: Ms. Hiba Ahmed
Reviewer: Dr. Mahpara Safdar

UNIT 8: COMPUTERIZED DIETARY ANALYSIS SYSTEMS

INTRODUCTION

In the field of nutritional research and dietary assessment, technological advancements have transformed how we analyse and estimate food intake. Computerized dietary analysis systems have evolved as strong tools that use technology improvements to improve the efficiency and accuracy of dietary intake monitoring. These systems combine nutrition science and computer technology, allowing users to analyse nutritional intake more efficiently and precisely than ever before. By automating data collection, processing, and analysis, computerized dietary analysis systems provide a thorough and systematic method of dietary assessment, making it easier to evaluate nutritional status, food quality, and adherence to dietary recommendations. However, several factors impact the usefulness and performance of computerized dietary analysis systems. The nutrient database, which acts as the system's backbone, must be of high quality and extensive to ensure correct analysis. Furthermore, the software's design, functionality, and user interface all have a substantial influence on user experience, simplicity of use, and analysis speed. Furthermore, the output produced by these systems, which ranges from thorough nutritional breakdowns to personalized dietary advice, is critical in converting raw dietary data into usable insights for both consumers and experts alike. This unit explores the aspects that influence computerized dietary analysis systems, such as the nutritional database, programmed execution, and system output. Furthermore, it gives an overview of the many systems accessible, emphasizing their characteristics, strengths, and limitations. Furthermore, the unit investigates the changing environment of nutritional analysis on the Internet, including online tools, mobile applications, and cloud-based platforms, as well as relevant problems such as data security and privacy and explores the intersection of nutrition science and technology, providing individuals with the knowledge and tools they need to harness the power of computerized dietary analysis systems for more efficient and accurate dietary assessment, ultimately contributing to better health outcomes and nutritional health.

OBJECTIVES

Students will be able to:

- Compare the efficiency and accuracy of computerized dietary analysis to manual approaches, taking into account time, labour, money, and error reduction.
- Evaluate the criteria for creating high-quality nutrient databases, including the amount of foods and nutrients, managing missing data, and incorporating updates from USDA and non-USDA sources.
- Discover how online nutritional assessment tools enhance monitoring and intervention in clinical and research settings by facilitating behaviour change, tracking progress, and offering personalized feedback.

8.1- INTRODUCTION

Since the early 1980s, the integration of microcomputer technology into nutrient analysis has revolutionized the way we assess and understand the nutritional content of foods and beverages. This technological advancement has led to the development of sophisticated computerized nutrient analysis systems, which have become essential tools in various fields related to nutrition and health.

These software tools offer a quick and efficient means of determining the nutrient content of a wide array of food items, catering to diverse purposes ranging from personal health management to large-scale dietary research. For health professionals, such as dietitians and nutritionists, these analyses provide invaluable insights into their clients' dietary choices. By utilising nutrient analysis software, they can offer detailed reports that highlight the nutritional strengths and weaknesses of an individual's diet. This information empowers health professionals to suggest healthier alternatives and modifications, ultimately aiming to encourage better eating habits and improve overall health outcomes.

In the realm of education, nutrition educators find these software programs to be a crucial component of their teaching methodologies. By incorporating nutrient analysis tools into their curriculum, educators can provide students with hands-on experience in analysing food composition. This practical application not only enhances students' understanding of nutrition science but also equips them with the skills necessary to make informed dietary choices in their personal lives and future careers.

Moreover, researchers and government bodies heavily rely on nutrient analysis software to study and document the typical food consumption patterns of individuals or specific population groups. This data is essential for understanding diet-related health issues, such as obesity, diabetes, and cardiovascular diseases. By analysing dietary trends and nutrient intake, researchers can identify correlations between nutrition and health outcomes, ultimately informing public health policies and interventions aimed at improving community health.

In the food service industry, nutrient analysis software proves to be an invaluable resource for managers, chefs, and caterers. These professionals use the software to create balanced recipes and menus that meet specific dietary requirements or preferences. Additionally, the ability to calculate accurate nutrient information for food labels is crucial for compliance with regulatory standards and for providing consumers with transparent nutritional information. This not only aids in promoting healthier choices among consumers but also enhances the credibility and reputation of food service establishments.

In summary, the advent of computerised nutrient analysis systems has significantly

impacted various sectors, including healthcare, education, research, and food service. By providing quick and accurate assessments of nutrient content, these software tools play a vital role in promoting better dietary practices, advancing nutritional education, and supporting public health initiatives. As technology continues to evolve, the potential for further innovations in nutrient analysis will likely enhance our understanding of nutrition and its critical role in health and

8.2 FACTORS AFFECTING COMPUTERISED DIETARY ANALYSIS SYSTEM

Some food composition databases provide advanced software tools designed to assist in the assessment of dietary habits for both individuals and groups. These software applications are particularly valuable as they can visually represent nutrient intake, allowing users to easily compare their consumption against established dietary standards. This visual comparison can take the form of graphs, charts, or tables, making it easier for users to identify areas where their diet may be lacking or exceeding recommended nutrient levels.

When selecting a computerised dietary assessment system, it is essential to consider four key factors that can significantly impact the effectiveness and usability of the software. First, evaluate the features of the database itself. This includes the comprehensiveness of the food items included, the accuracy of the nutrient data, and the user-friendliness of the interface. A robust database should offer a wide variety of foods, including common items, brand-name products, and regional specialities, to ensure that users can accurately report their dietary intake.

Second, assess the functionality of the search engine within the software. A well-designed search engine should allow users to quickly and efficiently find specific foods or nutrients, facilitating a smooth and intuitive user experience. The ability to filter results, search by nutrient content, or browse by food categories can greatly enhance the assessment process.

Third, consider the educational quality of the results generated by the software. The output should not only provide numerical data but also offer insights and interpretations that can help users understand their dietary patterns. This may include recommendations for improving nutrient intake, explanations of the significance of certain nutrients, and guidance on how to achieve a balanced diet. Educational resources, such as articles or tips, can further enhance the user's understanding and application of the information provided.

Finally, the cost of purchasing and maintaining the software is a crucial factor to consider. This includes the initial purchase price, as well as any ongoing costs for updates, technical support, and additional features. It is important to weigh the benefits of the software against its cost to ensure that it fits within the budget while

still meeting the user's needs.

In addition to these considerations, it is important that printed results from the dietary assessment clearly illustrate dietary adequacy. This can be achieved through the use of graphs or simple tables that summarise nutrient intake and highlight areas of concern or success. Such visual aids can make it easier for users to grasp their dietary status at a glance.

For researchers, access to dietary assessment data in an electronic spreadsheet format is essential for conducting statistical analyses. This allows for greater flexibility in data manipulation and the ability to perform complex calculations or comparisons as needed. Ensuring that the software provides this

8.2.1- Nutrient Database:

It discusses the importance of having a comprehensive and accurate nutrient database, which serves as the foundation for analysing dietary intake. A comprehensive and meticulously curated nutrient database is fundamental for accurately assessing dietary consumption. This database serves as the backbone of any dietary evaluation system, providing essential information on the nutritional content of a wide variety of foods. It should include macronutrients such as carbohydrates, proteins, and fats, as well as micronutrients like vitamins and minerals. The database must be regularly updated to reflect changes in food formulations, new research findings, and emerging food products. Additionally, it should encompass a diverse range of food items, including whole foods, processed foods, and regional specialities, to cater to various dietary preferences and cultural practices. The precision of the nutrient database directly impacts the reliability of dietary assessments, making it crucial for nutritionists, dietitians, and individuals seeking to improve their dietary habits.

8.2.2- Program Operation:

It explains how the design and functionality of the software can affect the user experience and accuracy of dietary analysis. This includes ease of use, speed, and integration capabilities. The operation of the dietary evaluation software is pivotal in shaping the user experience and the accuracy of dietary assessments. A well-designed interface that prioritises user-friendliness can significantly enhance engagement and ease of use, allowing users to navigate the system intuitively. Features such as customizable dashboards, easy data entry methods, and clear visualisations of nutritional information contribute to a positive user experience. Furthermore, the processing speed of the software is critical; quick data analysis ensures that users receive timely feedback on their dietary choices. The ability to integrate seamlessly with other systems, such as fitness trackers, health apps, and electronic health records, enhances the software's functionality, allowing for a more holistic view of an individual's health and dietary habits. Overall, the design and

operational features of the program play a crucial role in facilitating effective dietary evaluations and promoting healthier eating behaviours.

8.2.3- System Output:

The output generated by the dietary evaluation system is vital for informing users about their nutritional status and guiding them toward healthier choices. After processing the input data, the system provides a range of outputs, including detailed nutritional information that breaks down the intake of macronutrients and micronutrients. This information can help users identify areas where they may be lacking or exceeding recommended nutrient levels. Additionally, the system may offer diet quality evaluations, which assess the overall healthfulness of an individual's diet based on established dietary guidelines and recommendations. Tailored suggestions for dietary improvements are another critical output, providing users with actionable insights and personalised recommendations to enhance their nutritional intake. These outputs not only empower users to make informed dietary choices but also support health professionals in developing targeted interventions for their clients. By delivering clear and relevant data.

8.3- COMPUTERIZED DIETARY ANALYSIS SYSTEMS

Computerised dietary analysis systems are tools that help people check what they eat and understand their nutrition. These systems use computers or apps to make it easy to track the food a person consumes and figure out how many calories, vitamins, minerals, and nutrients are in those foods. They are used by health professionals, researchers, and even individuals who want to improve their diet and health.

These systems work by using food databases, which include information about many types of foods. When someone enters the foods they have eaten into the system, the software calculates the total nutrients, such as protein, fats, carbohydrates, vitamins, and minerals. This helps users see if they are meeting their daily nutritional needs.

One of the best things about these systems is that they save time. Instead of manually checking each food item's nutritional value, the system does it quickly and accurately. For example, a dietitian working with a patient can use the system to plan meals that meet specific health needs, such as managing diabetes or helping with weight loss. Researchers also use these systems to study diets in large groups of people.

These systems also come with extra features like meal planning, creating reports, and tracking changes over time. For example, someone trying to lose weight can log their meals every day and see if they are staying within their calorie goals.

However, there are some challenges with computerised dietary analysis systems.

Some of these systems can be expensive, making them hard to afford for everyone. Others might have incomplete food databases, which means certain local or unique foods might not be included. Some systems are also complicated to use, especially for beginners who are not familiar with technology.

Examples of well-known computerised dietary analysis systems include **Cronometer**, which is easy to use and gives detailed nutrition information, and **NutriBase**, which is more professional and used by dietitians. These tools are becoming more popular because they make it easier for people to improve their eating habits and understand the impact of their food choices.

8.4 DIETARY ANALYSIS ON THE INTERNET

The internet has changed how people think about and manage their diet. Online tools and apps make it easy to analyse what you eat from anywhere, as long as you have a phone, computer, or tablet with internet access. These tools are becoming very popular because they are convenient, simple, and often free to use.

Online dietary analysis works by allowing users to log their meals on a website or app. For example, someone can enter what they ate for breakfast, lunch, and dinner, and the tool will calculate the total calories and nutrients for the day. Some tools even let you scan a food's barcode or upload a photo of your meal to get the nutritional breakdown automatically. This saves time and effort, especially for busy people.

One of the biggest benefits of online dietary analysis is how easy it is to access. Many tools are free, and they are available on smartphones, making them perfect for people who are always on the go. These tools also provide instant feedback. For example, if you log a high-calorie snack, the app will immediately show how it affects your daily calorie goal, helping you make better choices for your next meal.

Another advantage is that many of these tools can sync with fitness trackers and wearable devices like smartwatches. This allows users to track both their food and exercise in one place, giving them a full picture of their health.

However, there are some problems with online dietary analysis tools. One big issue is privacy and security. Since users often enter personal details like weight, height, and health goals, there is a risk that this information could be leaked if the tool is not secure. Another challenge is accuracy. If the app's food database is incomplete or outdated, it might not give the right nutritional information. Some tools also charge for advanced features, which might limit their usefulness for people who can only use the free version.

Popular examples of online dietary analysis tools include **MyFitnessPal**, which is great for tracking calories and nutrients, and **Lifesum**, which offers diet plans and

recipe ideas. These apps help people set and achieve health goals, whether they are trying to lose weight, eat healthier, or simply track their eating habits.

In the future, online dietary analysis is expected to become even more advanced. New technologies like artificial intelligence will allow these tools to give even more personalised recommendations. For example, an app might suggest specific foods based on your health goals or warn you about unhealthy eating patterns before they become a problem. While there are still issues like data privacy to solve, these tools are making it easier than ever for people to understand their diet and take control of their health.

SELF-ASSESSMENT QUESTIONS

Answer the following questions:

1. What are the key features of computerised dietary analysis systems, and how do they support nutrition tracking?
2. How has the internet changed the way dietary analysis is conducted, and what are the benefits and challenges of online tools?

MCQs:

1. What is the primary role of a nutrient database in a computerised dietary analysis system?
 - a) To store physical activity data
 - b) To provide a comprehensive list of nutrients found in various foods
 - c) To track user login information,
 - d) To manage subscription payments
2. Which aspect of program operation is crucial for user satisfaction in a computerised dietary analysis system?
 - a. The complexity of the software interface
 - b. The simplicity and ease of use
 - c. The colour scheme of the interface
 - d. The number of advertisements displayed
3. What type of information would you expect as system output from dietary analysis software?
 - a. Nutritional breakdown of consumed foods
 - b. Future weather predictions
 - c. Updates on global news
 - d. Celebrity diet trends

4. What advantage does dietary analysis on the internet offer?
 - a. Increased data security concerns
 - b. Reduced accessibility to information
 - c. Immediate access to analysis tools and results
 - d. Higher costs for users
5. Which feature is NOT typically offered by computerised dietary analysis systems?
 - a. Diet quality assessments
 - b. Personalised nutrition recommendations
 - c. Real-time stock market updates
 - d. Detailed reports on nutrient intake

Answer Keys:

1. b) To provide a comprehensive list of nutrients found in various foods
2. b. The simplicity and ease of use
3. a. Nutritional breakdown of consumed foods
4. c. Immediate access to analysis tools and results
5. c. Real-time stock market updates

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UNIT 9

ANTHROPOMETRY

Writer: Dr. Mahpara Safdar
Reviewer: Prof. Dr. Hajra Ahmad

UNIT 9: ANTHROPOMETRY

INTRODUCTION

This unit is important in a variety of sectors, including healthcare, nutrition, sports science, and public health, since it provides quantitative data on the physical features of human anatomy. Anthropometry, derived from the Greek words "anthropo" meaning human, and "metron" meaning measuring, is a basic non-invasive way of measuring the human body. Anthropometry is the precise measurement of human dimensions and proportions using standardised procedures and equipment. Anthropometric measures provide vital insights into an individual's health and well-being, ranging from dietary conditions to growth patterns and illness risk assessment. This unit delves into the concepts, techniques, and applications of anthropometry, beginning with a review of the measuring equipment, which includes weight scales, stadiometers, and skinfold callipers. It then dives into the significance of anthropometric data in the realm of nutrition, emphasising its function in determining nutritional status, growth patterns, illness risk, and program effectiveness. The unit also gives thorough information on measuring length, height, and skinfold thickness, as well as specialised approaches for various demographic groups such as newborns, ambulatory persons, and adults. It explains the relevance of metrics like newborn head circumference and how to determine body fat percentage using skinfold measurements. The section also introduces the CDC Growth Charts, which are vital tools for healthcare providers and parents to effectively monitor the growth of children and adolescents. It discusses growth charts for several age groups and demonstrates how they help track weight, length/height, and head circumference percentile distributions. Furthermore, height-weight indicators such as relative weight and Body Mass Index (BMI) are investigated in-depth, offering insights into their importance in determining weight status and general health. The section also looks at body fat distribution patterns, distinguishing between android and gynoid obesity, and the consequences for health. This unit explores the principles and practices of anthropometry, providing individuals with the knowledge and skills needed to conduct accurate and meaningful body measurements, thereby contributing to comprehensive health assessments and informed decision-making in a variety of professional settings.

OBJECTIVES

After reading this unit, you will be able to:

- Identify anthropometry, which measures body size, weight, and proportions and is important for determining health, development, and nutrition.
- Understand length measurement techniques (recumbent length and stature) and analyze principles of skinfold measurements for estimating body fat percentage.
- Understand the significance of CDC growth charts in assessing children's physical development and nutritional status.
- Evaluate the effectiveness and limitations of height-weight indices in assessing body weight and fatness.

9.1- INTRODUCTION TO ANTHROPOMETRY

Anthropometrists study human body measurements and have gathered data for many years. For instance, the sizes of feet and hands are based on body part dimensions. The word anthropometry comes from two Greek terms: "antropo," meaning human, and "metricos," meaning measurement. Ergonomists use anthropometry to create tools, equipment, workspaces, clothing, and shoes that fit people well. To ensure a good fit, it's essential to know the sizes of specific body parts. For example, hand size helps design controls like switches, while arm reach is important for placing controls at the right distance.

Ergonomists focus on two main types of anthropometric data:

1. Structural anthropometry, also known as static anthropometry. This involves measurements taken when the body is still, such as height, weight, and head size.
2. Functional anthropometry, or dynamic anthropometry. This includes measurements taken while the body is in motion, showing how far different body parts can reach, like arm length.

It's important to note that static measurements are often taken from unclothed individuals to ensure accuracy. Adjustments are needed to account for clothing size, especially for workers in different climates, like those in Alaska versus Texas. Additionally, safety gear like shoes and hard hats can add about 10–12 cm (4–5 in.) to a person's height, which must be considered in design.

9.1.1- Sources of Body Size Differences:

Human body size varies due to different genetic, biological, and physiological factors. This variation can be easily seen when looking at people in a shopping mall. Therefore, it is important to use anthropometric data carefully to ensure its usefulness.

In ergonomics, anthropometric data is often presented in percentiles. A percentile shows the percentage of the population that has a body measurement at or below a certain size. For instance, if the 95th percentile height is 170 cm (66.9 in.), it means that 95% of people are 170 cm tall or shorter, while 5% are taller. Conversely, if the 5th percentile height is 150 cm (59 in.), it indicates that 5% of people are shorter than 150 cm, and 95% are taller.

When designing something that many people will use, such as placing a valve hand wheel at a specific height, it is essential to consider various factors that affect body size and make necessary adjustments to the design.

1. **Gender.** Generally, men are larger than women in most body measurements. The difference varies by measurement type. For instance, men's hands are bigger; their finger thickness is about 20% greater, and their fingers are roughly 10% longer compared to women's. However, women are larger than men in five areas: chest depth, hip width and circumference, thigh circumference, and skin-fold thickness. O'Brien (1985) provides a detailed list of the physical differences between men and women.

- **Age.** Body measurements typically grow from birth until the early twenties, stay stable until around age 40, and then decrease as part of ageing. For example, males reach their full height by about age 20, while females do so by age 17. The decrease in height is more noticeable in women than in men. Thus, it is crucial to identify the user group early in the design process.

- **Nationality and culture.** Body sizes vary across different nationalities and cultures. For example, Asians are generally shorter than Northern Americans, while some cultures in southern Sudan (Africa) are taller. Therefore, designers should consider anthropometric data relevant to the nationality and culture of the user group.

Occupation. Variations in body size among different job groups are common and well recognised. For instance, manual labourers typically have larger body sizes compared to those in desk jobs. Sanders (1977) discovered that truck drivers tend to be taller and heavier than the average civilian. These differences across occupations may stem from:

1. Diet.
2. Exercise.
3. Job-related physical activities (like manual handling).
4. Required standards, such as needing to meet a certain height for specific roles.
5. Personal choice, where individuals of a certain height opt for particular jobs for practical or social reasons.

Other factors

It is important to avoid using body measurement data from one job group, like the military, to design environments for another group, like office workers.

- **Historical trends.** Over the years, the average size of people has been rising. For example, the average adult height in Western Europe and the U.S. has increased by about 1 cm (0.4 in.) each decade. This may be due to improved diet, healthcare, hygiene, and living conditions. Designers should consider both current users and future generations to ensure effective system design in the coming decades.
- **Body position.** Posture can influence body size. For example, restraints like seat belts can affect how far someone can reach forward.
- **Clothing.** Most anthropometric data is collected from individuals without clothing. Thus, the type and amount of clothing can increase body size and restrict movement, impacting reach. For instance, gloves require adjustments to account for varying thicknesses.

Body Size Application Principles

When selecting the right anthropometric data for design, it's important to define the target population clearly and ensure the data is representative. Typically, using measurements from the 5th to the 95th percentile is acceptable. If feasible, this range can extend from the 2nd to the 98th percentile or more. The choice of percentile often depends on cost. There are three main principles for applying body size to design challenges.

1. *Design for the average.* The average is represented by the 50th percentile, meaning half the population is above and half is below this measurement.
2. *Design for the extremes.* When focusing on extremes, ergonomists follow two key rules. Fit or clearance dimensions should accommodate the largest individual. Reach dimensions should cater to the smallest individual. Common practice is to use the 95th percentile male for fit dimensions and the 5th percentile female for reach dimensions. Thus, a design that fits one extreme will likely suit most of the population.
3. *Design for adjustability.* This approach is often preferred to accommodate different body sizes. Examples include adjustable car seats, office chairs, desk heights, and tables for manual tasks. However, this may not always be feasible. If we strictly adhere to the range, we would need to accommodate individuals from 3 feet to 9 feet tall and weighing between 23 kg (50 lb) and 227 kg (500 lb). This is why the 5th and 95th percentile values are commonly recommended. Adjustability might not be practical, and the costs could outweigh the benefits.

9.1.2- Equipment for measurement:

- Weight scale

- Calibration weights
- Stadiometer
- Knee calliper
- Skinfold callipers
- Nonstretchable tape measure
- Infantometer to measure the recumbent length

9.1.3- Importance of Anthropometric data in the field of nutrition:

Anthropometric data play a vital role in the field of nutrition as they provide measurable physical indicators of nutritional status, diet sufficiency, and health outcomes. They help in assessing:

- **Nutritional Status:** This helps in identifying malnutrition, whether undernutrition or overnutrition.
- **Growth Patterns:** Monitoring growth in children, which can indicate overall health and well-being.
- **Disease Risk:** In determining risk factors for various diseases linked to body composition, such as obesity-related cardiovascular diseases.
- **Program Efficacy:** It also helps in evaluating the effectiveness of nutritional interventions and public health programs.

9.2- MEASURING LENGTH, STATURE, AND SKIN FOLD

9.2.1- Measuring Length:

Frankfort horizontal plane

Frankfort's horizontal plane is a specific measurement technique used to establish an anatomical standard for measuring head and facial dimensions. The Frankfort horizontal is an imaginary line that runs from the notch at the bottom of the ear canal to the lower border of the eye socket, ensuring that the head is in a standard position during measurement. This approach is used for both length and stature measurement.

Measuring the length of the infants

Measuring the length of an infant takes a different approach as they are unable to stand. For infants, length is measured while the infant is lying down (recumbent

length). It is crucial for assessing the growth and development of infants, especially in the first two years of life.

9.2.2- Measuring Stature:

Stature is the measurement of height while standing.

Non-ambulatory persons

Non-ambulatory individuals are those who are unable to walk or stand; for them stature is often estimated or measured using alternative methods such as measuring arm span or recumbent length in older children and adults.

Head Circumference

This measurement is particularly important in infants and children as it can indicate brain growth and development, and is often used to monitor for potential developmental issues.

9.2.3- Measuring Skinfold:

A skinfold is a fold of skin and fat that is tense and measured to help estimate the total amount of fat in your body. This measurement is used to get an idea of a person's body fat percentage. It involves using a special tool called a skinfold calliper to pinch the skin at certain areas of the body.

Single-site skinfold measurement

This involves measuring the thickness of the skinfold at a single site, typically the triceps, to estimate body fat percentage.

Two-site skinfold measurement

This method measures skinfolds at two different locations, often combining triceps and subscapular measurements, to provide a more accurate estimate of body fat.

Multiple-site skinfold measurement

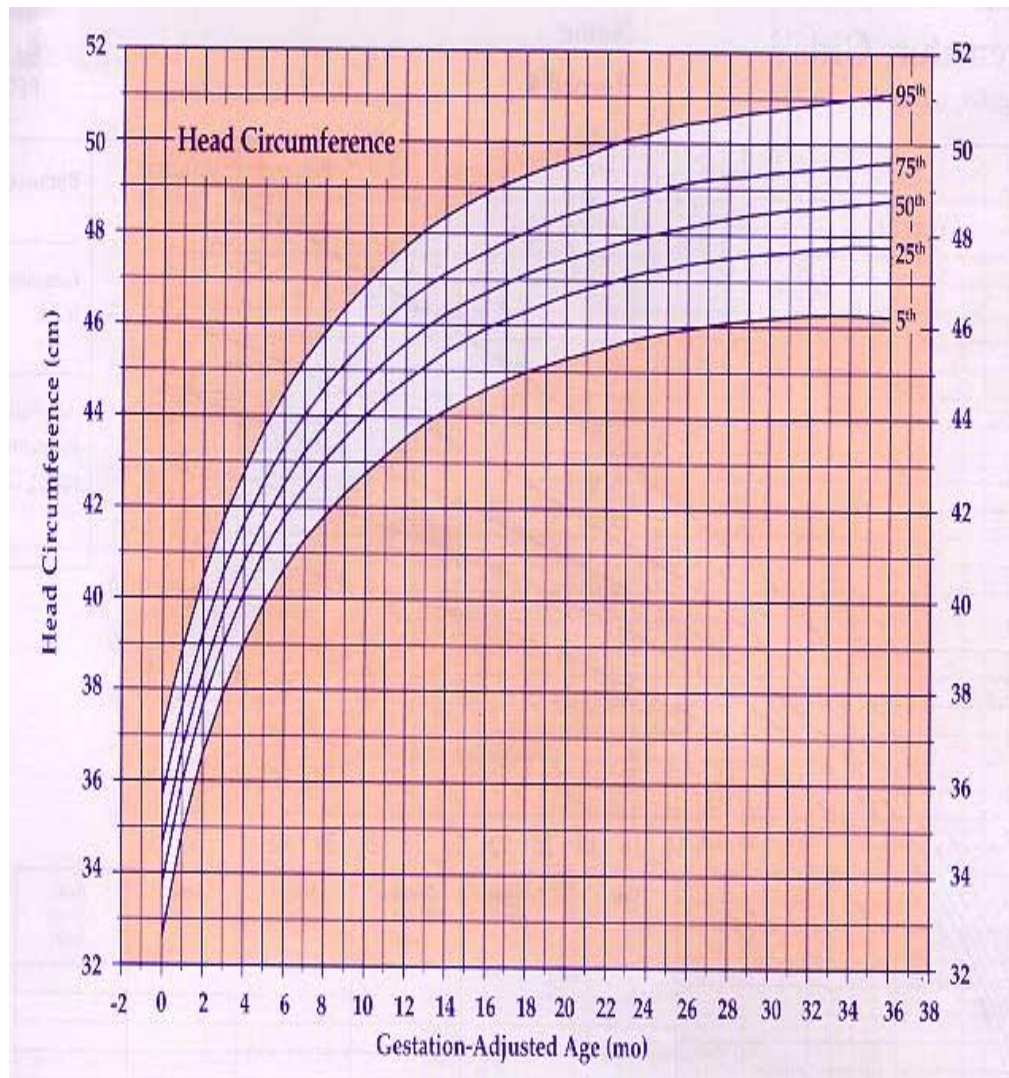
Involves taking skinfold measurements at three or more sites on the body. This method is used for a comprehensive assessment of body fat distribution and total body fat.

9.3- CDC GROWTH CHARTS

“Growth charts are percentile curves showing the distribution of selected body measurements in children. Growth charts are used by paediatricians, nurses, and parents to track the growth of infants, children, and adolescents. Quoted by the Centres for Disease Control (CDC).

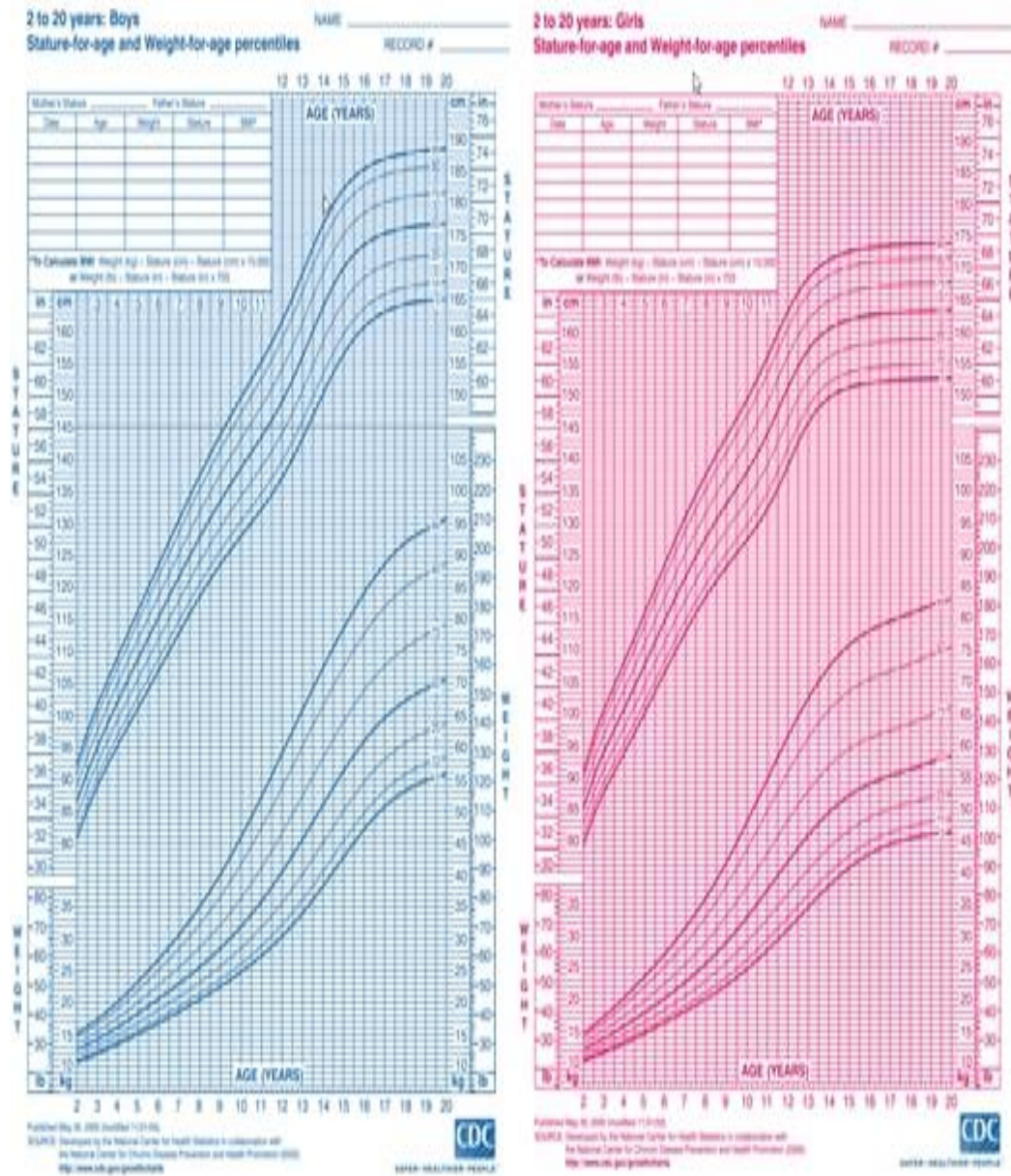
9.3.1- Growth chart for 0 to 2 years old:

These WHO-guided growth charts provide percentiles for measuring weight, length/height, and head circumference in children from birth to 2 years, helping to monitor early development stages accurately.



9.3.2- Growth chart for children 2 years and older:

CDC has developed a growth chart of 2 years and older. As these charts are used for older children and track growth metrics such as stature and weight relative to age, comparing them against standardised percentile scales.



9.4- HEIGHT-WEIGHT INDICES

9.4.1- Relative Weight:

It is a way to check if someone's weight is in the normal range for their height. It compares a person's weight against what is typically expected for their height to see if they are underweight, at a normal weight, overweight, or obese. This helps give a basic idea of a person's health related to their weight.

9.4.2- Body Mass Index (BMI):

BMI is a simple calculation using a person's height and weight to figure out if their weight is healthy for how tall they are. It's a common method used to see if someone might have health problems from being too light or too heavy. BMI is found by dividing a person's weight in kilograms by their height in meters squared (kg/m^2). This helps doctors and health workers quickly spot weight issues that could affect health.

BMI range distribution:

Table 4- Body Mass Index

Category	BMI range – kg/m^2
Severe Thinness	<16
Moderate Thinness	16-17
Mild Thinness	17-18.49
Normal	18.5-24.9
Overweight	25-29.9
Obese Class 1	30-34.9
Obese Class 2	35-39.9
Obese Class 3	>40

9.4.3- Body fat distribution:

Android obesity: It refers to fat distribution primarily around the waist and upper body, often associated with a higher risk of metabolic syndrome, diabetes, and cardiovascular disease.

Gynoid obesity: It is characterised by fat distribution around the hips and thighs. This type of fat distribution is less associated with chronic diseases than android obesity.

SELF-ASSESSMENT QUESTIONS

Answer the following questions:

1. Define anthropometry and explain its role in assessing nutritional status and human growth.
2. How are tools like CDC growth charts and height-weight indices used in public health and clinical settings?

MCQs:

1. What is the primary purpose of anthropometry in the field of nutrition?
 - a. To design personalised exercise programs
 - b. To measure physical aspects of the human body for nutritional assessment
 - c. To prescribe medications based on body measurements
 - d. To improve culinary skills
2. Which tool is NOT typically used for anthropometric measurements?
 - a. Weight scale
 - b. Blood pressure cuff
 - c. Skinfold calipers
 - d. Stadiometer
3. What is the Frankfort horizontal plane primarily used for?
 - a. Measuring body temperature
 - b. Measuring body fat percentage
 - c. Establishing a standard head position for measurement
 - d. Calculating body mass index
4. Why are growth charts important for pediatric care?
 - a. They predict future weight gain

- b. They help track growth and development compared to standardised percentiles
 - c. They measure children's intellectual development
 - d. They provide dietary recommendations
5. What does a single-site skinfold measurement estimate?
- a. Muscle mass
 - b. Bone density
 - c. Body fat percentage
 - d. Hydration levels
6. According to the BMI categories, what range is considered 'Normal'?
- a. 17-18.49
 - b. 18.5-24.9
 - c. 25-29.9
 - d. 30-34.9
7. What distinguishes android obesity from gynoid obesity?
- a. Android obesity is fat distribution around the hips and thighs
 - b. Gynoid obesity is linked with a higher risk of cardiovascular diseases
 - c. Android obesity involves fat primarily around the waist and upper body
 - d. Gynoid obesity typically leads to vitamin deficiencies

ACTIVITY:

Look around your surroundings, and see how many Overweight and Obese individuals you can count. Note down the BMIs.

Answer key:

- 1. b. To measure physical aspects of the human body for nutritional assessment
- 2. b. Blood pressure cuff
- 3. c. Establishing a standard head position for measurement
- 4. b. They help track growth and development compared to standardised percentiles
- 5. c. Body fat percentage
- 6. b. 18.5-24.9

7. c. Android obesity involves fat primarily around the waist and upper body

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