

NUTRITION EVALUATIONS

What is a Nutrition Evaluation?

A Nutrition Evaluation is used to identify nutrition-related problems, their causes, and significance and to provide recommendations to improve health and quality of life.

Formation of healthy eating patterns in childhood and adolescence is vital for growth, development and maintaining healthy weight. Incorporating Nutrition into the treatment plan can provide health promotion strategies for the whole family. Following advice is not only important to the child and adolescent but for the entire family.

A nutritional evaluation may be conducted if there are concerns with:

- Feeding challenges
- Weight problems (for example, overweight, underweight, eating disorders)
- Food sensitivities
- Allergies and/or skin problems
- Medical problems (for example, diabetes, high cholesterol)
- Dietary modifications (gluten-free, casein-free diets)
- ADHD

A CICS Dietician conducts a nutrition evaluation to assess, describe and interpret an individual's diet. This is done by:

- Collecting child's nutrition and medical history
- Interviewing parent(s) and child
- Examining past and current diet, eating habits, food sensitivities and weight, while taking psychological, social and environmental factors into account
- Evaluating all aspects of diet and body health to improve overall well being
- Identifying effective intervention strategies
- Communicating recommendations and working with family members to set goals and create an individualized Nutrition Treatment Plan for SUCCESS including dietary and supplement recommendations.