

Nutritional Care Process

1. What is the difference between the new terms under the umbrella term DRI: (Dietary Reference Intakes) - USA and Canada?

RDA: Recommended Dietary Allowance -

The amount of a nutrient needed to meet the requirements of nearly all (97-98%) of the healthy population.

EAR: Estimated Average Intake -

Nutrient intake value that is estimated to meet the requirements of half the healthy individuals in a group.

AI: Adequate Intake -

Recommended dietary intake level based on observed or experimentally determined approximations of nutrient intake by a group(s) of healthy people; these nutrient recommendations are used when a recommended dietary allowance (RDA) cannot be determined.

UL: Tolerable Upper Intake Level -

The maximum level of daily nutrient intake that is unlikely to impose risks of adverse health effects to almost all of the individuals in the general population.

2. What are the minimum number servings in each group of the Food Guide Pyramid and the serving size?

<u>Servings</u>	<u>Food Group</u>	<u>Serving Size</u>
6 - 11	Bread, cereal, rice, and pasta	1 slice bread, 1/2 c cooked cereal/rice/pasta, 1 oz. ready-to-eat cereal, 1/2 bun/bagel, English muffin, 1 small roll, 3-4 small or 2 large crackers.
2 - 4	Fruit	1 medium apple, banana, orange, 1/2 grapefruit, 1 melon wedge, 3/4 c juice, 1/2 c berries, 1/2 c diced, cooked/canned fruit, 1/4 c dried fruit.
3 - 5	Vegetables	1/2 c cooked or raw, 1 c leafy raw, 1/2 c cooked legumes, 1/4 c veg. juice.
2 - 3	Meat, poultry, fish, dry beans, eggs, nuts	2-3 oz. lean, cooked meat/poultry/fish, count 1 egg, 1/2 c cooked legumes, 4 oz. tofu, 2 tbsp nuts,/seeds/peanut butter as 1 oz. meat (or about 1/3 serving).
2 - 3	Milk, yogurt, and cheese	1 c milk/yogurt, 2 oz. processed cheese food, 1 1/2 oz. cheese

Use sparingly Fats & oils

3. What is the Nutritional Care Process?

The process of planning for and meeting the nutritional needs of an individual.

1. Assessing nutritional status.
2. Analyzing data to identify needs or problems.
3. Planning and prioritizing objectives of nutritional care to meet these needs.
4. Implementing strategies necessary to meet the objectives and
5. Evaluating the nutritional care outcomes.