

Maternal Nutrition Assessment

Nutrition Assessment for Pregnant Patients

Patient Name: Age: Reg. No.
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Date of Visit Ht. Wt. BMI
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Diagnosis

Nutrition Screening

Pre pregnancy weight (kg)		
Pre-Pregnancy BMI (kg/m ²)		
Pregnancy trimester		
Current weight (kg)		
Weight gain with respect to trimester	Kgs	weeks of gestation
Trimester weight gain score	0	4
	For normal weight gain	For less weight gain
Biomedical parameter (Fe/Ca)	0	2
	if normal	if less
Any other complication (HTN/GDM)	0	2
	No complication	For complication
Total Score		

	Score (0-2)	Low Risk	No action is required, but nutritional reassessment should be continued once in ten days
	Score (2-6)	Med Risk	Patient is encouraged to eat balanced diet; nutritional reassessment should be continued.
	Score > 6	High Risk	Nutritional care plan should be initiated (calorie charting/Enteral nutrition form)

Patient/Patient attendant food preferences & allergies (if any)

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Nutrition Care Plan

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Diet Recommended

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Dietician Name Time Date Re-
 assessment Due on

Nutrition Care Plan (High Risk Patients)

Kcal Goal,..... Protein

Goal:.....

Any other nutrient

goal:.....

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Daily Round Follow Up for patient who are on calorie charting (Enteral nutrition chart separate)

Date						
Energy Intake (kcal)						
Protein Intake (gm)						

Reference only (Weight gain score)

Weight status before pregnancy	Desired weight gain (kgs)	1st trimester weight gain (kgs)	2nd and 3 rd trimester (kgs)
Underweight (<19.8 BMI)	13-18	2.3	0.47
Average (19.8-26 BMI)	11-16	1.6	0.44
Overweight (26-29 BMI)	7-11	0.9	0.3
Obese (BMI=29)	6-7		
Twin gestation	16-20		
Triplet gestation	20-25		

Reference only Cut Off Point for the diagnosis of Anaemia

	Hb (g/dl)	Calcium (mg)
Adult, Females, Non-Pregnant	12	8.5-10.1
Adult, Females, Pregnant	11	8.5-10

Reference kcal and Protein Goal

	Energy (kcal)	Protein (gm)	Calcium (mg)	Iron (mg)
Pregnancy	+350	+18 g	1200	35
Lactation 0-6 month	+600	+14 g	1200	21
6-12 month	+520	+8 g	1200	21

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