Outlines the key steps to help students and dietitians learn how to administer a thorough assessment and understand the proper documentation.

This guide takes an investigative approach to nutrition assessment – reviewing the collection and analysis of evidence to determine the real nutrition-related problem, understanding the underlying problem and its effect on nutritional status, and providing intervention to address the problem - thereby improving nutritional health. It also includes a reference section for interpretation of lab data and an appendix with commonly used abbreviations.