**Writing Nutritional Assessment Report**

### **1. Title Page**

* **Title**: "Nutritional Assessment Report"
* **Name of the Individual**
* **Date of Assessment**
* **Name and Title of the Assessor**
* **Institution/Organization Name**

### **2. Table of Contents**

* Introduction
* Purpose of the Assessment
* Assessment Criteria
* Assessment Process
* Key Findings
* Nutritional Status
* Deficiencies Identified
* Recommendations
* Conclusion
* Appendix (if applicable)

### **3. Introduction**

* State the reason for the nutritional assessment.
* Outline the scope (e.g., health checkup, weight management, etc.).

### **4. Purpose of the Assessment**

* State the objectives (e.g., to determine the nutritional status and recommend dietary changes).

### **5. Assessment Criteria**

* **BMI**: Body Mass Index calculation.
* **Macronutrient Intake**: Protein, fats, and carbs.
* **Micronutrient Intake**: Vitamins and minerals.

### **6. Assessment Process**

* **Methods Used**: Diet history, food frequency questionnaire, and blood tests.

### **7. Key Findings**

| **Category** | **Current Status** | **Ideal Status** | **Action Needed** |
| --- | --- | --- | --- |
| BMI | Overweight | Healthy weight | Reduce calorie intake |
| Vitamin D Levels | Low | Normal | Increase sunlight exposure |

### **8. Nutritional Status**

* Provide details on the person's overall health and nutritional status.

### **9. Deficiencies Identified**

* List the nutrients and vitamins lacking in the individual’s diet.

### **10. Recommendations**

* Diet plans, supplements, and lifestyle changes.

### **11. Conclusion**

* Summarize overall health and nutritional recommendations.

### **12. Appendix (if applicable)**

* Lab reports, test results, etc.