

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
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- Nutritional Status
- Deficiencies Identified
- Recommendations
- Conclusion
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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.