

Completing a CPSP Nutrition Dietary Assessment

CPSP requires that all nutrition assessments, trimester reassessments and postpartum assessments include a dietary intake to compare the woman's food intake to a science based standard for pregnancy. The USDA *MyPyramid Plan for Moms* is an on-line, personalized, and interactive dietary guideline tool for pregnant, breastfeeding and formula feeding women (www.mypyramid.gov). Specific dietary guidance is not available in an on-line format for obese pregnant and postpartum women with gestational diabetes. Dietary guidelines are available on *MyPyramid Plan for Moms* for diet patterns from 2000 to 3000 calories. If using the on-line tool is not an option, use the standardized food intake guideline for pregnant and breastfeeding women, *What Should I Eat? My Pyramid Plan for Moms* (see appendix).

<http://www.mypyramid.gov/downloads/resource/pregnancyposter.pdf>).

There is no one required method or form you must use to assess a woman's diet at her initial, reassessment and postpartum visit. The *24-Hour Perinatal Dietary Recall* and the *Perinatal Food Group Recall* are dietary intake assessment forms provided in the appendix. A complete CPSP nutrition assessment includes a *Dietary Intake Assessment* and an *Initial Combined Assessment*

(<http://www.cdph.ca.gov/pubsforms/forms/CtrlForms/cdph4455.pdf>) or *Prenatal Nutrition Assessment*

(<http://www.cdph.ca.gov/pubsforms/forms/CtrlForms/cdph4472c.pdf>) and a weight gain grid. (see Appendix.) The dietary assessment and intervention provides an opportunity to:

- 1) Assess strengths and gaps in a woman's typical eating habits and food choices by comparing her diet to the *MyPyramid Plans for Moms*.
- 2) Assess a woman's food insecurity and refer her to needed supplemental food and financial resources.
- 3) Assess and address any food safety concerns.
- 4) Help a woman develop a healthy eating plan, keeping in mind her food habits, culture, family, weight, health status and lifestyle.
- 5) Educate a woman on the healthiest food choices from every food group and get the most nutrition from the food she eats.
- 6) Stress how important WIC education and food checks are in helping a woman achieve a healthy diet. Encourage her to consume the foods WIC offers.
- 7) Discuss the balance between food intake and physical activity.
- 8) Provide referrals for complex medical/nutrition conditions. Steps to Take offers referral criteria under most nutrition guidelines.
- 9) Celebrate healthy food and activity habits and changes. Offer guidance and support for on-going improvement.

How to Assess Food Intake

Steps to Take includes two methods to assess the food intake of pregnant, breastfeeding, and postpartum women. The first is the *24 Hour-Perinatal Dietary Recall* and the second

is the *Perinatal Food Group Recall*. No dietary intake method completely reflects the food intake of the client, but either tool provides a basis for educating and encouraging a woman to make healthy eating choices based on *MyPyramid Plan for Moms*. Other food intake methods that have been reviewed and approved by state designated staff are allowed.

The 24 Hour Perinatal Dietary Recall

Conducting a 24-hour dietary recall takes practice. As you learn the steps and complete several recalls you will feel more comfortable and you will get better results. Experts have found the best results come from using a step by step method. Record the results of the woman's food intake on the *Perinatal 24-Hour Dietary Recall*. Before you begin, always explain what you are going to do.

“I am going to ask you to tell me everything you ate and drank during the last 24 hours. I will ask questions to get the most accurate food intake possible. I will compare your food intake with a food guide that includes all the nutrients and energy you need for a healthy pregnancy (or for postpartum and breastfeeding needs). Please be sure you tell me everything you ate or drank, even the small things like butter, salad dressings, cream, and candies, so I can give you the best healthy eating information possible.”

Step 1. Make a Quick List of everything the woman ate or drank during the 24 hour period. Write the food down on the *24-Hour Perinatal Recall* in the “Food” column. Write down one main food item per line. Do not worry about serving sizes or the time the food was eaten during Step 1.

Key Points:

- Begin in the morning after the woman woke up and go through the day step by step until the last thing she ate.
- Avoid using words like breakfast, lunch or dinner. People have different meanings for these words and you also may miss the foods eaten in-between meal times.
- Be gentle and kind. Food intake is very personal information and negative comments or gestures may decrease the accuracy of the dietary recall.
- Some people eat in the middle of the night; ask the woman if ate anything after she went to sleep.
- Record any vitamins, minerals and other nutrition supplements like protein powder, fish oils, herbs, etc.

Sample questions to ask for Step 1.

Healthy eating is important for you and your baby. Please tell me everything you had to eat or drink yesterday.

What was the first thing you ate or drank after you woke up yesterday?

What was the next thing you ate or drank after that?

What was the last thing you ate in this 24 hour period?

Step 2. Forgotten Food List- Look over the food list with the woman and ask if there is anything else she remembers eating or drinking. Add these foods to the recall.

Key Points:

- Easy to forget foods like butter, half and half, mayonnaise, salad dressings, fats used in cooking and snacks may contain many calories and few nutrients.
- Check to see that all beverages are recorded, including sodas, coffee, teas, juices and any type of water-based beverage.

Sample questions to help trigger memory include:

Did you have any snacks yesterday?

What beverage did you drink with this meal?

Do you use cream or sugar in your drink?

Did you spread anything on your bread, biscuit, or muffin?

Did you add butter or margarine to the potato or vegetables you ate?

Did you eat tortillas, pieces of bread or rolls with your meal?

Step 3. Time and Occasion-It is helpful to ask the woman what time she ate the food to learn more about her food habits and to help her remember other foods she ate. Record times of food eaten in the “Time” column. You may want to ask:

What time did you eat this meal? When did you eat next?

Was there a special occasion on this day?

Step 4. Detailed Description of Food Eaten-To assess if all the food groups were eaten in the amount needed, you will need to compare the types and amounts of food eaten to *MyPyramid Plan for Moms*. The amounts in *MyPyramid* are described in cups (fruits, vegetables and dairy foods), ounces (protein foods and breads, grains and cereals) and teaspoons (oils).

Determine Amount Eaten-It is important to determine the amount eaten of each food group. Use food models and pictures, measuring cups and spoons, dinner plates and bowls to help assess the amount of each food item eaten. Write the amount she ate for each food item in the “How Much” column of the dietary recall. Questions to help determine the amounts of food eaten include:

Do you fill a glass that is larger or smaller than this one?

Was the meat portion you ate smaller, larger or the same size as this deck of cards?

Looking at this bowl, can you tell me how much cereal you ate?

Looking at the pictures of these tortillas, tell me what size tortilla you ate.

How many tortillas did you eat with your meal?



Web Resource:

My Pyramid -www.mypyramid.gov or

<http://www.mypyramid.gov/downloads/MiniPoster.pdf> provides serving sizes for each

food group. At the website click “Inside the Pyramid”, next, click on any food group for a description of the food group, pictures of common serving sizes and information on what counts as a serving.

Check for Added Fat- Cooking methods affect the amount of fat in the diet. Ask about added cream, butter, sauces, salad dressings, cheese, etc. Possible questions include:

Did you bake, broil, boil or fry the chicken you ate?

Did you leave the skin on or off the chicken?

How did you flavor the broccoli you ate?

Do you pan fry or deep fry your potatoes?

How much butter did you add for each pancake?

Which of these measuring spoons or cups best describes the amount of gravy, salad dressing, sour cream, etc. you ate?

Step 5- Final Review of the 24-hour Dietary Recall- Ask the client to look at the complete list of the food items she ate to see if she can remember anything else she ate or drank.

NEXT- Calculate the Dietary Intake

Once you have recorded all the types and amounts of food eaten in 24 hours, it is time to add up the total number of servings eaten per day in each food group. You will need to:

- 1) **Decide which food group the food or drink fits into.** Review the food groups on *MyPyramid Plan* website. You need to decide if the food fits under the Grains, Vegetables, Fruits, Oils, Milk, or Meat and Beans. A handy page to refer to is *Inside MyPyramid* at <http://www.mypyramid.gov/pyramid/printpages.html>. This web link provides food group information and the amount that counts as a serving for common foods.
- 2) **Decide total amount of each food group eaten.** Amounts or servings are counted in cups, ounces or by teaspoons, depending on the food group. The box below describes how food amounts are counted in *MyPyramid Plan*.

Food Amounts For MyPyramid Plan

Food Groups	Amounts or Servings
Grains	Grains are counted by 1 ounce equivalents and most pregnant and lactating women need at least 6-8 ounces of grains per day. 1 ounce is counted as 1 serving. Common 1 ounce portions: 1 slice of bread, ¼ large bagel, 1 6 inch corn or flour tortilla, ½ cup cooked rice, pasta or hot cereal, 1 cup ready to eat cereal, ½ English muffin, 1 small muffin.
Vegetables	Vegetables are counted by cups and most women need 2 ½ cups a day. 1 cup raw or cooked vegetables and 2 cups of leafy vegetables (like salad) count as 1 cup. 20 French fries count as 1 cup of

	vegetables and as added fat. Total up all the cups of fresh, frozen, and canned vegetables she eats in a day. It is important to eat the five types of vegetables each week: dark green, orange, beans and peas, starchy and other vegetables.
Fruits	Fruits are counted by cups and most women need 2 cups of fruit each day. 1 cup fresh, frozen, canned fruit or juice and ½ cup of dried fruit count as one cup. Most women need 2 cups of fruit each day. CPSP suggests limiting fruit juice to ½ cup per day.
Oils	Oils servings are counted in teaspoons and most women need 6 teaspoons of oils from plants, nuts and seeds each day. Commonly eaten oils include dressings and plant oils to prepare and cook foods. Use measuring spoons to help women estimate the amount of oil eaten. 1 tablespoon oil is equal to 3 teaspoons. Solid fats like butter, cream, half and half, do not count as oils. Note solid fats eaten on the dietary recall and encourage the woman to eat nuts, seeds and plant oils.
Milk	Milk is counted by 1 cup servings and most women need 3 cups per day. One cup of the milk group equals: 1 cup fluid milk, 1 cup yogurt, 1 ½ ounces of hard cheese, 1/3 cup shredded cheese, 2 ounces (2 slices) processed cheese, 2 cups cottage cheese and 1 ½ cups ice cream.
Meat and Beans	Meat and Beans , the high protein foods are counted in ounces. One ounce of meat, 1 egg and ¼ cup of cooked beans and peas count as 1 protein serving. Most women need 5 ½ -6 ½ ounces of meat and beans per day. A meat portion the size of a deck of cards is about 3 ounces. Most women eat enough protein rich foods. Vegetarian women can get the protein they need eating legumes, soy products like tofu, nuts and seeds. See <i>Vegetarian Eating</i> if the woman does not eat meat, poultry, and fish.
Extra or Sometimes Foods	Extra or Sometimes Foods- The <i>MyPyramid Plan for Moms</i> includes “extras” in calorie amounts. Encourage woman to eat more healthy choices rather than high calorie foods with few nutrients. It is okay for women to have food that is high in fat or sugar once in a while as long as her weight gain is not high and the foods are allowed in her diet.
Combination or Mixed Dishes	Combination or Mixed Dishes- When several foods are used together like casseroles, burritos, spaghetti, lasagna, soups, stews, etc. you may have to estimate the amount of each food eaten. On-line resources can help you identify the food group and count the

	servings sizes in mixed dishes. Use MyFood-a-pedia - http://www.myfoodapedia.gov/ for food group and serving size information for commonly eaten foods. Counting Mixed Dishes in MyPyramid , a tool that counts the food groups in several mixed dishes is found on MyPyramid “Tips and Resources” and is also found in the appendix under Nutrition Tools.
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Example:
Tuna Fish Sandwich

Food Eaten	Food Group	Servings
2 oz. tuna	Meat	2
2 slices whole wheat bread	Bread/Grain	2
2 tsp. mayonnaise	Oils	2

NEXT STEP- Comparing the Food Intake to MyPyramid Plan for Moms

There are two ways to compare the client’s 24- Hour dietary intake with the guidelines. You may use *What Should I Eat? My Pyramid Plan for Moms* (found on page XX) and online at <http://www.mypyramid.gov/downloads/resource/pregnancyposter.pdf>). for a standardized guideline or you may use the on-line *MyPyramid Plan for Moms* for an [individualized plan](#) (http://www.mypyramid.gov/mypyramidmoms/pyramidmoms_plan.aspx) . Enter the woman’s height, pre-pregnant weight, due date and activity level for an individualized food intake eating plan. Note that *MyPyramid Plan for Moms* will not calculate an eating plan for obese women and should not be used for women with diabetes or other complex health conditions requiring the skills of a registered dietitian.

Steps:

1. Add up the amounts eaten for each food group and record the number under “Total Servings” column on the 24- hour Perinatal Dietary Recall Intake Form.
2. Compare the number of servings of each food group eaten with the minimum number of recommended servings on *MyPyramid Plan for Moms*.
3. Compliment the woman for the strengths of her food intake.
4. Circle or underline all foods eaten that provide calories and few nutrients, e.g., soda, chips, candy, and sweet drinks.
5. Review the food groups what are missing or eaten in inadequate amounts. Ask the woman about these food groups. Can she afford these foods? Does she dislike these foods? Ask her what she is willing to do to improve her food intake.
6. Review the handout “*What Should I Eat?*” and help the woman set healthy eating goals.
7. Complete the dietary assessment and nutrition individualized care plan; include a plan for follow up nutrition assessment and education and make needed referrals.

8. Record the total number of minutes to complete the entire CPSP nutrition assessment, including plotting the weight gain grid, a dietary intake assessment and a nutrition assessment questionnaire.



Web and Print Resources- These resources are provided to help CPSP practitioners assess dietary intake and provide nutrition counseling and education.

[MyPyramid Food Gallery](#)

(<http://www.okstate.edu/hes/nsci/nutrition/NSCI2114/foodgallery.htm>) - Oklahoma State University, Department of Nutritional Sciences

This is an excellent resource to help assess dietary intake. The food gallery contains actual pictures of food and was developed to help people recognize the appearance of various amounts of foods on a plate. The plates are standard 10-inch diameter plates.

Interactive Fast Food Menu with Fitness Calculator – Oregon State University, Cooperative Extension-Fast food information is available for McDonald's, Burger King, Subway, Chick Fil-A, Domino's and Taco Bell and includes calories, fat, sodium, fiber, protein and carbohydrate. The interactive tool allows clients to choose food and then make better choices based on nutrition information presented. The fitness calculator includes many forms of physical activity, from casual walking to vigorous exercise.

http://www.extension.org/pages/Interactive_Fast_Food_Menu_with_Fitness

MyFood-a-pedia- A data base that breaks food down into food groups and servings, and calculates calories from fats and sugars. *USDA. Center for Nutrition Policy and Promotion.* <http://www.myfoodapedia.gov/>

Calorie King- A food data base for over 50,000 generic and brand name foods, including fast foods.- <http://www.calorieking.com/foods/>

Fast Food Guide Nutrition information for fast foods including burgers, pizza, and coffee drinks. Contains printable charts.

BD Medical - Diabetes Care-<http://www.bd.com/resource.aspx?IDX=4274>

MyPyramid Plan for Moms Resources

My Pyramid in Action-Tips for Pregnant Moms- Printable handouts for weight gain and diet intake guidance for pregnant and breastfeeding women in English and Spanish.

English-

Pregnancy- <http://www.nal.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf>

Lactation- <http://www.nal.usda.gov/wicworks/Topics/BreastfeedingFactSheet.pdf>

Spanish

Pregnancy <http://www.nal.usda.gov/wicworks/Topics/SpanishPregnancyFactSheet.pdf>

Lactation <http://www.nal.usda.gov/wicworks/Topics/SpanishBreastfeedingFactSheet.pdf>

MyPyramid for Pregnancy and Breastfeeding Poster-

English- <http://www.mypyramid.gov/downloads/resource/pregnancyposter.pdf>

The Perinatal Food Group Recall Method

The Perinatal Food Group Recall (see appendix) is an alternative to the traditional *24-Hour Dietary Recall*. This method provides an overview of the woman's diet but does not provide the level of detail of a carefully completed 24-hour dietary recall. Regardless of the dietary assessment method used, what is most important is that the woman makes healthy food selections. The *Perinatal Food Group Recall* asks questions about a woman's usual daily intake, it does not ask about her specific intake for one day. Shading on the form's boxes indicates a nutritional concern to address with the client. The "Advise Patient to" column provides brief nutrition guidance for each food group.

Using the Perinatal Food Group Recall Form

1. Tell the patient you will be asking her questions about her usual eating habits in order to determine if she is eating the kinds of and amounts of foods that her body needs for a healthy pregnancy.
2. To introduce each food group to the client you can use *What Should I Eat? MyPyramid Plan for Moms Plan*. Follow the form and explain to the woman what the food group is and how much counts as a serving. For example, you can say:

The first group is the fruit group. The foods that make up this group are fresh, canned, frozen and dried fruit and juices. 1/2 cup of fruit or juice and 1/2 cup of dried fruit counts as 1 serving. On a typical day, how many cups of fruit do you eat a day? How many cups of juice? How many cups of dried fruit?

3. Determine approximately how many servings of each food group she eats on a typical day. It is important she eats at least the minimum number of servings to get the nutrients needed. Use the MyPyramid web site, pictures, measuring cups and spoons, food models, etc to help clients identify the number of servings eaten in each food group. Say:

On a typical day, how many cups of fruit do you eat a day? How many cups of juice? How many cups of dried fruit?

4. For most questions, you will indicate the number of food group servings eaten each day by checking the appropriate box such as:
 Never or Less than 3 servings/day, etc.
in the appropriate column such as Initial, 2nd Tri(mester), 3rd Tri or Post(partum)

For questions 6 and 7, you will check either Yes or No.

5. For question 8, write the total number of cups she drinks of each of the types of beverages on a typical day. Sugary drinks are ‘sometimes foods’ and avoiding caffeine is the prudent choice during pregnancy. 12 ounce cans equal 1 ½ cups, 16 ounces equals 2 cups and 20 ounce drinks equal 2 ½ cups.
6. For question 9, check **Yes** if she eats extra foods from each of the categories. Leave blank if she does not eat these foods. If she does eat these extra foods, ask how much and how often she eats them (i.e., several times a day, once daily, 2-3 times a week, etc.)
7. If the patient’s response falls in a **shaded** box, such as she never eats vegetables or less than three servings on a typical day, give her the advice and check off the box.: Aim for 3 or more servings/day.

	Initial	2 nd Tri	3 rd Tri	Post
Never	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Less than 3 servings/day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 or more servings/day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. If the patient’s response falls in an **unshaded** box, such as she eats 4 servings of vegetables on a typical day, tell her that she has made a good choice and check off the box. Aim for 3 or more servings/day.
9. Check other “advice boxes” as needed. For example if the only vegetables she eats is starchy vegetables like corn, advise her to Eat more dark-green and orange vegetables.
10. For Questions 7, 8 and 9, help the patient make healthy substitutions for her usual unhealthy choices if needed such as:
 - If the patient uses lard in her cooking, ask her which of the healthy plant oils she might try using instead.
 - If the patient eats donuts and chips, ask her which healthy snack foods she might eat instead.

Write the healthy choice on the line provided and check the appropriate “advice boxes” such as Avoid foods high in fat and sugar and Choose fruits, vegetables, nuts and seeds as snacks.

11. After the last question, review the patient’s strengths and risks with her.
12. In the Advice Section, circle and date one or more items that the patient is willing to improve/change by her next visit. Include these action items in her individualized care plan. Make notes on her copy of *My Healthy Eating Plan* that she will take home with her.

13. At the bottom of the form, clearly sign with your name, title and date.
14. Since the dietary assessment is done at the same time as rest of the patient's nutrition assessment, the time spent on filling out the form should be included in nutrition assessment minutes. For example, if it took 8 minutes to complete the dietary assessment and 27 minutes to fill out the initial nutrition assessment form and plot the weight gain grid, add the numbers together to get 35 minutes. Write 35 minutes on the bottom of the initial nutrition assessment form.
15. Patient takes home her copy of *My Healthy Eating Plan* to reinforce the healthy eating messages.

Appendix

Add 24 hour perinatal dietary recall, Perinatal Food Group recall and 4 weight-gain grids

<http://www.cdph.ca.gov/pubsforms/forms/Pages/MaternalandChildHealth.aspx>

[CDPH 4472 A](#) 24-Hour Perinatal Dietary Recall

[CDPH 4472 D](#) Perinatal Food Group Recall

[CDPH 4472 B1](#) Prenatal Weight Gain Grid: Pre-pregnancy Underweight Range

[CDPH 4472 B2](#) Prenatal Weight Gain Grid: Pre-pregnancy Normal Weight Range

[CDPH 4472 B3](#) Prenatal Weight Gain Grid: Pre-pregnancy Overweight Range

[CDPH 4472 B4](#) Prenatal Weight Gain Grid: Pre-pregnancy Obese Weight Range

Also add: *What Should I Eat? My Pyramid Plan for Moms*

<http://www.mypyramid.gov/downloads/resource/pregnancyposter.pdf>).