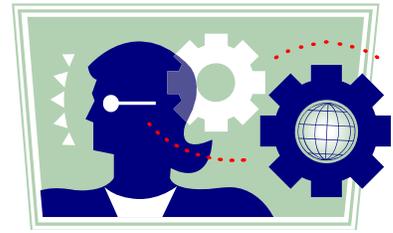


Ask Before You Assign: Do a Complete Assessment



Before you assign any food package other than the standard food package, and before you offer any NE or anticipatory guidance, make sure to do a complete **diet** assessment. (For more information see Lesson 1-5 and the job aids in the [*Dietary Risk Module*](#).)

Complete assessments are as easy as ABCDE

A = Anthropometrics (weights, heights, percentiles)

B = Blood tests

C = Clinical (health questions)

D = Diet (nutrition and feeding)

E = Environmental (smoking, substance use, safety, living situation)

Five steps for completing a diet assessment

Step ❶ Ask about feeding behaviors (attitudes, actions, supplementation)

🗣️ **Open the conversation** about eating habits

- Tell me about how you are eating.
- Tell me about feeding your baby/child.

🗣️ **Attitudes** (the participant/caregiver thoughts, feelings, or concerns)

- What do you like about the way you/your child/your baby eats?
- What concerns do you have about the way ...eats?
- How can you tell when ...is hungry or full?

🗣️ **Actions** (what the participant/caregiver does)

- What foods does....avoid? Or really like to eat?
- What kind of milk does your child drink?
- How often do you offer...meals or snacks? What do those look like?

🗣️ **Supplementation** (prescribed, over-the-counter, traditional, herbal)

- What vitamins, minerals, or supplements does....take?

Step ❷ Use **OARS/PCS** to find out more information

Step ❸ **Assign** any dietary risks

Step ❹ Use **critical thinking to review** information and make sure assigned risks are correct.

Step ❺ **Document** in TWIST

Now you are ready to provide the appropriate foods, NE, and anticipatory guidance!

Consider exploring these topics during Step 1 of the diet assessment

For examples of questions to ask, see the [job aids in the Diet Assessment Module](#).

	Women	Infants	Children
Opening the conversation	<ul style="list-style-type: none"> Eating habits (Tell me how you are eating.) 	<ul style="list-style-type: none"> Feeding (How are you feeding your baby? Tell me about feeding your baby.) 	<ul style="list-style-type: none"> Eating habits (Tell me about feeding your child.)
Attitudes	<ul style="list-style-type: none"> Eating issues Interest in eating Appetite Nutrition knowledge 	<ul style="list-style-type: none"> Breastfeeding success/concerns Feeding relationship Recognition of feeding cues Interaction during bottle feeding (propping, etc.) 	<ul style="list-style-type: none"> Feeding relationship Feeding concerns Support for independent eating Division of responsibility Recognition of hunger/fullness
Actions	<ul style="list-style-type: none"> Eating behaviors Meal patterns Food preferences Food fads Food avoidance Cultural issues Food safety Milk type and intake Food security 	<ul style="list-style-type: none"> Feeding behaviors Developmental stages Frequency of feeding Breastfeeding skills Preparation of formula Formula type and tolerance Appropriate introduction of solids/cup Progression of textures/Finger foods Food safety 	<ul style="list-style-type: none"> Feeding behaviors Developmental stages Meal patterns Weaning, use of cup/bottle Self-feeding Food preferences Food avoidance Food safety Milk type and intake Food security
Supplementation	<ul style="list-style-type: none"> Use of vitamin or mineral supplements Herbal or traditional supplements 	<ul style="list-style-type: none"> Use of fluoride or Vitamin D supplements Herbal or traditional supplements 	<ul style="list-style-type: none"> Use of fluoride or Vitamin D supplements Herbal or traditional supplements