

Nutrition assessment

NUTRITION

We would like to assess your current eating patterns. The aim is to see whether there are any changes that could improve your health and that of your baby.

Date / / Woman's name

Pre-pregnancy weight Height Pre-pregnancy BMI

Are you (please tick one) Planning a pregnancy Pregnant Breastfeeding

Part 1

Have you lost weight recently without trying to? No Yes
Do you have diabetes or have you ever had gestational diabetes? No Yes
Do you have anaemia caused by iron deficiency? No Yes
Are you a vegetarian or vegan? No Yes

Part 2

Do you choose full-fat dairy products? No Yes
Are there days you do not eat vegetables (fresh, frozen or canned)? No Yes
Do you eat pies, pastries, fried foods or take away meals more than once a week? No Yes
Do you drink soft drinks, cordials, sports drinks or fruit juice on most days of the week? No Yes
Do you drink more than 3 cups instant or 2 cups brewed coffee per day? No Yes

Part 3

Are you taking a folic acid supplement? No Yes please give details:
Do you eat 5-6 serves of vegetables/legumes* each day? No Yes
Do you eat 4 serves of fruit** each day? No Yes
Do you eat 4-6 serves of cereals*** each day? No Yes
Do you eat iron rich foods (e.g. lean red meat, chicken, green leafy vegetables) every day? No Yes
Do you eat 2 serves of cheese, milk, yoghurt or calcium enriched soy milk every day? (a serving is 40gm cheese, 200g tub yoghurt or 1 cup milk) No Yes
Do you limit your intake of fish with high mercury content? No Yes
Do you avoid food borne infections (listeriosis, toxoplasmosis)? No Yes

* 1 serve of vegetables equals ½ cup cooked vegetables (e.g. broccoli, carrot, stir-fry or mixed vegetables) or 1 cup of salad.

** 1 serve of fruit = 1 medium-sized apple, banana, orange or pear; 2 small apricots, kiwi fruit; 1 cup of diced pieces of canned fruit; ½ cup of juice; 4 dried apricot halves.

*** 1 serve cereal equals ½ cup muesli, one cup of porridge; 1 ½ cups of breakfast cereal; 1 cup cooked rice, pasta or noodles; or 2 slices of bread.



Pregnancy Lifescripts

advice for a healthy pregnancy



Nutrition—interpreting the questionnaire

If pre-pregnancy BMI is >30 a referral to a dietitian and an obstetric specialist is recommended.

Part 1

Yes to any question indicates that a full dietary assessment and dietary counselling may be required. Arrange referral to an Accredited Practising Dietitian or appropriate specialist as required.

Part 2

Yes to any question indicates that the woman may benefit from a prescription for healthy eating.

Part 3

No to any of the questions indicates that the woman may benefit from a prescription for healthy eating.

All women:

- ▶ Provide advice or written information on healthy eating options, especially those specific to pregnancy.
- ▶ Refer women to further information:
 - The Pregnancy Lifescripts Guide to Healthy Eating or other written information
 - The Dietitians Association of Australia (www.daa.asn.au)
 - Australian Breastfeeding Association (www.breastfeeding.asn.au)
 - Nutrition Australia (www.nutritionaustralia.org)
 - Australian Government Healthy Eating information for Pregnant/Breastfeeding Women (www.healthyactive.gov.au/healthyweight)

Women who may benefit from a prescription for healthy eating

Ask whether the woman would like more nutrition advice. If yes:

- ▶ Offer a prescription for healthy eating and the Pregnancy Lifescripts Guide to Healthy Eating
- ▶ Offer referral to an Accredited Practising Dietitian (APD)
- ▶ Provide brochures on specific topics



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