In preparation for the dietetics internship, **can you correctly:**

1) Calculate Ideal Body Weight (IBW), % of usual body weight, % weight loss, Adjusted Body Weight (AdjBW), Body Mass Index (BMI)?

And know when to use each body weight appropriately?

2) Graph a pediatric growth chart (wt-for-age, ht-for-age, wt-for-ht, head circ.-for-age, BMI-for-age)?

3) Interpret routine medical labs such as: Albumin, Prealbumin, Hemoglobin A1C (HgbA1C), Blood Urea Nitrogen (BUN), lipid profile, glucose? **And determine how they affect nutrition care?**

4) Understand prescribed medications method of action and potential nutritional implications?

5) Use the Mifflin St. Jeor equation?

a. Calculate Resting Energy Expenditure (REE)?

b. Calculate Total Energy Expenditure (TEE)?

c. Determine appropriate activity and stress factors for an individual’s condition?

6) Estimate an individual’s protein needs?

7) Estimate an individual’s fluid needs?

You must also:

8) Memorize the key components of the diabetic exchange list food groups:

a. Kcal

b. Protein

c. Carbohydrate

d. Fat

9) Be able to use the *diabetic exchange list* (not a computerized program) to:

a. Plan a menu

b. Conduct nutrient analysis of a given menu or client’s intake

10) Use and interpret:

a. 24 hour dietary recall

b. food frequency record

c. 3 day food record