

## Chapter 3 Diet and nutrition

### CLINICAL QUESTIONNAIRE

- 1 Is the patient's diet nutritionally adequate (and is there evidence of malnutrition)?
- 2 If the diet is *inadequate* (or if malnutrition is present), are foodstuffs being excluded from the diet because they are not available?
- 3 Are foodstuffs being *excluded* from the diet because the patient cannot afford to buy them, even though they are available?
- 4 Are foodstuffs being *excluded* from the diet because they are classified as:
  - a non-food?
  - b profane food?
  - c 'hot' (or 'cold') food?
  - d medicine?
  - e 'poison'?
  - f low social value food (not signalling correct status, caste, ethnicity, region, etc.)?
- 5 Are foodstuffs being *included* in the diet because they are classified as:
  - a food?
  - b sacred food?
  - c 'hot' (or 'cold') food?
  - d medicine?
  - e high social value food?
- 6 What forms of eating are defined as '*meals*' and '*snacks*'?
- 7 In '*meals*', what *social function* does the content, order, preparation and timing of the meal perform for those who take part in it? What does it signal to them, and to others, about the types of relationships between those who take part in it?
- 8 In *pregnancy/menstruation/lactation*, is the woman's diet nutritionally adequate? If not, is this because of 2, 3, 4 or 5, or combinations of these?
- 9 In *infant feeding*, how do socio-cultural factors affect:
  - a the choice of breast or artificial feeding?
  - b the length of breast or artificial feeding?
  - c the techniques of weaning, and types of weaning foods used?
  - d maternal beliefs about the optimal size, shape and weight of their infants?
- 10 In *infant feeding*, how do economic factors affect:
  - a the choice of breast or artificial feeding?
  - b the length of breast or artificial feeding?
  - c the techniques of weaning, and types of weaning food used?