

# Comprehensive Perinatal Services Program (CPSP) Perinatal Dietary Assessment (PDA)

## Instructions

### Introduction:

The Comprehensive Perinatal Services Program (CPSP) Perinatal Dietary Assessment (PDA) form is meant to be used as an **alternative** to the 24-hour dietary recall or food frequency form. In other words, the PDA takes the place of the 24-hour recall so that you complete the PDA **or** the 24-hr dietary recall, not both.

The PDA is only **one part** of a complete CPSP nutrition assessment. In addition to the PDA, you must plot the patient's weight on the prenatal weight gain grid and complete the nutrition assessment form at the time of each trimester or postpartum assessment.

The PDA form is used side-by-side with the handout *My Plate for Moms*

### Using the CPSP Perinatal Dietary Assessment Form, Step by Step

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 foods that her body needs for a healthy pregnancy.
2. Ask the patient the PDA questions, pointing out pictures of foods from the different food groups on the patient's *My Healthy Eating Plan*, as appropriate.
3. Using the portion information for each food group, help the patient determine **approximately** how many servings from each food group she eats on a **typical** day.
4. For most questions, you will mark the patient's answer by checking the box for the appropriate assessment: first trimester, second trimester, third trimester or postpartum.

**Example #1:** Patient IS NOT eating enough vegetables.

The patient is at her initial trimester nutrition assessment visit. If she says that she eats less than three servings on a typical day, then check the correct box, as shown below:

- Never  
 Less than 3 servings a day  
 3 or more servings a day

Next, give her the advice on the right column of the PDA, ‘The more vegetables you eat, the better. Aim for 3 or more servings/day’ and check off the corresponding “advice box”, as shown below:

**Advised patient:**

- The more vegetables you eat, the better. Aim for at least 3 servings/day.

Next, using the pictures on *My Plate for Moms*, help the patient choose some vegetables she would be willing to try. Be sure to ask her what other vegetables she might eat that are not shown on the *My Plate for Moms*.

Then, write all of her vegetable choices on the PDA as ‘Preferred vegetables’. Circle or write her vegetable choices on her copy of *My Plate for Moms* for her to take home with her to remind her to eat more vegetables.

**Example #2: Patient IS eating enough vegetables**

The patient is at her second trimester nutrition reassessment visit. If she says that she eats three or more servings of vegetables on a typical day, then check the correct box, as shown below, and congratulate her on meeting her vegetable goal.

- Never **OR**  
 Less than 3 servings a day  
 3 or more servings a day

Check other “advice boxes” as needed. For example, if the only vegetable she eats is corn, advise her to:

- Choose some that are dark green or orange.

5. For questions 6 (solid fats) and 9 (extra foods), check either  
 Yes or  No, and advise accordingly.
6. For questions 7 and 8 (beverages), write the total number of cups she drinks of each of the types of beverages on a typical day, and advise accordingly.
7. For questions 6 (solid fats), 7 (beverages) and 9 (extra foods), 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 more healthy plant oils she might try using instead.
  - If the patient eats donuts and chips, ask her which of the more healthy snack foods she might eat instead.

Write the healthy preferred choice(s) in the space provided and check the appropriate “advice boxes” such as:

- Limit foods high in fat and sugar and
- Choose fruits, vegetables, nuts and seeds as snacks.

8. After the last question, review the patient’s strengths and risks with her and identify what food group changes she wishes to make.
9. Discuss the “advice boxes” you have checked. Discuss what the patient is willing to change by her next nutrition visit. That is her nutrition action plan. Make notes on her copy of *My Plate for Moms*.
10. At the bottom of the form, clearly sign with your name, title and date.
11. Since the PDA is done at the same time as the rest of the patient’s nutrition assessment, the time spent on filling out the PDA should be included in the nutrition assessment minutes, on the bottom of the nutrition assessment form.

For example, if it took 8 minutes to complete the PDA and 27 minutes to fill out the initial nutrition assessment form, add the numbers together to get 35 minutes. Write ‘35 minutes’ at the bottom of the initial nutrition assessment form.

12. Give patient her copy of *My Plate for Moms* to take home to reinforce the healthy eating messages and to remind her of her nutrition action plan.