

# Nutrition Care Process Terminology (NCPT) **REFERENCE MANUAL**

*Standardized Terminology for  
the Nutrition Care Process*

NCPT Version 3.1.0 (released 2023)

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*Nutrition Care Process Terminology (NCPT) Reference Manual:  
Standardized Terminology for the Nutrition Care Process*

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*Note:* The terminology presented in this *Reference Manual* reflects the current version of the Nutrition Care Process Terminology (NCPT) at the time of publication (version 3.1.0), originally released in 2023 on the electronic Nutrition Care Process Terminology (eNCPT) website, and is subject to change based on continuing development work. For suggested references for each step and term, sign in as a subscriber at [nutritioncareprocess.org](https://nutritioncareprocess.org). Additional resources are available on the Academy's website ([eatrightpro.org](https://eatrightpro.org)); sign in as a member and go to [eatrightpro.org/practice/nutrition-care-process](https://eatrightpro.org/practice/nutrition-care-process).

# About This Book

The Nutrition Care Process (NCP) is an ongoing and dynamic process designed to improve the consistency and quality of nutrition care and the predictability of nutrition outcomes. It is not intended to standardize nutrition care for clients, but rather to establish a standardized and systematic process for assessing clients across a wide spectrum of health and disease.

The Nutrition Care Process Terminology (NCPT) is an ever-evolving database of assessment, diagnosis, intervention, monitoring, and evaluation terminology that is intended to help practitioners document effectively and efficiently. This process allows for consistent communication both among practitioners and with other health care professionals. It is intended to complement other resources provided by the Academy of Nutrition and Dietetics.

The electronic NCPT (eNCPT) website ([nutritioncareprocess.org](https://nutritioncareprocess.org)) is available via subscription from the Academy, but many practitioners and educators also appreciate having a hard copy text available. Although the previous edition of this manual presented an abridged version of the NCPT, this new unabridged edition contains all assessment, diagnostic, intervention, monitoring, and evaluation terminology.

From both a practitioner and educator perspective, this book is a valuable resource. It is also useful to undergraduate and graduate students and dietetic interns. While the NCPT provides the foundation for documentation across all areas of practice in dietetics, it also serves as a valuable educational tool.

For those desiring a more in-depth look at the NCPT, the eNCPT website provides extensive detail and explanation about the complete NCP Terminology for dietetics. Other resources that might be useful include the *eNCPT Clinical Case Studies*, the NCP Scorecard, and the NCP tutorials ([nutritioncareprocess.org](https://nutritioncareprocess.org)).

This manual reflects the 2023 version of the NCPT. Some updates include:

- Various revisions and additions to the terminology
- Expanded functional nutrition diagnoses
- Comparative standards in the Assessment/Monitoring and Evaluation domain
- Removal of the alphanumeric NCPT hierarchical codes; symbols are used to represent the domains, classes, subclasses, and terms
- Addition of outlines for each step to highlight the NCPT terminology hierarchy

This book includes the version 3.1.0 of the NCPT released in 2023, which is the same version of the terminology presented on the eNCPT website at the time of publication. Recent changes to the terminology can be found in the Summary of Changes Table on the eNCPT website, which is organized by the steps of the NCP.

Nutrition and dietetics practitioners with decades of experience in both education and practice provided valuable input for this manual, many of whom are currently serving on the eNCPT Board of Editors. We are grateful to each of them for contributing their valuable time, expertise, and input.

Samantha Hutson, PhD, RDN, LDN  
Editor-in-Chief, NCPT Board of Editors

# Frequently Used Terms and Abbreviations

AI	Adequate Intake
ALT	alanine aminotransferase
AMDR	Acceptable Macronutrient Distribution Range
AST	aspartate aminotransferase
BMI	body mass index
DRI	Dietary Reference Intake
EAR	Estimated Average Requirement
EN	enteral nutrition
GFR	glomerular filtration rate
GI	gastrointestinal
INR	international normalized ratio
LFT	liver function test
MCV	mean corpuscular volume
MNT	medical nutrition therapy
NCP	Nutrition Care Process
PN	parenteral nutrition
RDA	Recommended Dietary Allowance
RDN	Registered Dietitian Nutritionist
RMR	resting metabolic rate
UL	Tolerable Upper Intake Level

*Note:* Individuals and populations are referred to as clients in association with the NCP. Client also includes supportive individuals (eg, family, caregivers) and structures (eg, social service agencies, faith-based organizations). **Individuals, populations, supportive individuals, and structures** are implied each time a reference is made to client.

# The Nutrition Care Process Model

The Nutrition Care Process Model is a graphic visualization that illustrates the steps of the Nutrition Care Process as well as internal and external factors that impact application of the NCP. The central component of the Model is the relationship between the target client or group and the RDN. The innermost of two outer rings represents the skills and abilities of the RDN along with application of evidence-based practice, application of the Academy of Nutrition and Dietetics/Commission on Dietetic Registration Code of Ethics for the Nutrition and Dietetics Profession, and knowledge of the RDN. The outermost ring represents environmental factors such as health care systems, socioeconomic factors, and practice settings that impact the ability of the target group or client to benefit from RDN services. Screening and referral and outcomes management are also components of the model.

