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Table 2: Health Indicators for Evaluating Nutrition Interventions with Patients/Clients

Health Improvement	Health indicator	Example
Cognitive improvements	Memory, concentration, attention, problem solving, sleep hygiene	Ask client/patient to rate each of these health outcomes using a 0–10 scale, where 0 is low/poor and 10 is high/great: Energy level Stress Sleep hygiene Mobility Strength Pain Bowel health Mood Relationship with food Hunger Cravings Overall health
Functional improvements	Strength, flexibility, mobility, coordination, physical activity capacity, endurance, pain	
Medical improvements	Cardiometabolic, endocrine, gastrointestinal, wound care, nutrient deficiencies, changes to medications	
Body composition improvements	Body fat, muscle mass, bone health, waist circumference	
Appetite-related improvements	Hunger, satiety, cravings, drive to eat, palatability of foods	
Mental health	Disordered eating behaviours, self-esteem, self-efficacy, emotional regulation, mood/anxiety, addiction	