

Mini-Nutritional Assessment MNA™

Last Name: _____ First Name: _____ M.I.: _____ Sex: _____ Date: _____

Age: _____ Weight (kg): _____ Height (cm): _____ Knee Height (cm): _____

Complete the form by writing the numbers in the boxes. Add the numbers in the boxes and compare the total assessment to the Malnutrition Indicator Score.

Anthropometric Assessment

1. Body Mass Index (BMI) (weight in kg/height in m) ²	Points
a. BMI <19 = 0 points	□
b. BMI to <21 = 1 point	□
c. BMI 21 to <23 = 2 points	□
d. BMI ≥ 23 = 3 points	□
2. Mid-arm circumference (MAC) in cm	Points
a. MAC < 21 = 0.0 points	□
b. MAC 21 to < 22 = 0.5 points	□
c. MAC ≥ 22 = 1.0 points	□
3. Calf circumference (CC) in cm	Points
a. CC < 31 = 0 points b. CC ≥ 31 = 1 point	□
4. Weight loss during last 3 months	Points
a. weight loss greater than 3 kg (6.6 lbs) = 0 points	□
b. does not know = 1 point	□
c. weight loss between 1 & 3 kg = 2 points	□
d. no weight loss = 3 points	□

General Assessment

5. Lives independently (not in a nursing home or hospital)	Points
a. no = 0 points b. yes = 1 point	□
6. Takes more than 3 prescription drugs per day	□
a. yes = 0 points b. no = 1 point	□
7. Has suffered psychological stress or acute disease in the past 3 months	□
a. yes = 0 points b. no = 1 point	□
8. Mobility	□
a. bed or chair bound = 0 points	□
b. able to get out of bed/chair but does not go out = 1 point	□
c. goes out = 2 points	□
9. Neuropsychological problems	□
a. severe dementia or depression = 0 points	□
b. mild dementia = 1 point	□
c. no psychological problems = 2 points	□
10. Pressure sores or skin ulcers	□
a. yes = 0 points b. no = 1 point	□

Dietary Assessment

11. How many full meals does the patient eat daily?	Points
a. 1 meal = 0 points	□
b. 2 meals = 1 point	□
c. 3 meals = 2 points	□

12. Selected consumption markers for protein intake	Point
• At least one serving of dairy products (milk, cheese, yogurt) per day? yes <input type="checkbox"/> no <input type="checkbox"/>	□
• Two or more servings of legumes or eggs per week? yes <input type="checkbox"/> no <input type="checkbox"/>	□
• Meat, fish, or poultry every day? yes <input type="checkbox"/> no <input type="checkbox"/>	□
a. if 0 or 1 yes = 0.0 points	□
b. if 2 yes = 0.5 points	□
c. if 3 yes = 1.0 points	□
13. Consumes two or more servings of fruits or vegetables per day?	□
a. no = 0 points b. yes = 1 point	□
14. Has food intake declined over the past three months due to loss of appetite, digestive problems, chewing or swallowing difficulties?	□
a. severe loss of appetite = 0 points	□
b. moderate loss of appetite = 1 point	□
c. no loss of appetite = 2 points	□
15. How much fluid (water, juice, coffee, tea, milk...) is consumed per day? (1 cup = 8 oz.)	□
a. less than 3 cups? = 0.0 points	□
b. 3 to 5 cups = 0.5 points	□
c. more than 5 cups = 1.0 points	□
16. Mode of feeding	□
a. unable to eat without assistance = 0 points	□
b. self-fed with some difficulty = 1 point	□
c. self-fed without any problem = 2 points	□

Self-Assessment

17. Do they view themself as having nutritional problems?	Points
a. major malnutrition = 0 points	□
b. does not know or moderate malnutrition = 1 point	□
c. no nutritional problem = 2 points	□
18. In comparison with other people of the same age, how do they consider their health status?	□
a. not as good = 0.0 points	□
b. does not know = 0.5 points	□
c. as good = 1.0 points	□
d. better = 2.0 points	□

Assessment Total (max. 30 points) □ □ □

Malnutrition Indicator Score



≥ 24 points well-nourished



17 to 23.5 points at risk of malnutrition



< 17 points malnourished