Abstract
This review article aims to describe and detail the fundamental aspects necessary to perform an adequate nutritional diagnosis in health and disease, at the individual or population level. This can only be achieved with the application of validated methods allowing the classification of malnutrition, both in a quantitative or qualitative point of view. It also allows the categorization of its severity by the use and interpretation of indicators, e.g. anthropometric, biochemical, dietetic, clinical and functional dimension of the nutritional status, all valued in the context of the distinct characteristics throughout the life cycle, from the new-born to the elderly. Nutritional evaluation of individuals or groups of individuals is a key area in health care, thus the integration of differentiated and trained nutrition professionals is mandatory. An appropriate utilization of nutritional assessment methods and techniques requires both scientific knowledge and development of a critical mindset for their selection, application and interrelation in specific situations. It is also of utmost importance to develop studies in the different countries of Iberoamerica, in order to adapt guidelines of weight gain during pregnancy, including nutritional status before conception, to the begging of the pregnancy until the end of the gestation period.

Keywords
Nutritional status, Anthropometry, Nutrition assessment.