

401 Failure to Meet Dietary Guidelines for Americans (PG/BF/NBF/C)

- Description**
- Presumed dietary risk; eating fewer than recommended servings from one or more food groups (women & children >2yrs)
 - Assigned only when no other risks are found

Assess Readiness for Change: with open ended questions

- “What concerns do you have regarding what you eat?”
- “How familiar are you with the Food Pyramid and basic food groups?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“I don’t think about it. We don’t eat a lot of junk food.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “It sounds like you watch some foods. Which foods do you limit?” • “What foods do you think you should fit in more often?” 	<ul style="list-style-type: none"> • “You are eligible for WIC because most people don’t fit in every food group every day. WIC is here to answer nutrition questions and provide additional food. How would you feel about looking over a food pyramid together, or is there something else that interests you more?”
<p>Record Plan or Goal Participant accepted MyPyramid brochure. Offer MyPyramid review next appointment.</p>		
<p>Unsure →</p> <p>“I learned about food groups in school but I don’t really think about them much.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “That’s pretty common since your day is probably busy! What do you think about talking about the food groups today?” • “On a scale of 1-10, how do you think you do at getting in foods from each food group every day?” • “Which foods do you think you want to add more of?” 	<ul style="list-style-type: none"> • Offer awareness of recommended food groups (i.e. MyPyramid & Dietary Guidelines) • Offer suggestions on foods client feels lacking in • To determine lacking foods, rather than completing a food frequency, ask questions to find client’s preferences and concerns
<p>Record Plan or Goal Mom says low fruit/veg intake is costly. To try canned and watch for seasonal specials. Check on success next appointment.</p>		
<p>Ready →</p> <p>“I want a healthy baby. I’m not sure I am eating what I should?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “You sound concerned. Tell me about the foods you are concerned about?” 	<ul style="list-style-type: none"> • “You are right about milk. Three servings a day are suggested. You might like to look at the MyPyramid website. You can enter your own pregnancy information and print off a guide fit for you!”
<p>Record Plan or Goal Mom likes surfing web, to access MyPyramid site. Follow-up on next appointment.</p>		

- Education Resources**
- http://here.doh.wa.gov/materials/feeding-your-3-to-5-year-old/15_WIC3to5_E05L.pdf Handout- WA WIC Feeding 3-5yr
 - <https://ellynsatter.com/resources.jsp> Resource- Ellyn Satter’s Division of Responsibility
 - http://www.nal.usda.gov/wicworks/Sharing_Center/NJ/foods_child1-3.pdf Handout- Foods Your Child 1-3yr
 - http://www.nal.usda.gov/wicworks/Sharing_Center/NJ/foods_child4-6.pdf Handout- Foods Your Child 4-6yr
 - http://www.nal.usda.gov/wicworks/Sharing_Center/NJ/eating_right_pregnancy.pdf Handout- Eating Right During Pregnancy
 - http://www.nal.usda.gov/wicworks/Sharing_Center/MO/MyPyramid_Steps_Preg.pdf Handout- MyPyramid for Pregnancy
 - http://www.nal.usda.gov/wicworks/Sharing_Center/MO/MyPyramid_Kids.pdf Handout- MyPyramid for Kids