Alaska WIC Program Nutrition Care Plan

425.1 Inappropriate Milk Substitutes

Description
- Often feeds inappropriate beverages as main milk source:
  - Non-fat or reduced-fat milk for 1-2 year old
  - Sweetened condensed, imitation or substitute milks: unfortified rice/soy beverages, non-dairy creamer or other “homemade concoctions”

Assess Readiness for Change: with open ended questions
- “You said you are giving Sam (under 2yrs) xx (i.e. low fat milk). Have you thought about using xx (i.e. whole milk)?
- “How would you feel about trying xx (i.e. whole milk)?”

Discussion, Counseling and Education

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<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<tbody>
<tr>
<td>Not ready</td>
<td>“The whole family drinks low fat. Everyone is ok. It doesn’t seem like I need to switch.”</td>
<td>“It can be awkward using and storing two milks. Children under 2 yrs need whole milk for growth. What have you heard about changing to lower fat milk when child is 2 yrs?”</td>
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<td>“May I share with you, the differences between lower fat milk and whole milk?”</td>
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Record Plan or Goal
- Participant accepted milk brochure. Will re-assess readiness for change at next appointment.

Unsure
- “I’ve heard something about it, but I wasn’t sure it really made a difference.”

Record Plan or Goal
- Parent to try mixing whole with 2% milk. If accepted, to use only whole. If child resists, will continue mixing whole & 2%.

Ready
- “I would like to. I’ve done it a few times, but not every time.”

Help plan change-support

Record Plan or Goal
- Reviewed barriers to changing fat content. Participant identified steps to help her do this on a consistent basis.

Education Resources