

Description

- Often consuming diet low in calories or essential nutrients:
 - Such as vegan, macrobiotic, low-carbohydrate high-protein diet, or other very low calorie or essential nutrient diet, or post bariatric surgery

Assess Readiness for Change: with open ended questions

- “You said you were continuing your xx diet (i.e. low carb/high protein). What adjustments are you making so your baby gets the nutrients he/she needs?”
- “How supportive is your Dr of your xx diet (i.e. low carb/high protein) since you are xx (i.e. pregnant)?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“I follow low-carb or I get too hungry and I can’t control my weight.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “Tell me more about how the diet has worked for you?” • “How comfortable are you with your weight gain so far?” 	<ul style="list-style-type: none"> • “You are eligible for WIC because your xx diet (i.e. low carb/high protein) may not provide nutrients for a healthy xx (i.e. pregnancy). A balanced diet supports pregnancy. What should we talk about today?” • Knowledge: low carb/high protein- is low in fiber, often high in fat; leads to ketosis as body must use fat instead of glucose for calories, which can suppress hunger, cause nausea, fatigue, dehydration, etc.
Record Plan or Goal	Mom committed to low carb diet. Does not want to change during pregnancy. Re-assess next appointment.	
<p>Unsure →</p> <p>“I started low-carb before I got pregnant. I don’t want to go backwards?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “The pregnancy adds a new twist. How would you feel about increasing xx (i.e. carbs) just during your pregnancy?” • “On a scale of 1-10, how important is it for you to stay on this diet during your pregnancy?” 	<ul style="list-style-type: none"> • Restrictive diet risks: <ul style="list-style-type: none"> ○ Low calories- poor maternal weight gain, too rapid weight loss in breastfeeding ○ Low iron intake-anemia ○ Low folic acid- birth defects & IUGR ○ Low Vit D, Ca, B12-
Record Plan or Goal	Mom will try to add at least one grain serving a day. One month issue. Weight check next appointment.	
<p>Ready →</p> <p>“I was doing low-carb to control my weight. Maybe I should wait until after baby?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “That would be a healthy choice for the baby! What do you think you want to change first?” 	<ul style="list-style-type: none"> • "Yes, adding back grains will help you get more fiber, plus iron and folic acid. You are concerned about your weight, how do you feel about limiting higher fat foods instead?"
Record Plan or Goal	Mom willing to stop diet during pregnancy- was on for weight control. Follow-up diet regimen next appointment.	

Education Resources	<p>http://www.lli.org/FAQ/lowcarb.html Resource- <i>Carbohydrates in Breastfeeding</i></p> <p>http://www.vrg.org/nutrition/pregnancy.htm Resource- <i>Vegan Nutrition in Pregnancy and Childhood</i></p> <p>http://www.touchingheartstouchingminds.com/materials_content.php?p_set=5&p_num=32 Handout- #32 <i>Vegetarian Magic-Bean Recipes</i></p> <p>http://www.dshs.state.tx.us/wichd/nut/pdf/13_06_12139.pdf Resource- <i>Popular Diets TX WIC</i></p>
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