

Sample Protocol for Prenatal, Breastfeeding/Non-breastfeeding Women  
Inappropriate/Excess Intake Dietary Supplementation (D423)

Definition	Consuming dietary supplements with potentially harmful consequences	
Objective	Promote adequate, appropriate maternal nutrition for optimal health and to prevent poor pregnancy outcomes.	
Instructions for Staff	<ol style="list-style-type: none"> <li>1. Review Nutrition Questionnaire/ISIS Summary Screen to determine WIC eligibility.</li> <li>2. Determine potential topic(s) for nutrition education/referral</li> <li>3. Have a conversation with the parent/guardian of the participant to identify what they are interested in discussing or learning about within the parameters of the participant's category, developmental stage, and health /nutrition risks.</li> <li>4. Provide Healthy Lifestyle Messaging and /or information about the risk condition, as appropriate.</li> <li>5. Work with participant to identify constructive "next steps"</li> <li>6. If the Summary Screen shows an "N", ask the participant about seeing a Nutritionist to answer questions about the identified medical condition.</li> <li>7. Document the nutrition education contact in ISIS.</li> <li>8. Make referral(s) and schedule follow-up as needed</li> </ol>	
Possible Assessment Information	<ul style="list-style-type: none"> <li>• Pregravid weight or weight at first WIC visit</li> <li>• Accuracy of weight measurements</li> <li>• Weight history (recent weight loss, previous pregnancy weight gain)</li> <li>• Single or multi-vitamins like vitamins A, B-6, and niacin (in addition or other than prenatal vitamins)</li> <li>• Mineral supplements (e.g., iron or selenium)?</li> <li>• Herbal or botanical supplements remedies or teas (e.g., Echinacea or ginger)</li> <li>• Any supplements not prescribed by a physician?</li> <li>• What does health care provider (HCP) say about diet?</li> </ul>	
Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> <li>• Remedies for common problems during pregnancy</li> <li>• Nutritional needs during pregnancy</li> <li>• Appropriate use of supplementation (PB)</li> <li>• High risk potential transferring harmful substances to infant (P/B)</li> </ul>	
Possible Triggers for Referral to a Nutritionist	<ul style="list-style-type: none"> <li>• Does the participant have medical or social issues beyond the scope of the counseling session?</li> <li>• Pregnant or breastfeeding teenager</li> <li>• Would the participant like to see the RD?</li> </ul>	
Possible Referrals to outside WIC	<ul style="list-style-type: none"> <li>• Health Care Provider</li> </ul>	
Suggested Education Materials		
<ul style="list-style-type: none"> <li>• Give Your Baby a Healthy Start</li> <li>• Snacks</li> </ul>		<ul style="list-style-type: none"> <li>• Relief from Common Problems</li> <li>• Food Guide for Women</li> </ul>