

Sample Protocol for Prenatal, Breastfeeding/Non-breastfeeding Women
Vegan/Highly Restrictive Diets (D402)

Definition	Consuming a diet very low in calories and/or essential nutrients; and/or problems absorbing calories and nutrients following bariatric (weight loss), surgery for example.	
Objective	Promote intake of a wide variety of foods and adequate calories and nutrients for optimal maternal health.	
Instructions for Staff	<ol style="list-style-type: none"> 1. Review Nutrition Questionnaire/ISIS Summary Screen to determine WIC eligibility. 2. Determine potential topic(s) for nutrition education/referral 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. 4. Provide Healthy Lifestyle Messaging and /or information about the risk condition, as appropriate. For example, increase fruit and vegetable consumption and/or increase physical activity. 5. Work with participant to identify constructive "next steps" 6. If the Summary Screen shows an "N", ask the participant about seeing a Nutritionist to answer questions about the identified medical condition. 7. Document the nutrition education contact in ISIS. 8. Make referral(s) and schedule follow-up as needed 	
Possible Assessment Information	<ul style="list-style-type: none"> • Weight history (recent weight loss, previous pregnancy weight gain) • Any diet restricting calories and/or essential nutrients? • Vegan diet: no eggs, milk or milk products, meat, fish, poultry. • Restrictive eating: mainly brown rice and vegetables • Low carbohydrate diet: low intake of starches, breads, cereals, grains • Eating habits, frequency and adequacy of meals/snack • Does health care provider know about diet? What does he/she say? • Related medical conditions(recent surgery) and/or medications 	
Possible Topics for Discussion (Focus on Healthy Living Messaging)	<ul style="list-style-type: none"> • Review healthy or recommended weight range • Importance of weight gain to baby's health • Use dietary food guide to instruct on intake of healthy meals/snacks • Review remedies for common problems during pregnancy • Regularly scheduled meals and snacks, including breakfast 	
Possible Triggers for Referrals	<ul style="list-style-type: none"> • Routinely following a restrictive diet • Has the participant had any type of weight loss surgery? • Is there unexplained wt loss? • Pregnant or breastfeeding teenager • Does the participant have medical or social issues beyond the scope of the counseling session? • Would the participant like to see the RD? 	
Possible Referrals	<ul style="list-style-type: none"> • Health care provider 	
Suggested Education Materials		
<ul style="list-style-type: none"> • Give Your Baby a Healthy Start • Snacks 		<ul style="list-style-type: none"> • Relief from Common Problems