

Sample Protocol for Infants and Children
Vegan/Highly Restrictive Diets (D402)

Definition	Feeding a diet very low in calories and/or essential nutrients and/or problems absorbing calories and nutrients	
Objective	Promote intake of a wide variety of foods and adequate calories and nutrients for optimal growth, development and 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. 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"> • Pattern of growth, if available • 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, including frequency of meals/snack • Adequacy of food groups, calories, and nutrients • Does health care provider know about diet? • Related medical conditions and/or medications 	
Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Review healthy or recommended weight range/growth pattern • Use dietary food guide to instruct on frequent intake of a wide variety of foods and healthy meals/snacks • Reinforce any recommendations given by health care provider (HCP) 	
Refer to the Nutritionist	<ul style="list-style-type: none"> • If the participant presents a prescription for therapeutic formula 	
Possible Triggers for Referral to a Nutritionist	<ul style="list-style-type: none"> • Difficulty eating a balanced, healthy diet with adequate calories • Infants 6 months of age or older or weaning on very restrictive diets • Does the participant want to see the RD? • Does the participant have medical or social issues beyond the scope of the counseling session? 	
Possible Referrals to outside WIC	<ul style="list-style-type: none"> • HCP 	
Suggested Education Materials		
<ul style="list-style-type: none"> • Feed Me Birth to 6 Months • Feed Me 6 to 12 Months • Sample Menus for Older Babies 8 to 12 months • Sample Menus for Older Babies 10 to 12 months • Feeding Your 1 to 3 Year Old • Feeding Your 4 to 5 Year Old 		<ul style="list-style-type: none"> • Tips for Picky Eaters • Healthy Choices for Kids • Snacks • Happy Mealtimes – Parent and Child Responsibilities