

Sample Protocol for Infants and Children
Inappropriate/Excess Intake Dietary Supplementation (D423)

Definition	Feeding dietary supplements with potentially harmful consequences	
Objective	Promote adequate nutrition 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. For example, increase consumption of fruits and vegetables. 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"> • Birth weight/length • Current weight/length measurements – accurate? • Pattern of growth, if available • Current lead test • Any supplements not prescribed by a physician? • Single or multi-vitamins (in addition or other than prenatal vitamins) • Mineral supplements • Herbal or botanical supplements, remedies or teas • Adequacy of food groups, calories, and nutrients • What does health care provider (HCP) say about feeding? • Related medical conditions and/or medications 	
Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Potential toxicity of supplements not prescribed by the physician • Potential toxicity of dietary supplementation given in excess • Reinforce recommendations given by 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"> • Participant requests more information about a specific supplement(s) • 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"> • Health Care Provider 	
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 • Time For a Cup • Happy Mealtimes – Parent and Child Responsibilities