



## Nutrition Education Flow Sheet (Adult & Adolescent)

✓ Topics Discussed		Primary Education	Secondary Nutrition	Secondary Nutrition
			Date: _____ *Sign./Title: _____	Date: _____ *Sign./Title: _____
	Reinforce Good Points in Diet			
	Nutritional Value of WIC Foods			
Breastfeeding	Assessment of Latch & Positioning			
	Frequency/Duration/Encouragement			
	Supply & Demand / Supplementing			
	Infant Growth Spurts			
	Problems / Barriers (Specify)			
Postpartum	Iron Fortified Formula			
	Formula Preparation			
	Techniques of Bottle Feeding			
	Weight Management			
	Exercise Benefits / Frequency			
	Physical Activity / Play as a Family			
	Alternatives to TV / Video Time			
General Nutrition	Meat / Meat Substitutes			
	Dairy / Milk / Milk Substitutes			
	Fruits / Vegetables			
	Bread / Cereal			
	Good Quality Snacks			
	↑ Calcium Sources			
	Foods to Prevent Anemia (Fe, Vit. C, Pro., Folic Acid)			
	Adequate Fluid Intake			
	↓ Empty Calories & Sweet Drinks			
	Nausea, Constipation, Heartburn			
<b>*Exit Counseling</b>				
Other: (Specify)				

### Inappropriate Nutrition Practices for Women

**WIC Risk 400: Inappropriate Nutrition Practices** If yes, document how.  
 Yes     No

- Potentially Harmful Dietary Supplements.<sup>(3)</sup>  
\_\_\_\_\_
- Restrictive Diet.<sup>(2, 4, 6, 10)</sup>  
\_\_\_\_\_
- Routine ingestion of nonfood items (pica).<sup>(8)</sup>  
\_\_\_\_\_
- Inadequate vitamin / mineral supplementation recognized as essential.<sup>(3)</sup>  
\_\_\_\_\_

### Pregnant Women

- Potentially unsafe food consumption.<sup>(12, 14)</sup>  
\_\_\_\_\_

Note: the number(s) after each statement correspond to the related nutrition questionnaire.

### \*Exit Counseling

- **Folic Acid importance**
- **Risk of alcohol, tobacco, & drugs**
- **Continued breastfeeding as the preferred infant feeding method**
- **Up to date Immunizations**

**Only use risk 401 – (Other Dietary Risk) if no other risk is identified.**  
 ➤ Failure to meet Dietary Guidelines

### \*Required Documentation

Primary Nutrition Contact	
Comments:	
*Plan / Goals:	
	*Sign./Title/Date: _____