Nevada WIC Training

Basic Nutrition Guidebook

WiC NEVADA

Contents

What Will You Learn?

Understanding nutrition is a powerful way for you make a difference in WIC participants' lives. You will learn to help WIC participants make choices to improve their nutrition and health.

After completing the Basic Nutrition LMS Course and guidebook, you will be able to:
- Identify food sources of saturated, polyunsaturated, monounsaturated, and trans fats
- Identify protein sources
- Identify high-fiber carbohydrate sources
- List food sources of vitamin A, vitamin C, folic acid, calcium, and iron
- Read a food label and be able to communicate what is identified
- Provide dietary recommendations to participants with more restrictive diets, including vegetarians

Items Needed for This Course

- Pen or pencil
- Access to Basic Nutrition LMS Course
- Local Agency Referral List
- Access to the website: www.choosemyplate.gov

Recommended Time

- Approximate time it takes to complete the Basic Nutrition LMS course: Two to three hours
- Approximate time it takes to complete this Basic Nutrition Guidebook and discussion with your trainer: One to two hours

Things to Remember

- This guidebook is yours to keep.
- You are encouraged to take notes, highlight, and write in this guidebook.
- As your trainer chooses, you may work in a group or as an individual.
- You are encouraged to ask your trainer(s) for help, ask questions about the information in the course, or ask any questions about additional topics related to Basic Nutrition training.

Basic Nutrition Course Instructions

- ☐ Log onto https://nvwic.instructure.com/login/canvas
- ☐ Open and complete the Basic Nutrition LMS Course module and the corresponding Basic Nutrition Activities in this guidebook.
- ☐ At your trainer's direction, complete the Basic Nutrition LMS Course and guidebook, either individually, with other trainees, or with your trainer.
- ☐ Complete the Basic Nutrition Post-Test.
- ☐ Meet with your trainer at their direction to discuss each module of the Basic Nutrition LMS Course and the associated activities in this guidebook, either after each module, or after all modules have been completed.

Module 1: Introduction to Nutrition
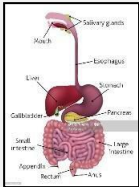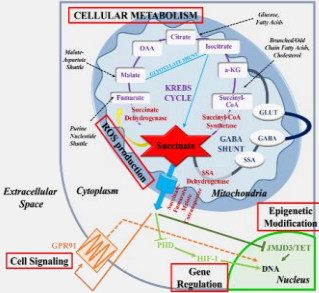
MODULE 1 COMPETENCIES:

1. Trainees will be able to describe digestion, absorption, and metabolism in their own words.
2. Trainees will be able to identify the defining characteristics of each of the six categories of nutrients.

Module 1: Activity 1

1. In the table below, describe each term (Metabolism, Digestion, and Absorption) in your own words.

Terms	Describe each term in your own words:
Digestion	
Absorption	
Metabolism	

Digestion	Absorption	Metabolism

Module 2: Macronutrients and Micronutrients

MODULE 2 COMPETENCIES:

1. Trainees will familiar with the health benefits of fiber and be able to provide recommendations to participant to help increase their intake of fiber.
2. Trainees will be able to explain what empty calories are and discuss healthy options with participants to reduce their "empty calorie" consumption.
3. Trainees will be able to familiar with "good" and "bad fats and be able to substitute foods that are high in saturated and trans fats with foods high in polyunsaturated and monounsaturated fats.
4. Trainees will be able to recommend food sources that are high in vitamin A, vitamin C, iron, and folic acid to participants.
5. Trainees will be able to describe the relationship between calcium and iron absorption and recommend good food sources of each to participants.
6. Trainees will be familiar with the benefits of water and be able to provide recommendations to reduce the risk of dehydration for at-risk populations.

Module 2: Activity 1

Directions:
Answer the following questions.

1. What are some of the health benefits of consuming a diet high in fiber?

2. Discuss the differences between soluble and insoluble fiber and include examples of each.

3. Provide three tips you could share with a participant about how to increase their fiber intake.

Module 2: Activity 2

Directions:
Answer the following questions.

1. Imagine that a participant says to you, "I've always thought that it was bad to eat fat, but lately I've been hearing more and more about 'good fats' and 'bad fats'. I still don't know what the difference is though." How would you respond?

2. What recommendations would you provide to this participant to reduce their consumption of "bad" fats?

Module 2: Activity 3

Directions:
Review each type of food that is high in saturated or trans fats ("Unhealthy Fat Choices"), then complete the chart by thinking of a healthier substitute or alternative preparation method for each type of unhealthy fat choice to contain more monounsaturated or polyunsaturated fats ("Healthier Fat Substitutes") that you could suggest to a participant, keeping in mind their cultural practices.

Unhealthy Fat Choices	Healthier Fat Substitute
Tortillas made with lard	
Fatty beef and pork cuts	
Frozen biscuits made with hydrogenated shortening	
Milk chocolate candies	
Deep-fried chicken	

Module 2: Activity 4

Directions:
Answer the following question.

1. Additional protein is required during periods of rapid growth, such as pregnancy, infancy, and childhood. What are some examples of foods you might recommend to participants to ensure they are getting enough protein in their diet regularly?

Module 2: Activity 5

Directions:
Use the table below, in addition to the information you learned from the Basic Nutrition LMS Course, to answer the following questions.

Vitamin A	Vitamin A	Vitamin C	Folate / Folic Acid
Orange/red vegetables Carrot Yam Bell pepper Sweet potato Winter squash Vegetable juice, canned **Dark green vegetables** Spinach Collards Kale Broccoli Spinach Asparagus Romaine lettuce Artichoke	**Orange fruits** Mango Papaya Apricot Cantaloupe **Dairy** Butter Milk Cheese **Protein** Egg Liver (beef/lamb) Fish (salmon, tuna, mackerel)	**Fruits** Orange Grapefruit Lemon Bell Pepper Guava Papaya Strawberry Kiwi Mango Cantaloupe Tomato **Vegetables** Broccoli Cabbage Snow pea Kale	**Beans/Nuts/Seeds** Lentils Edamame Pinto beans Garbanzo beans Black beans Peanuts Sunflower seeds **Fruits** Avocado Papaya Orange juice **Enriched Grains** Pasta Bread

1. What ideas would you offer to a participant to improve their dietary intake of vitamin A?

2. What ideas would you offer to a participant to improve their dietary intake of vitamin C?

3. How would you explain to a participant some of the most important functions of folic acid in the body?

4. What ideas would you offer to a participant to improve their dietary intake of folic acid?

Module 2: Activity 6

Directions:
Answer the following questions.

1. How would you explain to a participant some of the most important functions of iron?

2. What ideas would you offer to a participant to improve their dietary intake of iron?

3. What is the relationship between calcium intake and iron absorption?

Module 2: Activity 7

Directions:
Read the following scenario and use the information in the following tables to answer the questions below.

During your conversation with Steven, the father of Kaden, a three-year-old WIC participant, he tells you:

"Kaden is a pretty good eater, but for some reason he hardly eats any protein foods, even really common foods we're always offering like chicken, red meat, beans, and eggs. When his mom and I try to feed him anything like that, he'll hardly touch it, and whenever we can convince him to take a bite, he just spits it out. He does pretty well when it comes to carbs, and eats stuff like bread, tortillas, rice, and cereal we get from WIC. For fruits and vegetables, he likes watermelon, bananas, grapes, corn, carrots, potatoes, and green peas. For snacks, he eats quite a few things, like chips, cookies, candy, and soda. He also drinks about five cups of milk per day, which I know is a lot, but it seems like he doesn't usually eat much of the meals we offer, so we have to give him something."

Iron Rich Foods

Protein Foods	Carbohydrate Foods	Fruits and Vegetables	Snack Foods	Dairy Foods
Plant sources Nuts Seeds Beans Tofu Peas Oats Animal Sources Seafood	Fortified cereals	Beans Tofu Raisins Apricots Prunes	(Any protein foods, fortified cereals, or fruits and vegetables containing iron)	n/a

Kaden's Diet

Protein Foods	Carbohydrate Foods	Fruits and Vegetables	Snack Foods	Dairy Foods
	Bread Tortillas Rice Fortified Cereal	Watermelon Grapes Corn Carrots Potatoes Green peas	Chips Cookies Candy Soda	Cow's milk

1. Based on the information Steven provided, what <u>iron-containing foods</u> does Kaden eat?

2. What factors put Kaden at a risk for iron deficiency?

3. What are two possible topics you could discuss with Steven to increase Kaden's iron intake?

Module 2: Activity 8

Directions:
Read the following scenario and answer the questions below.

1. Name at least 3 groups of people who are at risk of dehydration.

2. List some tips to help prevent dehydration.

Module 3: Healthy Eating Recommendations

MODULE 3 COMPETENCIES:

1. Trainees will be able to describe the difference between empty calorie and nutrient dense foods.
2. Trainees will be able to offer recommendations for healthy weight loss consistent with the Dietary Guidelines (ChooseMyPlate.gov).
3. Trainees will be able describe the difference between food allergies and food intolerances.
4. Trainees will be able to read food labels and educate participants on how to use them while shopping.
5. Trainees will be able to identify ineffective weight loss strategies and be able to work with participants to develop goals to improve their health.

Module 3: Activity 1

Directions:
Common WIC foods are shown below. Recall the sources of fiber listed in the Basic Nutrition course. Mark an 'x' next to each food that is a good source of dietary fiber in the list to the right.

					Food	Fiber?
Milk	**Cheese**	**Yogurt**	**Vegetables (fresh, canned, frozen)**		Milk	
					Cheese	
					Yogurt	
					Vegetables	
Fruits (fresh, canned, frozen)	**Whole grain bread, pasta, tortillas, rice**	**Legumes (dry beans, peas, lentils)**	**Peanut butter**		Fruits	
					Whole grain foods	
					Legumes	
					Peanut butter	
Eggs	**Canned tuna and salmon**	**Whole oats**	**Infant meats**		Eggs	
					Canned tuna or salmon	
					Whole oats	
					Infant meats	

Module 3: Activity 2

Directions:
Read the scenario below about a participant who is describing snack foods she frequently offers to her family, then answer the following questions.

"Well, for snacks, we're a pretty busy family, it seems like we're always on the go, so I'm usually just grabbing quick things for my kids like cookies, doughnuts, fruit roll-ups, caramel popcorn, and soda. Stuff like that."

1. How would you explain what "empty calories" are to a participant without labeling foods as "good" or "bad"?

2. After getting permission from the participant, what might be some ideas you could suggest to help reduce the amount of empty calorie foods the participant offers to her children?

Module 3: Activity 3

Directions:
Read and answer the following questions.

1. What are the differences between whole grains, refined grains, enriched grains, and whole grain products?

Module 3: Activity 4

Directions:
In the table below, indicate one or more MyPlate recommendations.

My Plate Food Group	MyPlate Recommendation(s)
Fruits and Vegetables	
Protein	
Dairy	
Grains	

Module 3: Activity 5

1. How would you describe the difference between a food allergy and a food intolerance?

Module 3: Activity 6

Directions:
Read the food ingredients below and answer the following questions.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), CONTAINS 2% OR LESS OF: SALT, SUGAR, BAKING SODA, SODIUM ACID PYROPHOSPHATE, CELLULOSE GUM, DISTILLED MONOGLYCERIDES, ENZYMES, ASCORBIC ACID, FUMARIC ACID AND CALCIUM PROPIONATE, SORBIC ACID AND CITRIC ACID (TO MAINTAIN FRESHNESS).

CONTAINS: WHEAT

1. Does the product contain trans-fat, and if so, what ingredient indicates the presence of trans fat?

2. What is the second most present ingredient?

3. What ingredient indicates that this product contains one of the 8 most common food allergens.

Module 3: Activity 7

Directions:
Review the food label below and answer the following questions.

Nutrition Facts

Serving Size 1 Pouch (90g)

Amount Per Serving

Calories 45   Calories from Fat 0

% Daily Value*

Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 0g	

Not a significant source of saturated fat, trans fat, cholesterol, vitamin A, vitamin C, calcium and iron.

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 3 oz. (85g)
Servings per container About 4

Amount Per Serving	As Served
Calories 35	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	

Vitamin A	120%	•	Vitamin C 10%
Calcium	2%	•	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

1. Which food product would be the better choice (per serving) for a participant trying to increase their fiber intake?

2. Which food product contains more Vitamin A (per serving)?

3. Which package contains more total calories if all the servings in the package were consumed?

Module 3: Activity 8

Read the scenario below and answer the following question.

A breastfeeding woman participant tells you that she recently went for a checkup at her doctor's office and was told that she has normal blood pressure, blood cholesterol, and blood sugar, but since her BMI is 34.3 indicating that she is obese, her doctor recommended that she try to lose at least 30 pounds.

She tells you that she's considering going on a diet that eliminates almost all carbohydrates from her diet but admits that she loves eating carbohydrate containing foods. She asks for your advice.

How would you respond?