

427 Inappropriate Nutrition Practices for Women

Definition/Cut-off Value

Routine nutrition practices that may result in impaired nutrient status, disease, or health problems. These practices, with examples, are outlined below. Refer to “Attachment to 427-Justification and References” for this criterion.

Participant Category and Priority Level

Category	Priority
Pregnant Women	IV
Breastfeeding Women	IV
Non-Breastfeeding Women	VI

Inappropriate Nutrition Practices for Women	Examples of Inappropriate Nutrition Practices (including but not limited to)
427.1 Consuming dietary supplements with potentially harmful consequences.	<p>Examples of dietary supplements which when ingested in excess of recommended dosages, may be toxic or have harmful consequences:</p> <ul style="list-style-type: none"> • Single or multiple vitamins; • Mineral supplements; and • Herbal or botanical supplements/remedies/teas. • Cannabidiol (CBD), for Pregnant and Breastfeeding women only (<i>Products labeled as CBD with any form of THC should be a risk with 372</i>)
427.2 Consuming a diet very low in calories and/or essential nutrients; or impaired caloric intake or absorption of essential nutrients following bariatric surgery.	<ul style="list-style-type: none"> • Low-calorie diet; • Strict vegan diet; and • Any other diet restricting calories and/or essential nutrients.
427.3 Compulsively ingesting non-food items (pica).	<ul style="list-style-type: none"> • Dirt; • Starch (laundry and cornstarch); • Large quantities of ice and/or freezer frost; • Cigarette ashes; • Baking soda;

Inappropriate Nutrition Practices for Women	Examples of Inappropriate Nutrition Practices (including but not limited to)
427.3 Compulsively ingesting non-food items (pica)	<ul style="list-style-type: none"> • Burnt matches; • Coffee grounds; • Chalk; • Uncooked rice • Clay; or • Paper
427.4 Inadequate vitamin/mineral supplementation recognized as essential by national public health policy.	<ul style="list-style-type: none"> • Consumption of less than 27 mg of iron as a supplement daily by pregnant woman. • Consumption of less than 150 mcg of supplemental iodine per day by pregnant and breastfeeding women. • Consumption of less than 400-800 mcg of folic acid from supplements daily by all WIC women categories.
427.5 Pregnant woman ingesting foods that could be contaminated with pathogenic microorganisms.	<p>Potentially harmful foods:</p> <ul style="list-style-type: none"> • Seafood: Any raw or undercooked fish, or shellfish, or food containing raw or undercooked seafood, e.g., sashimi, found in some sushi or ceviche; Refrigerated smoked fish; Partially cooked seafood, such as shrimp and crab • Raw or undercooked meat or poultry; • Hot dogs, luncheon meats (cold cuts), fermented and dry sausage and other deli-style meat or poultry products unless reheated until steaming hot; • Pâtés: Unpasteurized, refrigerated pâté or meat spreads; • Deli Salads: Deli Salads prepared without preservatives in a deli-type store or restaurant; • Unpasteurized milk or foods containing unpasteurized milk; • Soft cheeses made with unpasteurized milk such as feta, Brie, Camembert, blue- veined cheeses and Mexican style cheeses such as queso blanco or queso fresco; • Eggs: Raw or undercooked eggs or foods containing raw or lightly cooked eggs including certain salad dressings (Caesar), cookie and cake batters, sauces, and beverages such as unpasteurized eggnog; • Raw sprouts (alfalfa, bean, clover, radish, microgreens); • Unpasteurized fruit or vegetable juices; or • Unwashed fruits and vegetables.