

Nutrition Fact Sheets

English only, 8½" by 11"

As of this date, the WIC Nutrition Services Section has produced 28 different Nutrition Fact Sheets on various nutrition topics. They are designed for WIC staff to stay informed on the latest nutrition issues and recommendations. Printed copies on quality paper are available from the state office. These fact sheets may also be downloaded directly from the following Web site: <http://www.tdh.state.tx.us/wichd/nut/facts-nut.htm>.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

LEAD POISONING Fact Sheet

An information update for WIC staff

The rate of lead poisoning has dropped dramatically since 1980; however, lead poisoning still remains a common health problem in households at a low socioeconomic level. The effects of lead poisoning can include decreased intelligence, growth impairment, learning disabilities, seizures, coma, and even death. While the effects are dependent on how much lead is absorbed, research indicates that even very low lead levels can lead to decreased intelligence (Goldfield et al. 2001; Mendelsohn et al. 1998). Children under 7 years of age are at the highest risk, because their brains and internal organs are still developing and they are more likely to eat non-food items, such as dirt and paint chips that are contaminated with lead.

WHAT IS THE TREATMENT FOR LEAD POISONING?
Children and adults can be treated to achieve lower blood lead levels. However, treatment does not reverse lead-induced damage that has already occurred (Bogan et al. 2001; 1425).

WHAT ARE THE SOURCES OF LEAD EXPOSURE?

Occupational Exposure
The following workplaces and occupations may result in an increased exposure to lead: construction that involves welding or cutting on lead surfaces, home renovation, lead-soldering plants, battery manufacturing, metals recycling, plastics manufacturing, radiator repair shops, and firing ranges. Several studies indicate that children of construction workers may have an increased risk of lead exposure and, consequently, have higher blood lead levels (Pasciulli et al. 1997; Whelan et al. 1997; and Roscoe et al. 1999).

Non-Occupational Exposure
Several habitats also have been associated with elevated blood-lead levels in adults including working with stained glass, bullet re-banding, melting lead for fishing sinkers, ceramics (if lead glazes are used), and marksmanship.

Lead-Based Paint
Lead-based paint was standard in houses, on toys, and on playground equipment before 1980. While chipped, peeling, or cracking paint is a definite hazard, even undisturbed lead paint may be a hazard if it is on a surface a child chews on or a surface that gets a lot of wear and tear. Only a certified lead-removal company should be used to remove lead paint.

Lead-Contaminated Dust
When lead paint is scraped or sanded, or when painted surfaces bump or rub together, lead-contaminated dust is formed. Lead dust may also be transported home on clothing from construction sites or metal processing plants.

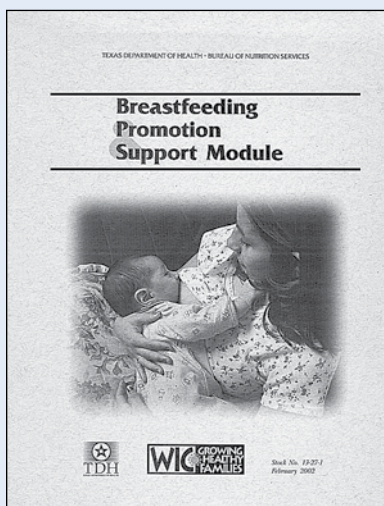
Contaminated Soil
Soil immediately around older homes or near playground equipment that was built before 1980 may contain high levels of lead. As rain runs off paint from a roof, the soil becomes contaminated. Also cars, soil recently burned loaded gasoline; therefore, there may also be contaminated soil near roadways.

Texas Department of Health HS-03-008

Titles

Issue	Title	Publication Date	Stock no.
No. 2	Meat and Poultry Guidelines	11/93	06-10106
No. 3	Handling Eggs Safely at Home	11/93	06-10107
No. 4	Gluten Intolerance	11/93	06-10108
No. 5	Lactose Intolerance	11/93	06-10109
No. 6	Maternal Nutrition: Gestational Weight Gain.....	12/99	06-10110
No. 7	Infant Feeding: Low-Birthweight and Preterm Infants	4/94	06-10111
No. 8	Postpartum Questions	9/01	06-10112
No. 9	Herbal	5/04	13-06-10113
No. 10	Lead Poisoning	5/04	13-06-10213
No. 11	Iron Deficiency.....	7/02	06-10104
No. 12	Gestational Diabetes.....	9/01	06-10252
No. 13	Reading to Children	4/97	06-10256
No. 14	Constipation in Infancy and Childhood	8/02	06-10324
No. 15	Diarrhea in Infancy and Early Childhood.....	11/97	06-10325
No. 16	Weaning from the Bottle – How to Handle Both the Typical and the Slow-to-Wean Child.....	10/03	13-06-10391
No. 17	Folic Acid and Women of Childbearing Age	1/99	06-10411
No. 18	Contraception and Breastfeeding (revised).....	11/06	13-06-10073
No. 19	Breastfeeding the Sleepy Newborn	11/99	06-10495
No. 20	Bottled Water and Infant Formula	8/00	13-06-10760
No. 21	Oversupply Syndrome and Overactive Let-Down Reflex.....	6/01	13-06-11017
No. 22	Normal Breast Fullness, Engorgement, Plugged Ducts, and Breast Infections.....	8/03	13-06-11018
No. 23	Inappropriate Feeding Practices.....	7/02	13-06-11384
No. 24	Type 1 Diabetes	5/02	13-06-11467
No. 25	Type 2 Diabetes	5/02	13-06-11468
No. 26	Food Safety During Pregnancy	5/04	13-06-12010
No. 27	Fad Diets.....	3/05	13-06-12139
No. 28	Dental Problems Fact Sheet.....	1/06	13-06-12349

Breastfeeding Promotion & Support Module



Stock no. 13-27-1

English

3/05

Training module series covers everything from reasons to breastfeed to starting solids.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Breastfeeding Promotion & Support Module: Answer Key

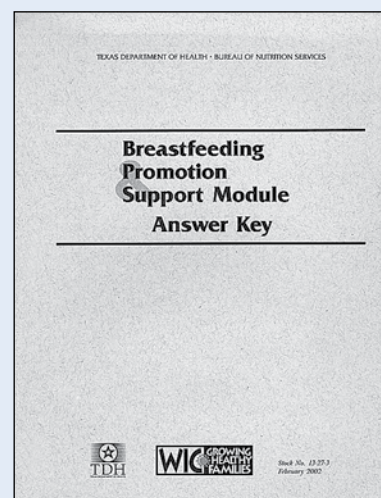
Stock no. 13-27-3

English

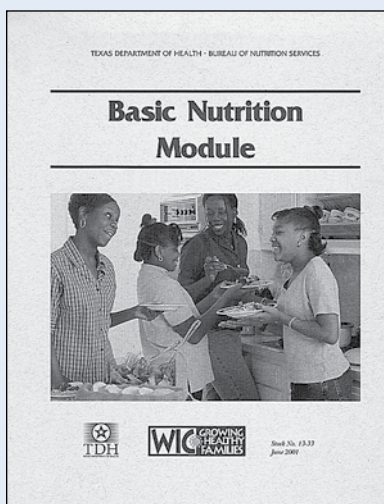
4/05

Answer key to *Breastfeeding Promotion & Support Module*.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Basic Nutrition Module



Stock no. 13-33

English

8/05

Training module covers the basic concepts of good nutrition, from the nutrients in food to current topics such as vegetarian diets and weight management.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Basic Nutrition Module: Answer Key

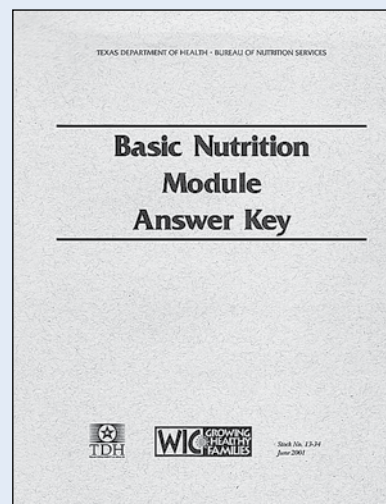
Stock no. 13-34

English

6/01

Answer key to *Basic Nutrition Module*.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Infant Nutrition Module

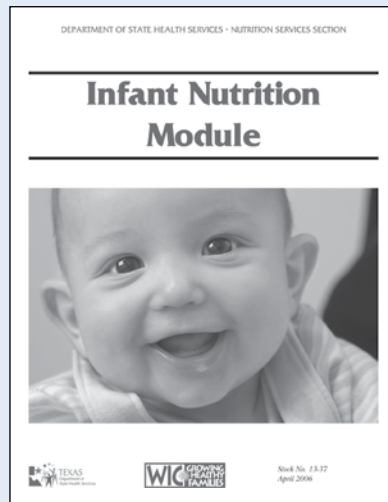
Stock no. 13-37

English

8/05

Module designed to train WIC staff in infant nutrition and teach how to deliver group nutrition classes and do individual nutrition counseling with WIC participants.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Infant Nutrition Module Answer Key

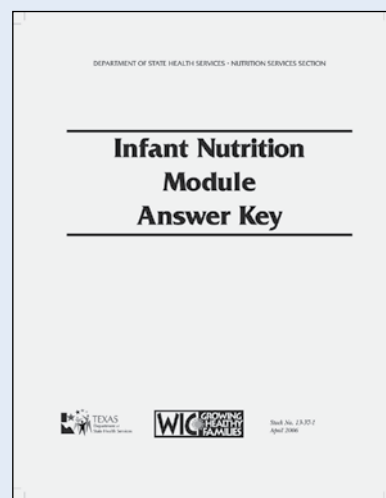
Stock no. 13-37-1

English

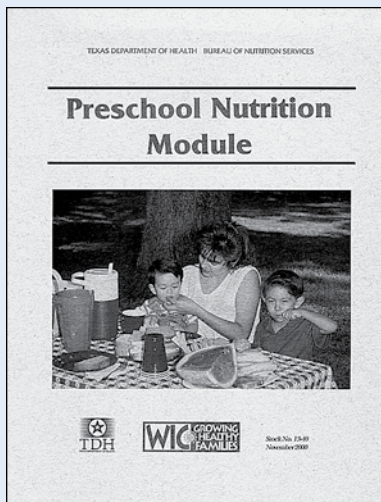
4/06

Answer key for grading the *Infant Nutrition Workbook* at the local agency.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Preschool Nutrition Module



Stock no. 13-40

English

4/05

Self-paced module designed to train WIC staff in preschool nutrition, and teach how to deliver group nutrition classes, and do individual nutrition counseling with WIC participants. This module covers the importance of good nutrition for preschoolers, and their need for energy and nutrients in order to be active, to think, and to grow.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Preschool Nutrition Module: Answer Key

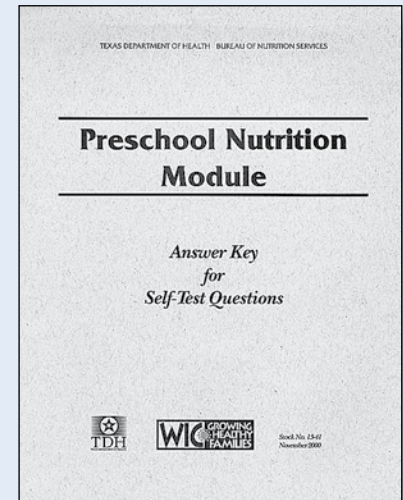
Stock no. 13-41

English

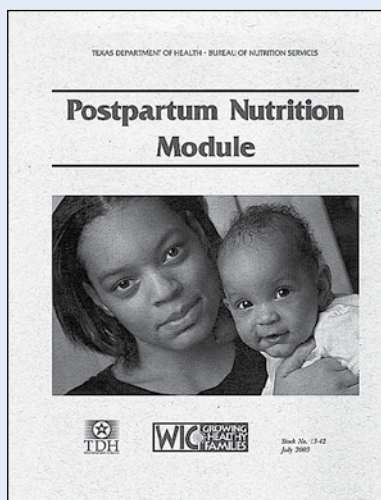
11/00

Answer key to *Preschool Nutrition Module*.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Postpartum Nutrition Module



Stock no. 13-42

English

7/05

Self-paced module designed to train WIC staff in postpartum nutrition in order to deliver group nutrition classes and individual nutrition counseling to WIC participants.

Order using Texas WIC Materials Order Form. Order from WIC Warehouse

Postpartum Nutrition Module: Answer Key

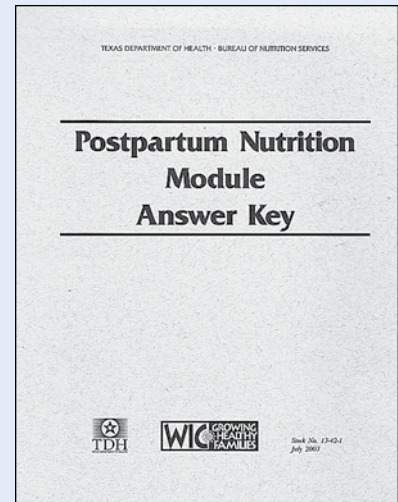
Stock no. 13-42-1

English

7/03

Answer key to *Postpartum Nutrition Module*.

Order using Texas WIC Materials Order Form. Order from WIC Warehouse



Diet History / Dietary Recall & Assessment: Self-Paced Training Guide

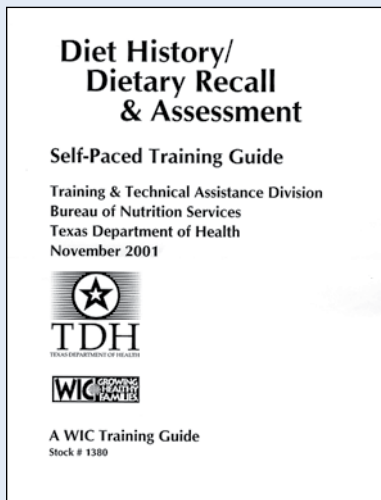
Stock no. 13-80

English

6/02

Module explains the policy and proper procedures for obtaining and scoring a WIC applicant's diet.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Prenatal Nutrition Module

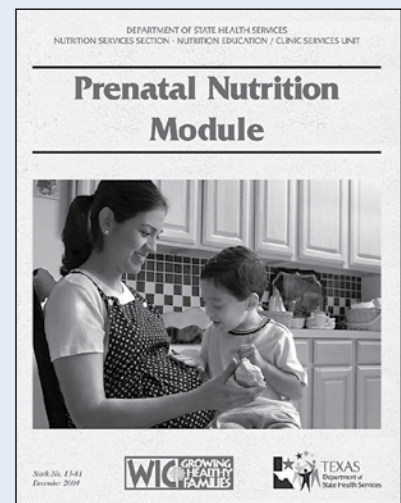
Stock no. 13-81

English

12/04

Module designed to train WIC staff in prenatal nutrition, so they can deliver group nutrition classes and do individual counseling with WIC participants.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Prenatal Nutrition Module: Answer Key

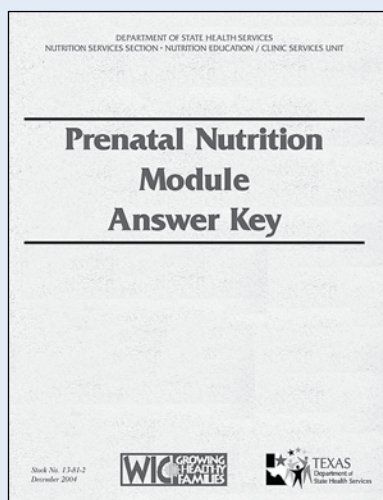
Stock no. 13-81-2

English

12/04

Answer key to *Prenatal Nutrition Module*.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Training Moms to Help Moms

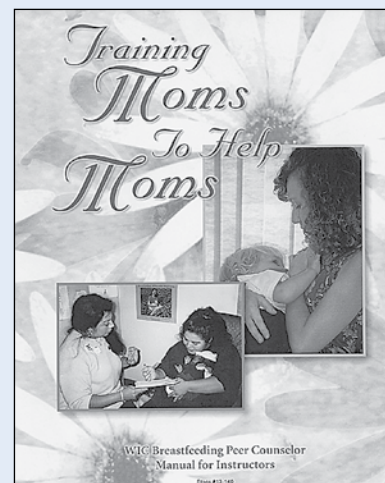
Stock no. 13-140

English

2006

WIC instructor's manual for training breastfeeding peer counselors.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Formula Resource Book: Basic Infant Formula

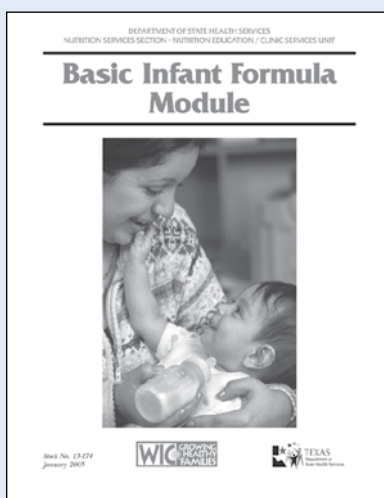
Stock no. 13-174

English

1/05

This is a basic resource book on infant formula.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Basic Infant Formulas: Answer Key

Stock no. 13-174-1

English

3/00

Self-paced answer key for the *Basic Infant Formula* resource book.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Basic Infant Formulas — Answer Key

Section A — Adverse Food Reactions

1. Indicate whether the following statements are true or false by placing a T or an F in the space to the left of each statement.
 - F The terms "milk allergy" and "lactose intolerance" have the same meaning.
 - F Allergic reactions to foods usually happen within four hours after the food is eaten but can occur up to as much as three days after eating.
 - T Symptoms of food allergy can include nausea, vomiting, diarrhea, congestion, eczema, and swelling of the throat, face, and lips.
 - T An anaphylactic reaction is a whole-body response to an allergen. Symptoms can include an irregular heartbeat, changes in blood pressure, shock, and even death if not treated promptly.
 - T Inability to digest a food due to a lack of a particular enzyme is an example of a food intolerance.
 - F Congenital lactose intolerance is fairly common in infancy.
 - F Most infants recovering from diarrhea should be on a lactose-restricted diet.
2. Circle the foods that are most likely to cause an anaphylactic reaction in susceptible individuals. (Correct answers are in bold.)

Peanuts	Shrimp	Onions	Eggs	Cashews	Bananas
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Indicate whether the following descriptions relate to a food allergy (A), a food intolerance (I), or both (B) by placing the appropriate letter in the blank.

	A	I
B Diarrhea	Occurs in 0.3% to 7.0% of children	
A Respiratory symptoms	Stricter avoidance of the offending food may be needed	
A Skin rash	Affects the immune system	
A Vomiting	Caused by deficiency of a digestive enzyme	
I Only intestinal symptoms		



Stock No. 13-174-1
March 2000



Interviewing Skills

Self-Paced Training Guide

Elizabeth Bruns, R.D., L.D.

Training Section
Bureau of Clinical and Nutrition Services
Texas Department of Health
November 1996



A WIC Training Guide

Interviewing Skills: Self-Paced Training Guide

Stock no. 13-06-11057

English

6/02

Module provides information on proper interviewing techniques for WIC certification.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

WIC Food Packages and Food Issuance: Class Participant Manual

Stock no. 13-06-11058

English

1/03

Module identifies and explains the WIC-allowable foods, food packages, formulas, and formula drop shipment.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

WIC Food Packages and Food Issuance Class Participant Manual

Training Section
Bureau of Nutrition Services
Texas Department of Health
November 2000



A WIC Training Guide

Growth Assessment: Weighing and Measuring WIC Participants: Self-Paced Training Guide

Growth Assessment: Weighing and Measuring WIC Participants

Self-Paced Training Guide

Training Section
Bureau of Nutrition Services
Texas Department of Health
December 2000



A WIC Training Guide

Stock no. 13-06-11060

English

7/03

Module explains and provides the proper procedures for weighing and measuring infants, children, and women.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Screening for Eligibility: Category, Residency, and Income: Class Participant Manual

Stock no. 13-06-11134

English

5/03

Module explains the policies and procedures involved in category, residency, and income eligibility.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Screening for Eligibility

Category, Residency
& Income

Class Participant Manual

Training Section
Bureau of Nutrition Services
Texas Department of Health
May 2003
Stock # 13-06-11134



Teaching WIC Nutrition Education Classes

Teaching WIC Nutrition Education Group Classes

Nutrition Services Section
Texas Department of State Health Services
October 2005



A WIC Training Guide
Stock Number 13-06-11180

Stock no. 13-06-11180

English

12/05

Training guide for WIC staff.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Moms Helping Moms

Stock no. 13-06-11342

English

2004

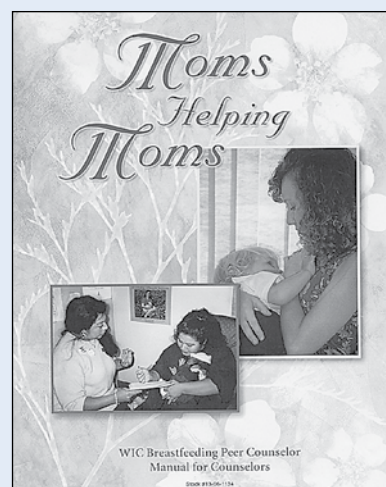
Stock no. 13-06-11342a

Spanish

2004

WIC manual for breastfeeding peer counselors.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Testing for Hematocrit and Hemoglobin Values

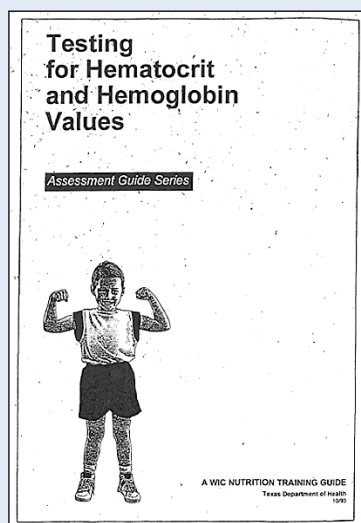
Stock no. 13-06-11477

English

5/01

Training guide for WIC staff.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Texas Clinical Assessment Manual

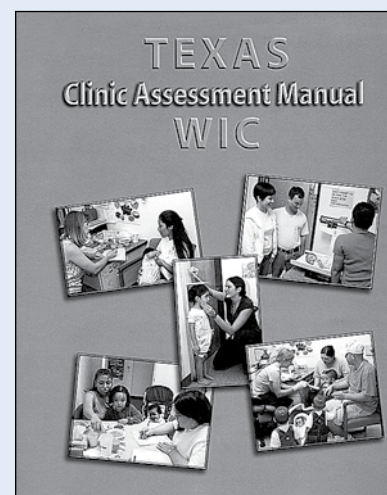
Stock no. 13-06-11842

English

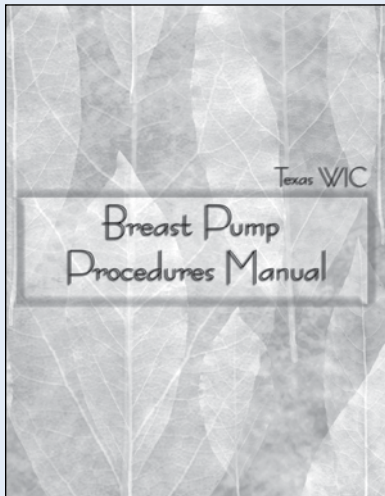
1/06

Manual provides reference materials and tools to assist clinic staff in the nutrition assessment of WIC applicants. Includes an edited version of the Texas Nutrition Risk Manual: guidelines for nutrition assessment; instructions to complete participant and diet-health history forms; a reference guide for food-serving sizes; food-package code listings; formula listings, formula code lists for infants, women, and children, and non-contract formula forms.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Breat Pump Manual



Stock no. 13-06-12146

English

9/05

This manual describes all you ever wanted to know about the Texas WIC Breast Pump Program. Topics include required breast pump training information, inventory, order and delivery information, troubleshooting, multi-user pump retrieval, assessment forms, counseling tips, inventory logs, state breast pump policies, and more! A “must-have” for WIC clinics.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Staff Training Videos

These training videos can be borrowed from the Department of Health State Services Audiovisual Library. Information about policies and procedures on borrowing videos from the DSHS Audiovisual Library is at this Web site address: <http://library.tdh.state.tx.us/glasopac/>. All videos are available in English only.

When you view the videos and you are interested in purchasing them, information about purchasing is provided on the video itself.

TITLE	STOCK NO.
A Problem Owned Is a Problem Solved	6769
A Willing Balance	6042
The Attitude Virus: Curing Negativity in the Workplace	6568
Basic Telephone Skills	6251
Be Our Guest, Part 1 – Customer Friendly Clinics	7467*
Be Our Guest, Part 2 – Customer Friendly Clinics	7467*
Be Our Guest, Module 1 – Create a Culture of Service	7577*
Be Our Guest, Module 2 – Be a Positive Impact Person.....	7578*
Be Our Guest, Module 3 – Communicate with Trust.....	7579*
Body Mass Index, Tape 1	7478*
Body Mass Index, Tape 2	7478*
Class Act – Teaching Skills	7465*
Concepts in Facilitated Discussion	7464*
Dealing with People	6628
Defusing Hostility.....	6007
Dental Health Training for Nurses	5035
Dental Health Training for Nurse’s Aides.....	5036
Effectiveness – The Goose and the Golden Egg	6689
Fit Kids, Parts 1-4 – USDA Regional Southwest Teleconference	7678*
Five Forbidden Phrases	6249
For Good Measure.....	7484*
Habit 1 – Be Proactive	6693
Habit 2 – Begin with the End in Mind.....	6694
Habit 3 – Put First Things First.....	6695
Habit 4 – Think Win-Win.....	6696
Habit 5 – Seek First to Understand, Then to Be Understood.....	6697
Habit 6 – Synergize	6698
Habit 7 – Sharpen the Saw.....	6699
How to Handle the Irate Caller.....	6250
Just Incredible! A Customer Service Story	6276

* Purchased from our video duplicator Allied Vaughn.
Please contact Debi Anokatubby, Customer Service Department, at 1 (800) 486-1539.

TITLE	STOCK NO.
Maturity Continuum	6692
Nutrition Education: On the Road to Excellence, Day 1, Part 1	7490*
Nutrition Education: On the Road to Excellence, Day 1, Part 2	7491*
Nutrition Education: On the Road to Excellence, Day 1, Part 3	7492*
Nutrition Education: On the Road to Excellence, Day 2, Part 1	7493*
Nutrition Education: On the Road to Excellence, Day 2, Part 2	7494*
Patient Flow Analysis: Snapshot in Time	7489
The Peer Counselor: A Loving Link in a Caring Team	6837*
Proactive Customer Service	6254
Quality Service in the Public Sector	6241
Smiles Across Texas: A School Nurse's Guide for Dental Health	6020
Solid Foods – Wait Till I'm Ready	7463
Solving Conflicts	6658
Step Up to Health Steps: Texas Medicaid Dental Program	7479*
The Cost of Intolerance	6043
The Front of the Class	6629
The United Team	6764
Three-Person Teaching	6690
We Are Customers of Each Other	6252
What's Wrong With This Picture	6286
Why Don't They Breastfeed	7480
WIC Farmers' Market (for vendors)	7481*
WIC Nutrition – Making a Difference	7482*
WIC Rules for Store Managers	7483*
WIC Vouchers and You	5931*

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