

Texas Department of Health Region 4 & 5
1517 West Front Street
Tyler, Texas 75702

December 10, 2003

Patricia Daniels
Director
Supplemental Food Programs Division
Food Nutrition Services
Room 520
Alexandria, VA 22302

RE: Revisions to the WIC Food Packages

Patricia Daniels,

We were excited when we were informed that the WIC food packages were going through a revision process. We have developed a few ideas for revision. We hope that these suggestions will be helpful for your process.

Dairy:

Soy milk, whole and low fat
Low fat milk for children over the age of 1 or less than 2

Soy milk could be offered to pregnant, postpartum, breastfeeding mothers, and children above the age of one year. Soy milk is an excellent source of calcium and protein. Most importantly it is accepted in many cultures and groups in the United States such as: Asians and vegetarians.

The widespread obesity problem in the United States in children has caused a need for nutrition intervention. Therefore, it could be recommended by a Registered Dietitian for those children who have Body Mass Index (BMI) above the 95th percentile to begin low-fat milk before the age of two, but after the age of one.

Juice:

Juice reduced from 96 oz. to less than 64 oz.
64 oz. and fresh/canned fruit -packed in its own juice

Due to the level of natural sugar in fruit juice, when it is consumed in high quantities in children, can cause obesity. Offering fresh or canned fruits encourages children to get their nutrients from food sources and develop healthy food choices. Most fruit provide vitamin C, A, and folate. Example of fruit to be offered could be: Oranges- vitamin C and folate, Apples- vitamins A and C, Kiwi- vitamin C, Melons- vitamin A.

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Cereal/Starch:

Rice	Iron fortified
Spaghetti or egg noodles	Iron fortified, folic acid
Enriched whole grain bread/crackers	Iron fortified, folic acid, protein

These food items will help combine other food items already issued by the WIC program. These food items will also add iron, folic acid and some protein to the child's diet.

Legumes:

Canned/ dried beans

In today's fast society, convenience is at the essence. Providing participants with food that is fast and easy to cook may increase acceptability.

Vegetables:

Variety of fresh/canned vegetables

Offering vegetables to all participants other than infants will increase the amount of vitamin A and folate that participants are receiving. Examples of fresh/canned vegetables: Tomatoes- vitamins A and C, Carrots- vitamin A, Squash or Zucchini- vitamin A, Peas- folate, Green beans- folate, Broccoli- vitamins A and C and folate.

Thank you for giving us the opportunity to voice our opinions, and taking the time to read our suggestions.

Sincerely,



Heaven Frisbie



Holly Milstead

Stephen F. Austin State University Dietetic Interns