

## COMMENTS ON WIC FOOD PRESCRIPTION RECOMMENDATIONS

Federal Register, 15 September 2003

My experiences with the WIC Program include 10 years as a local agency director, and more recently, as a part-time WIC dietitian seeing high-risk clients. I would like to express my support of the NAWD Food Prescription Recommendations.

There is much new knowledge in nutrition since the inception of the WIC program in 1974. We are much more aware of the problem related to too much fat intake, the importance of phytochemicals and of fiber, and the value of nutrients other than protein, iron, calcium, and vitamins A and C.

This nation is increasing in cultural diversity. Thus the foods offered by WIC should be culturally appropriate, which means different foods for different cultures and/or different part of the country.

WIC should be in the forefront of fighting obesity in children by encouraging lower fat foods and discouraging use high fat foods (like whole milk and full fat cheese). We should also help parents to realize that beyond one or two servings per day, juice is "sugar water" and a piece of fruit is a much more appropriate snack for children.

I encourage further dialogue between USDA and the WIC program to bring WIC into the 21<sup>st</sup> century so it can continue to do the great work it has done for 20+ years.



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