

## Objectives

This module describes how to collect and analyze information about a person's dietary intake. WIC collects this information for two purposes.

### Purpose

1. WIC is a nutrition program. Our goal is to help participants improve their nutritional health. We do this by providing supplemental foods with key nutrients and by providing nutrition education to help people make better food choices. In order to help people make better food choices we need to know what they are currently eating. By collecting information about a person's diet we can identify which aspects of a person's diet need improvement.
2. One of the qualifying nutrition risk factors for the WIC Program is "Inadequate Diet." In order to determine if a person has an inadequate diet we need to collect diet information and compare the results against a standard.

### Objectives

The objective of this module is to teach WIC staff how to collect and analyze diet information for the purposes listed above.

When staff complete this module they should be able to:

1. Collect diet information from participants on a 24-hour Food Recall and a Food Frequency form.
2. Analyze diet information using the **Daily Food Guide Screening Tool** and **Index of Mixed Dishes** for both adults and children to determine number of servings for each food group.
3. Compare the number of servings consumed against recommended amounts to determine the "nutritional adequacy" of a diet.
4. Enter diet information into ASPENS to assign the objective nutrition risk factor for "Inadequate Diet."
5. Prioritize and apply goal setting to dietary changes.