



## Trainee Edition

Arizona WIC Training

# Basic Nutrition Guidebook



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

## Training Notes

### Module 1 Notes

What happens in each part of the gastrointestinal (GI) tract?

Part of (GI) tract	What happens in each part of the gastrointestinal (GI) tract?
Mouth	
Stomach	
Intestines	

Term	Definition
Digestion	
Absorption	
Metabolism	

Name	What % of daily calories should come from this nutrient?	How many calories per gram does it contain?
Carbohydrates		
Fat		
Protein		

## Module 2 Notes

### Carbohydrates

Type	What is it? What does it do in the body?	Food sources
<b>Sugars</b>		
<b>Starches</b>		
<b>Fiber</b>	<div>Soluble</div> <div>Insoluble</div>	<div>Soluble:</div> <div>Insoluble:</div>

1. What are the health benefits of foods that contain fiber?

## Fat

Type	What is it? What does it do in the body?	Food sources
Saturated fat		
Unsaturated fat	Omega 3 fatty acids:	Omega 3 fatty acids:
Trans fat		

2. What are some examples of heart-healthy foods that contain fat?

## Protein

Type	What is it? What does it do in the body?	Food sources
Protein		

3. What does it mean for a nutrient to be “essential”?

4. What are the differences between fat-soluble and water-soluble vitamins?



## Minerals

Name	What does it do in the body? Why is this nutrient important?	Food sources
Calcium		
Fluoride		
Iron		Heme iron:          Non-heme iron:
Sodium		

6. Too much sodium raises someone's risk of \_\_\_\_\_.
7. Which two minerals compete for absorption in your body?

## Water

What does it do in your body?	What foods are high in water?

8. What are some common signs of dehydration?

In adults	In children	In infants

## Module 3 Notes

1. What makes a food nutrient-dense? List a few examples of nutrient-dense foods.

Food Group	Examples of Foods in This Group	General Dietary Recommendations
Fruits and Vegetables		
Protein		
Dairy		
Grains		





## Practice Activities

### Scenario 1

You are speaking with the caregiver of Mateo, a 1-year-old boy. His hemoglobin was low (not within the nutritionist range) when it was tested today. His caregiver says that Mateo drinks a lot of milk, around 48 oz a day. He enjoys cereals, bread, some fruits and vegetables like apples and carrots, beans, and eggs, as well as other dairy foods like cheese and yogurt.

1. What suggestions can you give Mateo's caregiver to increase his intake of iron-rich foods?
2. What suggestions can you give Mateo's caregiver to increase absorption of iron from the food he eats?

### Scenario 2

You are talking with Darren, the father of 4-year-old Lila. He mentions that she needs lactose-free milk because she has a dairy allergy.

1. What kind of questions would you ask next to determine if Lila truly has a dairy allergy?
2. How would you handle the situation differently if Lila has a dairy allergy vs an intolerance?

## Scenario 3

Emika, a WIC participant, tells you that this is what she normally eats in a day:

Breakfast - A fried egg with sausage, two slices of toast made from white bread, butter, and orange juice

Lunch - A double cheeseburger with lettuce, tomato, and pickles, and French fries

Dinner - Fried chicken with mashed potatoes, steamed peas, and a dinner roll

Snacks - Potato chips, Oreo cookies, applesauce

1. What nutrients might Emika be getting too much of?
2. What nutrients might Emika need more of?
3. What general suggestions could you give her to improve her eating habits?

## Food Label Practice

Review the food labels below and answer the following questions.



Nutrition Facts	
Serving Size 1 Pouch (90g)	
Amount Per Serving	
<b>Calories</b> 45	<b>Calories from Fat</b> 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 8g	
<b>Protein</b> 0g	
Not a significant source of saturated fat, trans fat, cholesterol, vitamin A, vitamin C, calcium and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	



Nutrition Facts	
Serving Size 3 oz. (85g)	
Servings per container About 4	
<b>Amount Per Serving</b>	<b>As Served</b>
<b>Calories</b> 35	<b>Calories from Fat</b> 0
% Daily Value	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein</b> 1g	
Vitamin A 120%	Vitamin C 10%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



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