

## Division of WIC & Community Nutrition Services

*Subject:* **Determine Nutritional Risk-Dietary**

*Policy:* **CRT 06.3**

*Reference:* **C.F.R. §246.7**

*Effective:* **August 12, 2013**

*Supersedes:* **December 15, 2005**

### **I. Policy:**

A dietary assessment shall be completed for all applicants to determine dietary deficiencies that impair or endanger health.

### **II. Procedure(s):**

A. Complete a dietary assessment using Value Enhanced Nutrition Evaluation (VENA) to evaluate general eating patterns and habits.

- 1) Ask probing questions to determine the type and amount of food and beverages consumed
- 2) Use food models, cups and other aids to determine portion sizes
- 3) Find out when, where, and with whom meals and snacks are routinely consumed
- 4) Ask about preparation methods to determine calories, fat, sugar, and salt intake