

memo

DATE: August 11, 2021
TO: WIC Coordinators and CPAs
FROM: State WIC Staff
SUBJECT: Upcoming change to Nutrition Education cards to align with Dietary Guidelines for Americans 2020

The following three Nutrition Education cards are being updated to align with a recommendation from the Dietary Guidelines for Americans 2020 (DGA):

- First Months of Breastfeeding
- Nutrition for Breastfeeding Women
- Your Body, Your Mind Caring for Yourself after Pregnancy Loss

These cards recommend the continued use of prenatal vitamins after delivery or pregnancy loss. Based on information provided in the DGA, the use of a prenatal vitamin postpartum will be replaced with a recommendation to take a multivitamin supplement. See the specific DGA language below.

The Dietary Guidelines for Americans 2020 - 2025 state:

Continued use of prenatal supplements by women who are lactating may exceed their needs for folic acid and iron. Women who are lactating should not exceed the Tolerable Upper Intake Level (UL) of 1,000 micrograms of folic acid and 45 milligrams of iron. Women should seek guidance from a healthcare provider on appropriate use of prenatal or other dietary supplements during lactation. (See page 115)

Other key points from the DGA:

- The United States Preventative Services Task Force (USPSTF) recommends that all women who are planning or capable of pregnancy take a daily supplement containing 400 to 800 mcg of folic acid. The critical period for supplementation starts at least 1 month before conception and continues through the first 2 to 3 months of pregnancy.
- Most prenatal supplements are designed to meet the higher iron needs of pregnancy. Depending on various factors—such as when menstruation returns—prenatal supplements may exceed the iron needs of women who are lactating. Women should seek guidance from a healthcare provider regarding the appropriate level of iron supplementation during lactation based on their unique needs.

Process for updating the cards:

- We are working with our contractor, Brush Art, to make the updates and complete translations this fall.

- The updated cards will be posted to MDH WIC website as soon as the electronic cards are available.
- We will let agencies know when the printed cards are available later this fall. At that time, the current stock will be recycled, and the updated versions will be sent for future orders.

Until the cards are updated:

- Encourage lactating and postpartum women to use a daily multivitamin with folic acid. Studies show that consuming 400 mcg of folic acid daily interconceptionally can prevent 50 percent of neural tube defects. It is recommended that all women capable of becoming pregnant consume a multivitamin containing 400 mcg of folic acid daily. Refer to [Inappropriate Nutrition Practices for Women](#) for more information on Risk Code 427D, inadequate vitamin/mineral supplementation.
- Remind participants to follow their health care provider recommendations regarding use of supplements after delivery. A health care provider may direct a woman to continue a prenatal vitamin after delivery if the individual's iron status is low.

Reference – Complete Listing of Hyperlinks

[Dietary Guidelines for Americans 2020 - 2025](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)

(https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)

[Inappropriate Nutrition Practices for Women](https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/riskcodes/dietary/427ref.pdf)

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