Women Diet Risk Codes

OCTOBER 2026

Risk Code	Definition and Examples
427 A-E: Inappropriate Nutrition Practices for Women	Routine use of feeding practices may result in impaired nutrient status, disease, or health problems.
427A: Consuming dietary supplements with potentially harmful consequences	Dietary supplements, which when ingested in excess of recommended dosages, may be toxic or have harmful consequences: • Cannabidiol (CBD) products, for pregnant and breastfeeding only. • Single or multiple vitamins. • Mineral supplements. • Herbal or botanical supplements, remedies, teas.
427B: Consuming diet very low in calories/essential nutrients, or impaired caloric intake or absorption of essential nutrients following bariatric surgery	• Strict vegan diet. • Low-carbohydrate, high-protein diet. • Macrobiotic diet. • Any other diet restricting calories and/or essential nutrients.
427C: Compulsively ingesting nonfood items (pica)	Examples: Ashes, baking soda, burnt matches, carpet fibers, chalk, cigarettes, clay, dust, coffee grounds, uncooked rice, large quantities of ice and/or freezer frost, paint chips, paper, dirt, starch (laundry or cornstarch).
427D: Inadequate vitamin/mineral supplementation recognized as essential by national public health policy	Consumption of < 27 mg iron as supplement daily by pregnant women. Consumption of < 150 mcg supplemental iodine daily by pregnant & breastfeeding women. Consumption of < 400 mcg folic acid from supplements daily by non-pregnant women.
427E: Pregnant woman ingesting foods that could be contaminated with pathogenic microorganisms **Use only for pregnant women.**	• Raw fish or shellfish. • Refrigerated smoked seafood, raw or undercooked meat or poultry. • Hot dogs, luncheon meats, fermented & dry sausage and other deli-style meats or poultry products unless reheated until steaming hot. • Refrigerated pate or meat spreads. • Unpasteurized milk or foods containing unpasteurized milk. • Soft cheeses unless labeled as made with pasteurized milk. • Raw or undercooked eggs or foods containing raw eggs. • Raw vegetable sprouts. • Unpasteurized fruit or vegetable juices.

Risk Code	Definition and Examples
401: Failure to Meet Dietary Guidelines for Americans Assigned ONLY after a complete nutrition assessment has been performed and no other dietary risk(s) identified.	Consuming fewer than recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans). **Complete the assessment for Risk Code 427 prior to assigning Risk Code 401.**

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