

WIC Connects One-to-One with Yogurt!

Food package options are growing in WIC! Starting October 1, 2015, WIC will be offering lowfat/fat free yogurt for women and children age 2 years and older. Children ages 12 months up to 24 months will be offered whole fat yogurt. Here's how you can use your participant centered services skills to assist participants:

Ask an Open-Ended Question

Examples:

- What yogurt products have you tried before?
- What have you heard about the health benefits of decreasing saturated fat and cholesterol in dairy products?
- What are your thoughts about possibly trying reduced fat or fat free yogurt as part of your meals or snacks?
- If you were to begin using a quart size container of yogurt instead of an individual serving size, what information would be helpful?
- Tell me if and how (child's name) has tried yogurt?

Affirm

Examples:

- You already have some great ideas about how you could include yogurt in meals and snacks.
- That's great (child's name) ate whole fat yogurt up until now since that's what's recommended until age 24 months.
- That's excellent you've tried using yogurt in recipes before.
- You're quite knowledgeable about the health reasons for decreasing saturated fat and cholesterol.
- You do very well searching for healthy options for your family when shopping.

Reflect

Examples:

- It sounds like you enjoy using yogurt as a quick food when you're 'on the go'.
- You're feeling unsure about how your family will accept reduced fat or fat free yogurt because they're used to whole fat yogurt.
- Things that are important to you when shopping are taste, cost and nutrition.
- It sounds like you've never had much of an opportunity to use yogurt in the past.
- You're looking forward to being able to purchase yogurt with WIC checks.

Exchange Information (Educate)

Ask permission before offering advice or information about what has worked for others. Focus on the positive, offer ideas and options. Listen; let the participant decide what will work for them. Watch out for words that can provoke resistance (you shouldn't, you can't, you need to, you have to, you must...). Parents are motivated by information that is new or unique to them. Keep messages and tips both relevant and realistic. Below are some examples of information you might discuss.

- Starting October 1, women and children age 2 and older have the option to purchase reduced fat or fat free yogurt with WIC checks (whole fat yogurt for children age 12 to 24 months).

What is in yogurt?

- Yogurt is a mixture of milk (whole, reduced fat, lowfat, nonfat) and cream fermented by a culture of lactic acid producing bacteria. Yogurt may also include added sweeteners, flavorings, fruit and preservatives.
- Yogurt contains important nutrients a body needs every day such as calcium, protein and vitamins D and A.
- Yogurt with active cultures may aid digestion and boost immunity.

How to identify whole fat yogurt for participants 12 to 24 months old:

- Consult the authorized food list for 32 oz. container brands and flavors.
- Check to make sure the yogurt container *either is labeled whole milk and/or is not labeled light, lowfat, reduced fat, nonfat or fat free.*

How to identify lower fat yogurt for women and children age 2 and older:

- Consult the authorized food list for 32 oz. container brands and flavors.
- Check to make sure the yogurt container *is labeled either lowfat, reduced fat, nonfat or fat free.*

Storage and use:

- Store yogurt in the refrigerator (40° F) in its original, sealed container. Don't let the yogurt container sit out on the counter for long periods of time.
- Use yogurt by the 'use by' date, or within seven days of the 'sell by' date.

Consumer-tested USDA core nutrition messages and ideas for using yogurt:

- There's no power like Mom Power. You're a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer them 1% or fat free milk and yogurt at meals and snacks.
- Offer foods made from milk, like reduced fat or fat free yogurt, as snacks and desserts. One cup of yogurt is about the same as a cup of milk.
- Mom is a child's first teacher. You teach by doing. Every time you drink 1% or fat free milk, or eat reduced fat yogurt, you're giving your kids a lesson in how to eat for better health. It's a lesson they can use all their lives.
- Flex your Mom Power and serve low-fat or fat free milk or yogurt to your family for a lifetime of healthy eating.
- Try reduced fat yogurt. If some family members don't like milk, try offering reduced fat or fat free yogurt.
- Prepare snacks and meals together. One idea is to make smoothies. Blend together 1% or fat free milk, your child's favorite fruit, and fat free yogurt. (ice may also be blended with it if desired)
- Serve reduced fat or fat free yogurt as a snack. Mix it up with fruit and nuts.
- Make a dip for fruits or vegetables from fat free or lowfat yogurt.

- Mix yogurt with other foods. One idea is to try lowfat yogurt on baked potatoes. It tastes like sour cream and kids don't know the difference.
- Enjoy a glass of lowfat milk or yogurt with your child. Or, make a parfait together by layering lowfat yogurt, your favorite fruit, and unsalted nuts or cereal. There are many types of lowfat dairy foods, so there is something for everyone to enjoy.
- Make it fun. Put out different kinds of lowfat yogurt, fruit and whole grain cereal on the table. Let your kids get creative and make their own combination. They'll love the healthy snack they made all by themselves and sharing the recipe with friends.

Additional ideas for using yogurt:

- Use lowfat plain yogurt as a mayonnaise or sour cream substitute in salad dressings and dips.
- Serve reduced fat plain yogurt in place of sour cream on quesadillas, tacos and enchiladas. If desired, add cilantro for extra flavor.
- Top chili, soups and stews with a heaping spoonful of lowfat plain yogurt.
- Whip reduced fat plain yogurt and shredded cheddar cheese into mashed potatoes.
- Use lowfat plain yogurt as a "base" for cream sauces.
- Make a healthy snack by dipping raw vegetables (such as carrots, zucchini, jicama) in reduced fat plain yogurt mixed with a little salt or seasoning and lemon.
- Make a healthy dessert of lowfat vanilla yogurt drizzled with a small amount of honey or chocolate sauce.
- Top a fresh fruit salad with vanilla yogurt.

Yogurt and lactose intolerance:

- People with lactose intolerance may still enjoy the taste and nutrition benefits of yogurt because many yogurts naturally have lower amounts of lactose than milk.
- It's easier for people with lactose intolerance to tolerate yogurt than fluid milk due to the process used for making yogurt.

For adults who are concerned they or their child need whole fat yogurt to have enough calories:

- Encourage them to look at overall dietary intake. How frequently is the person eating? Is it possible for the person to eat a little more often (such as an additional snack)?
- Explain the calorie difference between whole fat yogurt and lowfat yogurt is not very much and varies by brand and flavor. By comparing labels a person can select a WIC authorized yogurt with a similar amount of calories.
- Some nutrient-dense ideas to increase calories include providing 3-4 healthy snacks/day; offering snacks like cheese, pudding, smoothie, peanut butter on toast, avocado slices on whole grain crackers, trail mix, hummus on an English muffin, cooked eggs with cheese, etc.

For adults/children with a personal taste preference for whole fat yogurt:

- Let parents know that children often quickly adapt to a change in the amount of fat in yogurt. A child may not notice the difference if the parent doesn't bring the change to the child's attention.
- Yogurt tastes best very cold. Make sure the yogurt is well chilled.
- Blending yogurts can ease the transition. Try mixing ½ whole fat yogurt and ½ reduced fat yogurt. As the taste becomes familiar, gradually decrease the amount of whole fat yogurt.
- Encourage parents to promote lifelong eating habits for health. The saturated fat in dairy products can begin to have an effect on a child's heart health starting at a young age, no matter his/her weight.

USDA recommended dairy group servings:

Age	Amount per day
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1-3 years	2 cups per day
4-8 years	2 ½ cups per day
9 years through adult	3 cups per day

The following is considered a 1 cup dairy serving:

- 1 cup (8 ounces) of milk, yogurt, pudding made with milk, frozen yogurt
- Cheese: ⅓ cup shredded, 1½ ounces hard, 2 ounces processed American, ½ cup ricotta

Additional Resources:

- National Dairy Council; www.nationaldairycouncil.org
- United Dairymen of Idaho; <http://idahodairy.org>
- USDA Choose My Plate: www.ChooseMyPlate.gov
- WIC Works; <http://wicworks.nal.usda.gov>

Next Step (Goal)

Examples:

- We've discussed several ideas today. What do you see as your next step towards making the switch to reduced fat yogurt?
- You seem comfortable with the option of using reduced fat yogurt. Tell me the specifics of how you plan to include yogurt in your meals/snacks between now and your next WIC appointment.
- We've talked about various ways to eat yogurt. Which ones might you focus on doing between now and your next WIC appointment?
- From your comments, it sounds like blending yogurts together might be a workable approach for you and your family. Tell me more about when you plan to do that?
- We've talked about some possible high-nutrient snack ideas for [child's name]. Tell me about what snacks you plan to use during your weekly routine.

Summarize

Examples:

- In summary, you successfully changed to 2% milk several years ago when WIC made the switch but feel a little unsure about using reduced fat yogurt. Now you plan to start using reduced fat yogurt mixed with cereal and fruit daily for breakfast or a snack. At your next WIC appointment we'll talk about how that's working for you and your family.
- Just to summarize, you're aware there's health benefits to using reduced fat dairy products and plan to start eating reduced fat yogurt as a snack several times a week. During your next WIC visit we'll see how you're doing with that.
- To conclude, you've already tried yogurt and your family didn't like it plain. Making a fruit smoothie four times a week is the option you feel will work for your family. Next time you come to WIC we'll discuss how it's going.
- In conclusion, [toddler's name] has been drinking whole milk as recommended. His doctor wants him to gain more weight. We've discussed how nutrient-rich snacks can help. You've made a plan of healthy snacks to offer 3 times a day. Whole fat yogurt will be one of the snacks offered. At your next WIC appointment we'll check [child's name]'s growth and talk about how everything's going.
- Just to recap, we've discussed the benefits of being able to purchase a wider variety of foods with WIC checks. You plan to start purchasing both reduced fat yogurt and whole wheat pasta. You're going to

use the yogurt for a healthy snack and the pasta as an ingredient for casseroles. During your next WIC appointment it will be great to hear about your success.

Staff Tips

- Practice your participant centered skills by following the above format to create your own examples.
- Use wording that feels positive and comfortable to you.
- When something works well for you, share the information/ideas with other staff. It might work well for them, too!
- Contact the State Office with questions/feedback: Marie Collier, collierm@dhw.idaho.gov, 208-334-5953

THANK YOU!!!