

## Inappropriate Nutrition Practices for Women

**Definition/  
cut-off value**

Routine nutrition practices that may result in impaired nutrient status, disease, or health problems. These practices with examples are outlined below. Refer to “Attachment to 427 - Justification and References” for this criterion.

**Participant  
category and  
priority level**

**Category**

**Priority**

**Pregnant Women**

**IV**

**Breastfeeding Women**

**IV**

**Non-Breastfeeding Women**

**VI**

<b>Inappropriate Nutrition Practices for Women</b>	<b>Examples of Inappropriate Nutrition Practices (including but not limited to)</b>
427.1 Consuming dietary supplements with potentially harmful consequences.	<p>Examples of dietary supplements which when ingested in excess of recommended dosages, may be toxic or have harmful consequences:</p> <ul style="list-style-type: none"> <li>• Single or multiple vitamins;</li> <li>• Mineral supplements; and</li> <li>• Herbal or botanical supplements/remedies/teas.</li> </ul>
427.2 Consuming a diet very low in calories and/or essential nutrients; or impaired caloric intake or absorption of essential nutrients following bariatric surgery.	<ul style="list-style-type: none"> <li>• Strict vegan diet;</li> <li>• Low-carbohydrate, high-protein diet;</li> <li>• Macrobiotic diet; and</li> <li>• Any other diet restricting calories and/or essential nutrients.</li> </ul>
427.3 Compulsively ingesting non-food items (pica).	<p>Non-food items:</p> <ul style="list-style-type: none"> <li>• Ashes;</li> <li>• Baking soda;</li> <li>• Burnt matches;</li> <li>• Carpet fibers;</li> <li>• Chalk;</li> <li>• Cigarettes;</li> <li>• Clay;</li> <li>• Dust;</li> <li>• Large quantities of ice and/or freezer frost;</li> <li>• Paint chips;</li> <li>• Soil; and</li> <li>• Starch (laundry and cornstarch).</li> </ul>

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<p>427.4 Inadequate vitamin/mineral supplementation recognized as essential by national public health policy.</p>	<ul style="list-style-type: none"> <li>• Consumption of less than 27 mg of supplemental iron per day by pregnant woman.</li> <li>• Consumption of less than 150 <math>\mu\text{g}</math> of supplemental iodine per day by pregnant and breastfeeding women.</li> <li>• Consumption of less than 400 mcg of folic acid from fortified foods and/or supplements daily by non-pregnant woman.</li> </ul>
<p>427.5 Pregnant woman ingesting foods that could be contaminated with pathogenic microorganisms.</p>	<p>Potentially harmful foods:</p> <ul style="list-style-type: none"> <li>• Raw fish or shellfish, including oysters, clams, mussels, and scallops;</li> <li>• Refrigerated smoked seafood, unless it is an ingredient in a cooked dish, such as a casserole;</li> <li>• Raw or undercooked meat or poultry;</li> <li>• Hot dogs, luncheon meats (cold cuts), fermented and dry sausage and other deli-style meat or poultry products unless reheated until steaming hot;</li> <li>• Refrigerated pâté or meat spreads;</li> <li>• Unpasteurized milk or foods containing unpasteurized milk;</li> <li>• Soft cheeses such as feta, Brie, Camembert, blue-veined cheeses and Mexican style cheese such as queso blanco, queso fresco, or Panela unless labeled as made with pasteurized milk;</li> <li>• Raw or undercooked eggs or foods containing raw or lightly cooked eggs including certain salad dressings, cookie and cake batters, sauces, and beverages such as unpasteurized eggnog;</li> <li>• Raw sprouts (alfalfa, clover, and radish); or</li> <li>• Unpasteurized fruit or vegetable juices.</li> </ul>