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**TO:** WIC Regional Directors #07-100  
WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager (Original Signed)  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** September 7, 2007

**SUBJECT:** New Nutrition Education Materials

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Please let your registered dietitians (RDs) who counsel high risk clients know that there are new materials available for use in counseling women with gestational diabetes. One pamphlet is available through the DSHS warehouse. It is *Gestational Diabetes: eating for your baby's health*. All of the other fliers and materials are on the High Risk RD section of the Texas WIC website at: <http://www.dshs.state.tx.us/wichd/TexasHRRD.shtm>. The fliers are designed so that they can either be printed from the website or copied from a master and given to clients. A copy of each new item is attached. Each new material is also described below. Please note that the only sheet which can be given to clients by someone who is not an RD is *Gestational Diabetes: now that my pregnancy is over*.

- ***Gestational Diabetes: eating for your baby's health***, stock no.13-210 English and 13-210a Spanish. This is the basic counseling tool for women with gestational diabetes. The multicolor pamphlet has a meal plan and an exchange list. There are also tips on how to eat to keep blood sugar values within normal limits during pregnancy, as well as general tips on healthy eating while pregnant. You can order this pamphlet from the DSHS Warehouse either online at <http://webds.dshs.state.tx.us/mamd/litcat/default.asp> or by completing the *AG30 Order Form* and fax it to (512) 458-7413 or (512) 458-7707.
- ***1800, 2000, 2200 and 2400 Calorie Gestational Diabetes Meal Plans***. This sheet has the exchanges which RD's can use with *Gestational Diabetes; eating for your baby's health*.
- ***Gestational Diabetes: ketones and sick days***, English and Spanish. This handout briefly covers testing for ketones. It also has advice on what to eat on sick days.

- ***Gestational Diabetes: testing your blood sugar***, English and Spanish. You can use this sheet to provide your clients with more information about normal blood sugar. The blood sugar values on this sheet are based on American Diabetes Association values. The physicians in your area may be using other blood sugar values such as those of the American College of Obstetricians and Gynecologists (ACOG).
- ***Gestational Diabetes: now that my pregnancy is over***, English and Spanish. This sheet has information about diabetes which women who had gestational diabetes need to know. The information covers testing for diabetes at six weeks post partum and yearly after that. The role of healthy eating, exercise and a healthy weight are also covered on the sheet.
- ***Order for Medical Nutrition Therapy at WIC: Gestational Diabetes***. This sheet can help you get a physician's order to counsel women on gestational diabetes. The order form can be faxed to physicians' offices. There is a place at the bottom of the form for the name, phone number, FAX and/or address of your WIC office. The second page of the form *Authorization for Release of Medical Records* has a release of information statement which is used by WIC. United States Department of Agriculture (USDA) requires WIC to tell clients that the sharing of information will not affect WIC eligibility/benefits and that the client has the right to withdraw permission to release information at any time. The physicians' release is at the bottom of the form. Some physicians may have their own record release forms which they would prefer to use.
- ***Diabetes Resources for RDs***. Here you will find a list of resources with information on making client referrals for diabetes-related issues, websites with more professional or client-oriented information on gestational diabetes, diabetes in general, and possibilities for more training in diabetes.

If you have questions or require additional information, please contact Elaine Goodson, Nutrition Education Consultant, at (512) 458-7111 extension 3467, or [elaine.goodson@dshs.state.tx.us](mailto:elaine.goodson@dshs.state.tx.us), or Shellie Shores, Nutrition Education Coordinator, at (512) 458-7111 extension 3463.