

427 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

Inappropriate Nutrition Practices for Women	Examples of Inappropriate Nutrition Practices (including but not limited to)
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"> • Single or multiple vitamins; • Mineral supplements; and • Herbal or botanical supplements/remedies/teas.
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"> • Strict vegan diet; • Low-carbohydrate, high-protein diet; • Macrobiotic diet; and • Any other diet restricting calories and/or essential nutrients.
427.3 Compulsively ingesting non-food items (pica).	<ul style="list-style-type: none"> • Non-food items: • Ashes; • Baking soda; • Burnt matches; • Carpet fibers; • Chalk;

Inappropriate Nutrition Practices for Women	Examples of Inappropriate Nutrition Practices (including but not limited to)
	<ul style="list-style-type: none"> • Cigarettes; • Clay; • Dust; • Large quantities of ice and/or freezer frost; • Paint chips; • Soil; and • Starch (laundry and cornstarch).
<p>427.4 Inadequate vitamin/mineral supplementation recognized as essential by national public health policy.</p>	<ul style="list-style-type: none"> • Consumption of less than 27 mg of iron as a supplement daily by pregnant woman. • Consumption of less than 150 μg of supplemental iodine per day by pregnant and breastfeeding women. • Consumption of less than 400 mcg of folic acid from fortified foods and/or supplements daily by non-pregnant woman.
<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"> • Raw fish or shellfish, including oysters, clams, mussels, and scallops; • Refrigerated smoked seafood, unless it is an ingredient in a cooked dish, such as a casserole; • Raw or undercooked meat or poultry; • Hot dogs, luncheon meats (cold cuts), fermented and dry sausage and other deli-style meat or poultry products unless reheated until steaming hot; • Refrigerated pâté or meat spreads; • Unpasteurized milk or foods containing unpasteurized milk; • 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; • 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; • Raw sprouts (alfalfa, clover, and radish); or • Unpasteurized fruit or vegetable juices.