

## **NUTRITION EDUCATION TOPICS FOR CROSSROADS**

9-Month-Old  
Alcohol  
Allergies  
BF Management  
BF Problems  
BF Support/Equipment  
Breads/Cereals/Grains  
Caffeine  
Calcium/Vitamin D  
CAP Issuance  
Child Growth/Development  
Child Nutrition  
Child Problems  
Child-Finicky Eater  
Constipation  
Dental Health  
Diarrhea  
Exercise  
Exit Counseling  
Family Meals  
Fast Foods  
Fat/Cholesterol  
Feeding Cues  
Feeding Your Toddler  
Fiber  
Fluids  
Fluoride  
Folacin  
Food Labels  
Food list/WIC update  
Food Preparation  
Food Safety  
Formula Prep/Storage  
Fruit Juice  
Healthy Food  
Immunizations  
Infant Growth/Development  
Infant Nutrition (0-12 mos)  
Infant Nutrition (0-6 mos)  
Infant Nutrition (6-12 mos)  
Infant Problems  
Interview  
Introduction to WIC  
Iron/Anemia  
Lead-Nutritional Status  
Meal Plans  
My Plate  
Nursing Bottle Caries  
Nutrition and BF Mother

## **NUTRITION EDUCATION TOPICS FOR CROSSROADS**

Overweight  
Pica  
Portion/Serving Size  
Postpartum Nutrition  
Prenatal BF class  
Prenatal BF Promotion  
Prenatal Nutrition  
Prenatal Problems  
Prenatal Weight Gain  
Print 3<sup>rd</sup> Month  
Protein  
Refused Education  
Salt/Sodium  
Shopping  
Smoking/Passive Smoke  
Snacks  
Substance Abuse  
Sugar/Sugar Subs  
Supplements  
Underweight  
Vegetable/Fruits  
Vegetarianism  
Vitamin A  
Vitamin C  
Weaning  
Weight Control  
Whole Grains  
WIC-53  
Yogurt