



Massachusetts Home Visiting Initiative

Nutrition Messaging
&
Resources

All MHVI participants/clients eligible for WIC are referred for nutrition counseling, breastfeeding support and supplemental food packages.

INFANT FEEDING:

1. Breastfeeding exclusively for about the first 6 months if possible. Infants introduced to solids between 4-6 months, one food at a time, according to pediatrician/healthcare provider recommendations and based on the infant's readiness.
2. Breastfeeding continued throughout first year if possible. Breastfeeding beyond infancy has multiple benefits for the mother and infant, if desired.

FAMILY NUTRITION:

3. MHVI family nutrition guided by USDA recommendations, using for MyPlate and MiM content when appropriate, including:
 - a. Fruits and Veggies, More Matters, Half Your Plate
 - b. Whole Grains
 - c. Drink water/No Sugar Sweetened Beverages
 - d. Keep Your Fats, Healthy Fats
4. Eating too much sodium can increase your blood pressure and put you at risk for a heart attack and stroke.
5. Only a small amount of the sodium we eat comes from salt added while cooking or eating. Most of the salt we eat - almost 80%! - is already in the food you buy, such as pre-packaged, processed, prepared and restaurant foods.
6. Alcohol has about seven calories per gram. These are considered "empty" calories because alcohol contains no beneficial nutrients, such as vitamins and minerals.
7. For pregnant women or women planning to get pregnant there is no safe amount of alcohol.

PHYSICAL ACTIVITY:

1. Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.
2. Healthy women should get at least 150 minutes (2 hours and 30 minutes) per week of moderate-to-vigorous physical activity, such as brisk walking, during and after their pregnancy. It is best to spread this activity throughout the week.
Healthy women who already do moderate-to-vigorous physical activity, such as running, or large amounts of activity can continue doing so during and after their pregnancy provided they stay healthy and discuss with their health care provider how and when activity should be adjusted over time.



NOTE: Home Visitors should always ask parent to check in with their healthcare provider around any nutrition concerns.

Nutrition & Physical Activity Resources for Massachusetts Home Visiting Programs

Mass in Motion Eat Better, Move More

- [Eat More Fruits and Veggies](#)
 - [Re-Think Your Drink](#)
 - [Control Your Portions](#)
 - [Move More](#)
 - [Reduce Screen Time](#)
 - [Breastfeed Your Baby](#)
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USDA, WIC Works Resources System, English and Spanish

- [Tips for Pregnant Moms](#)
 - [Tips for Breastfeeding Moms](#)
 - [Feeding Your Baby in the First Year](#)
 - [Healthy Eating for Preschoolers](#)
 - [Healthy Tips for Active Play](#)
 - [Healthy Tips for Picky Eaters](#)
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Touching Hearts Touching Minds

WIC-MA, My Plate for Kids

USDA, Choose My Plate, Printable Tips

- Choose MyPlate [[color](#); [b/w](#)]
 - Add More Vegetables to Your Day [[color](#); [b/w](#)]
 - Focus on Fruits [[color](#); [b/w](#)]
 - Make Half Your Grains Whole [[color](#); [b/w](#)]
 - Got Your Dairy Today? [[color](#); [b/w](#)]
 - With Protein Foods, Variety Is Key [[color](#); [b/w](#)]
 - Build a Healthy Meal [[color](#); [b/w](#)]
 - Healthy Eating for Vegetarians [[color](#); [b/w](#)]
 - Smart Shopping for Veggies and Fruits [[color](#); [b/w](#)]
 - Liven up Your Meals With Vegetables and Fruits [[color](#); [b/w](#)]
 - Kid-Friendly Veggies and Fruits [[color](#); [b/w](#)]
 - Be a Healthy Role Model for Children [[color](#); [b/w](#)]
 - Cut Back on Your Kid's Sweet Treats [[color](#); [b/w](#)]
 - Salt and Sodium [[color](#); [b/w](#)]
 - Eat Seafood Twice a Week [[color](#); [b/w](#)]
 - Eating Better on a Budget [[color](#); [b/w](#)]
 - Use SuperTracker Your Way [[color](#); [b/w](#)]
 - Enjoy Your Food, But Eat Less [[color](#); [b/w](#)]
 - Make Better Beverage Choices [[color](#); [b/w](#)]
 - Make Celebrations Fun, Healthy & Active [[color](#); [b/w](#)]
 - The School Day Just Got Healthier [[color](#); [b/w](#)]
 - Choosing Whole-Grain Foods [[color](#); [b/w](#)]
 - Be Food Safe [[color](#); [b/w](#)]
 - MyPlate Snack Tips for Parents [[color](#); [b/w](#)]
 - Healthy Eating for an Active Lifestyle [[color](#); [b/w](#)] **NEW**
 - Be an Active Family [[color](#); [b/w](#)] **NEW**
 - Be Active Adults [[color](#); [b/w](#)] **NEW**
 - Enjoy Food from Many Cultures [[color](#)] **NEW**
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More Resources

Nemours Foundation, Kids' Health [Nutrition Guide for Toddlers](#)

Sodium from American Heart Association, MDPH, CDC:

- [The Salty Six](#)
 - [Choose Less](#)
 - [Tracking Down the Salt in Food with Professor Saul T](#)
 - [Sodium infographics](#)
 - [Seven Salty Myths BUSTED](#)
 - [The Salty Six](#)
 - [9 Out of 10 Americans Consume Too Much Sodium](#)
 - [The Effects of Excess Sodium on Your Health & Appearance](#)
 - [Change Your Salty Ways In 21 Days](#)
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Tips from the American Heart Association:

[Top 10 Tips for Dealing With a Picky Eater](#)
[Healthy Foods Under \\$1 Per Serving](#)

Tools for Participants: [USDA, Supertracker](#)

- Personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

- [Food-A-Pedia](#)
 - [Food Tracker](#)
 - [Physical Activity Tracker](#)
 - [My Weight Manager](#)
 - [My Top 5 Goals](#)
 - [My Reports](#)
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Mobile Apps (CDC/NIH):

- [BMI Calculator](#)
 - [52 Weeks for Women's Health](#)
 - [LactMed](#) (Breastfeeding & medications)
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From the [EEC](#):

- [Eat more whole grains, less added sugar for good health](#)
 - [Fruits and vegetables: Eat 5 to 9 servings for good health](#)
 - [Dietary Fats: The good, the bad, and the ugly](#)
 - [Physical Health and Well Being Brochure](#)
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Physical Activity

CDC and other governmental websites:

- [Let's Move!](#)
- [Adult Physical Activity Recommendations](#)

- [CDC YouTube Physical Activity Guidelines](#)
 - Eagle Books' [Lifting Knees High](#), a video for children for preventing diabetes
 - Eagle Books' [Plate Full of Color](#), a video for children for preventing diabetes
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Alcohol:

- [Pouring on the Pounds](#)
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