

Food and Nutrition Information
Center at the National Agricultural
Library

Jinee Burdg
Laryessa England
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2007 UMD Dietetic Interns

Assigned Teams: WIC Works

Jinee -
Kathleen

Laryessa -
Kathleen



Overview

- Researched and updated resources for the following WIC Works Topics:
 - Jinee – Fruit & Vegetables and Breastfeeding
 - Laryessa – Whole Grains, Fiber and Infant Nutrition and Feeding
- Reviewed materials to be placed in the WIC Works Education & Training Materials Database
- Researched and reviewed materials and began to update the Childhood Obesity Resource List for Educators and Researchers

Examples of Additions -- Laryessa

-  [Whole Grains Made Easy](#) [PDF] - American Dietetic Association.
-  [Whole Grains Council](#)
-  [How to Bottle Feed a Newborn Baby](#) - The Cleveland Clinic Health Information Center.
-  [Making Your Own Baby Food/Introducing Solid Foods](#) - University of Maine Cooperative Extension.


Assigned Teams: Reference Team


 Jinee - Sara

 Laryessa - Joyce




Sample Reference Question

 I often feel hungry shortly after eating apples. I usually eat an apple with something else like cheese or peanut butter, so I'm baffled why I would be hungry again so quickly after eating those types of foods


 I have a 6 year old grandson that eats a mostly 'white flour' type diet - am seeking information on how that type diet affects his health and any recommended reading on the subject

Sample Reference Question

 I am hoping you can help me with a question I have had for some time now. As an Australian I am familiar with cereal and other packages providing ingredient information as a percentage. Thus I know corn flakes are typically 30% sugar.

However, whenever in the US such information seems to be absent. I was wondering why? Surely this information is vital for consumers


Sample Reference Question


 **"Search the USDA National Nutrient Database for Standard Reference" for "Duck, meat only, roasted" and choose 100g, it says " (Nutrient values and weights are for edible portion) Refuse: 62% (35% bone, 27% skin and separable fat)"**

If I enter 100g, the nutrition value displayed, are they for 62g PURE duck meat or 100g PURE meat (which means it's about 150g duck with bone)?

Also, where I can get the iodine weight for certain food?

Sample Reference Question

 I am looking for any school assemblies about health, wellness and nutrition for our Elementary school in MA

 I am a nutritionist and I would like to know if the Dietary Reference Intakes is a world reference or if each country has one?

Sample Reference Question

Buenas tardes,es en relacion al contenido de retinol en su base anterior al 2003, la pregunta es si el retinol incluia la suma de carotenoides, o solo era referente a provitamina a y retinol?

Other Experiences While at NAL

- Prepared WIC materials to give away at FNCE in Philly
- Attended the 2007 Food Assistance and Nutrition RIDGE Conference in Washington D.C.
- Attended the Webinar entitled, "Customer Carewords: Using a Three-Step Process to Deliver Top Tasks"
- Toured the USDA facilities in Beltsville under the direction of Jay Green, RD.

What We Learned

HOW TO...

- Use Dreamweaver Skills
- Research and determine what is credible information
- Determine scope
- Effectively use AGRICOLA
- Answer questions from consumers coming into the FNIC inbox

E-Portfolios

Let's Go!

 Laryessa:
<http://www.wam.umd.edu/~lengland/>

 Jinee:
<http://www.wam.umd.edu/~bmsgumby/portfolio/home.html>

THANK YOU!!

We want to thank everyone at FNIC for all the work that you have put into making this rotation so incredible. We learned a great deal while we were here and really enjoyed being part of the team!



Jinee & Laryessa

QUESTIONS???