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# Memo

**To: WIC Coordinators & CPAs**

**From: WIC Nutrition Unit**

**Date: December 24, 2014**

**Subject: Exhibit 7-E: Medical Documentation Changes for Soy Foods**

As of **January 1, 2015**, medical documentation from a Health Care Provider for soy beverage and tofu **will no longer be required**. The “Special Prescription” status in HuBERT for these foods will be removed. Currently medical documentation from the Health Care Provider is required for the issuance of soy beverage and tofu for children, and for issuance above the maximum substitution allowance of tofu to women.

Instead, **CPAs will now be responsible** for conducting the individual nutrition assessment of need and documenting that reason in the participant record.

CPAs should consult with the Health Care Provider *if there are any questions or concerns* about providing soy foods; see Assessment Considerations below. The other basic procedures will remain the same.

## When is CPA assessment and documentation required?

Category	Soy Beverage	Tofu
Children	Yes	Yes
Fully Breastfeeding women	No	Yes, <i>if &gt; 6 lb.</i>
Pregnant women	No	Yes, <i>if &gt; 4 lb.</i>
Mostly-, Some-, Non-breastfeeding women	No	Yes, <i>if &gt; 4 lb.</i>

The eligibility criteria for these soy foods remain the same:

- Milk allergy
- Lactose intolerance
- Vegan/vegetarian diet
- Cultural/lifestyle practice
- Religious observance

## Required Documentation

After determining need for the soy food, **CPAs must document the reason it was prescribed**. This may be done in a General note or a SOAP note, depending on Local Agency practice. To assist with documentation, the following General note subjects will be added to HuBERT as an option:

- Soy Food – Cultural Practice
- Soy Food – Lactose Intolerance
- Soy Food – Milk Allergy
- Soy Food – Religious Observance
- Soy Food – Vegan/Vegetarian

CPAs may choose the appropriate note subject and briefly document any pertinent information helpful for continuity of care in the note. Local agencies may determine how they wish to document the justification reason as long as **all staff document consistently**.

The CPA approval is good for 1 year.

### Assessment Considerations

#### Milk Allergy:

- Has the participant tried soy beverage without any issues?
- Is the Health Care Provider aware that the participant is using a soy beverage for a milk allergy? Would it be helpful for him/her to know this?
- [Note: the AAP *does not recommend* [soy formula](#) for infants with documented milk protein allergy since some of those infants might also develop a soy protein allergy.]

#### Lactose intolerance:

- Lactose-free milk should first be offered to participants with lactose intolerance who cannot drink regular milk.

#### Nutrient profile:

- [WIC-allowed soy beverages](#) have been specially formulated to contain a nutrient profile comparable to milk. Non-WIC soy beverages do not contain as many nutrients, and may be lower in protein, calcium and vitamin D. Other [popular milk alternatives](#), such as rice and almond beverages, also contain fewer nutrients and tend to be much lower in protein. See [Healthy Drinks Healthy Kids](#) for more information.
- **Tofu is not vitamin D-fortified.** Vitamin D adequacy should be considered for participants receiving greater quantities of tofu, and if appropriate, counseling should be provided on ways to achieve an adequate vitamin D intake.
- **Tofu often contains less calcium than milk.** A 3-ounce tofu serving typically contains 2% to 30% of the Daily Value (DV) for calcium, depending on the brand. This is in comparison with 30% DV for calcium found in 1 cup of milk. Calcium is necessary for development of bone mass in children and also important during pregnancy. Counseling should be provided suggesting ways to achieve adequate calcium intake if appropriate.

If there are any concerns or questions about providing these soy foods, CPAs should contact their WIC Nutrition Consultant.

#### WIC-allowed soy beverage tips:

- There are 2 refrigerated soy beverage options. Both are available in half gallons only.
  - **Silk** Original (plain)
  - **8<sup>th</sup> Continent** Original (plain)

When providing education on these, visuals are most effective so that the CPA can point out the “Original” designation and half-gallon packaging since both brands offer a variety of other non-WIC options.

- There is also a shelf-stable soy beverage: Pacific Natural Foods Ultra Soy (plain). It comes in quarts and is not widely available.

**Tofu:** For a list of WIC-allowed tofu options, see the [Tofu UPC/Product Listing](#) on the website.