



## Talk it over

---



1. Review your notes and ask any questions you have about the course.
2. How does the information in this online course compare with what you knew about nutrition before?
3. How are dietary guidelines used when working with WIC participants?
4. What basic nutrition information is the most important to consider when working in WIC?
5. What can you do to make sure you are sharing accurate nutrition information?

## References

---



- My Plate
  - <https://www.choosemyplate.gov/view-all-audiences>
- Food Labels
  - <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/the-basics-of-the-nutrition-facts-label>
- Vitamin D Information for Health Professionals
  - <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
- Water Fluoridation in Oregon
  - <https://www.oregon.gov/oha/ph/preventionwellness/oralhealth/pages/fluoride.aspx>