

Women

Infants

Children

The WIC Informer

Back Issues of this publication are available on our website: cdhd.idaho.gov

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RAISING A HEALTHY CHILD



Did you know?

- Young children don't know the difference between the content of a program and a commercial.
- When they watch TV, they are exposed to hundreds of ads for high sugar breakfast cereals, candy, soft drinks, chips and pastries. Most of these foods should be eaten less than once a week!
- These ads may try to convince your children that eating a certain food or having a certain toy will make them happy or popular.

Most children don't understand that the purpose of advertising is to sell things. So, talk to your children about advertisements. When your child asks for products advertised on TV, explain that the purpose of commercials is to make people want things they may not need.

Take time to watch TV with your children. When you watch an advertisement, ask them questions like the ones below to make them think about and understand the real purpose of these ads.

- What is the purpose of advertising? *To sell products.*
- Why do the ads only talk about the good things and not the bad things about the products they are selling? *If they talked about the bad, for example the nutritional content of fast foods, the products would appear less appealing and wouldn't sell.*
- Why are famous people often in ads? *Advertisers want you to think that if you buy that product, you will become more like these famous people.*
- Why do ads sometimes make misleading claims? *To make the product seem better than it actually is.*

What is the best choice as a parent? Limit the number of commercials your child sees by limiting their TV time to 1 hour a day, *and* by having them watch public television stations (in our area Channel 4) which have good quality programs and very few commercials.

Source: www.common sense media.org. Sign up for their free newsletter.

The WIC Program is an equal opportunity provider and employer.



Clinic Locations & Hours

Ada County

Central District
Health Department
707 N. Armstrong Pl.
Boise, Idaho 83704
Tel (208) 327-7488
Fax (208) 321-2243

Clinic Hours:

Mon 8:00-6:00
Tues 8:00-6:00
Wed 8:00-7:00
Thur 8:00-6:00
Fri 8:00-5:00

Boise County

Contact Ada County Office
to schedule an appointment
Tel (208) 327-7488
Fax (208) 321-2243

Elmore County

Mountain Home
Health Department
520 E. 8th Street
Mountain Home, Idaho 83647
Tel (208) 587-4409
Fax (208) 587-3521

Clinic Hours

Mon – Fri 8:00-5:00
1st & 3rd Wed. 9:00-6:00

Valley County

McCall Health Department
703 N. 1st Street
McCall, Idaho 83638
Tel (208) 634-7194
Fax (208) 634-2174

Office Hours

Tues & Thurs 8:00 – 4:30

*Clinics closed on
all government holidays*

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Microwave Food Safety

There are tricks to microwaving that you can use to safely cook your foods. Microwaves do not always cook evenly causing cold areas in the food. If food does not cook evenly, bacteria may survive and cause foodborne illness. **Here are some simple tips:**

Defrosting Food

- Remove food from store wrap before defrosting. Foam trays and some plastic wraps will melt and could cause chemicals to go into the food.
- Cook meat and poultry immediately after defrosting. Holding partially cooked food is not good because all the bacteria may not have been destroyed.
- Remember to take food out of the microwave. Food should not be left out of refrigeration for more than two hours.

Reheating Foods

- Heat leftovers and precooked food to 165°F.
- Cover foods with waxed paper, paper towel, or microwave safe cover to provide safe even heating. This also helps protect against contamination.

How to Tell if it is a Microwave Safe Dish

- If you are not sure if something is safe to use, put the dish in the microwave along with a cup of water. Heat for 1 minute. If the dish gets warm or hot, do not use.
- Glass and ceramic cookware without metallic paint are safe for microwave use.
- Do not use metal or aluminum foil. These can get too hot and burn.
- Never use plastic grocery bags, newspapers, or thin plastic storage bags in the microwave.

Microwave Safe Basics

- Arrange items evenly in a microwave safe dish.
- Stir halfway through cooking to prevent cold areas where bacteria can survive.
- Carefully remove food from the microwave. Dishes may be hot and you may need to use oven mitts.

Sources:

1. USDA Food Safety and Inspection Service (November 2000). Food Safety Facts – Microwave Oven. <http://www.foodsafety.gov/~fsg/fs-mwave.html>.
2. USDA/FSIS (2004, Sep) Home Alone? After School Snacks and Food Safety USDA Quiz for Parents and Kids. http://www.fsis.usda.gov/News_&_Events/NR_090704_01/inex.asp
Institute for Agriculture and Trade Policy (October 2005).
Smart Plastics Guide Healthier Food Uses of Plastics.

Peanut Butter Does A Body Good

Peanut butter is a WIC product. When your child is between the ages of 2 to 5 or if you are pregnant or breastfeeding, you can receive peanut butter each month.

Peanut Butter is High in Nutrition:

- Good source of Protein - Necessary for growth and repair of our bodies. It is an excellent source for growing children.

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- The calories provided are in the form of fat for energy.
- Excellent source of Niacin - Niacin is important in the release of energy from the food we eat and the maintenance of healthy skin, the nervous system, and the digestive tract.
- Good source of Magnesium - Important in the building of bones and teeth, and the creation of protein.
- Plus many more nutrients!!
- Allergies to peanuts are not the most common type of food allergies (allergies to milk and eggs are more common), but they can be among the most serious and are usually considered to be the least likely to be outgrown. If your child is allergic to peanuts do not give them peanut butter.



Check the label to see if the brand of peanut butter needs to be refrigerated. Some brands of peanut butter do not have to be refrigerated and can be stored on your shelf for about 3 months once opened. Others need to be refrigerated immediately after it has been opened.

* See [peanut butter recipes on back page](#).

Source: Carolyn Jenks, *ISU Dietetic Intern*

A Breastfeeding Mother's Diet By Marie Collier, R.D., L.D.



The calorie fuel supply for milk production comes from two sources: energy stored as body fat during pregnancy and extra energy from food choices. Adding an extra serving or so from each food group each day helps provide the extra calories needed. A diet of vegetables, fruits, grains, proteins, liquids and calcium sources is all that a nursing mother needs to stay healthy. It is also a good idea to continue to take a prenatal vitamin daily (or a multi-vitamin) while breastfeeding. It is okay for a nursing woman to gradually lose weight as long as she is eating healthy.

It is important to drink enough fluids to satisfy thirst and prevent dehydration. A general guideline is to drink during each nursing session and whenever feeling thirsty (usually about 8 to 12 cups fluid daily). A good indicator that a breastfeeding mom is getting enough fluids is that her urine is clear to light yellow in color. Recommended liquids include water, milk and 100% juice. Caffeine (usually found in coffee, tea, some sodas and other beverages) and a similar substance found in chocolate can cause a baby to be fussy. Newborns do not filter caffeine as quickly as adults so it can build up over time. It is a good idea to limit caffeine to 1 or 2 cups a day or use decaffeinated products.

In general, it is best to avoid alcohol while breastfeeding. Alcohol consumption can temporarily decrease milk production. When a nursing mother consumes alcohol, significant amounts of alcohol are secreted into breast milk. The more alcohol that is consumed, the longer it takes for it to be eliminated from the mother's system. The effects of alcohol on a breastfed baby are directly related to the amount and frequency of alcohol a nursing mother consumes. The infant may experience increased drowsiness, deep sleep, weakness, a decrease in linear growth and abnormal weight gain. Some women prefer to use a breast pump to "pump and dump" breast milk after having a glass of wine or a beer. In general, it takes about two to three hours to be eliminated from her system. One high alcohol drink can take up to 13 hours to be eliminated from a woman's body. Alcohol also impairs a woman's judgment, so another responsible adult needs to be caring for her infant while the mother is under the influence of alcohol. If you are breastfeeding and wish to consume alcohol, discuss it first with your baby's doctor/health care provider.

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Although it is not common, some foods and beverages consumed by a nursing mother may cause her baby to develop excessive gas. If baby seems gassy, the best method for identifying these foods/beverages is trial and error. If an offending food is identified, it is important to periodically try eating the food again to see if the food continues to cause problems or if it can be added back to mother's diet. Other factors that could cause an infant to develop gas include swallowing air, certain medications and supplementing with formula.

If you are breastfeeding and have questions about your diet, consult a registered dietitian (WIC has several dietitians on staff) or your doctor/health care provider.

Recipes

Savory Peanut Butter Dip

- 1/4 cup creamy peanut butter*
- 3 ounces fat free cream cheese
- 1 to 2 tablespoons lemon or apple juice*
- 1/2 teaspoon cinnamon
- 1/8 to 1/4 cup natural applesauce
- 2 apples, sliced
- 1 small banana, sliced
- celery stalks, sliced into 4-inch pieces

Directions:

Combine the peanut butter, cream cheese, juice and cinnamon in food processor. Blend until smooth. Add applesauce, little by little, to bring to the desired consistency for the dip. Chill before serving with fresh fruits and vegetables.

Makes 8 servings (1/4 cup dip plus fruit and vegetables)

Source: Peanutbutterlovers.com

Peanut Butter Banana Breakfast Drink

- 1 container (6oz) vanilla yogurt
- 1/2 c. milk*
- 2 Tbsp Creamy Peanut Butter*
- 1 medium banana sliced
- 1/2 c ice cubes (about 3 to 4)

Directions:

In blender, combine top four ingredients. Add ice cubes one at a time and process until blended. Serve immediately

Makes 2 servings

* WIC foods

Source: Pam Jenks

Pasta Veggie Scramble

- 4 eggs
- 1/2 cup halved thin zucchini slices (about 2 oz.)
- 1/3 cup chopped green onions with tops
- 1/3 cup julienne sweet red pepper
- 1/4 cup skim or low-fat milk
- 2 tablespoons grated Parmesan cheese
- 1/4 to 1/2 teaspoon garlic powder
- 3/4 teaspoon Italian seasoning, crushed
- 1/8 teaspoon ground red pepper
- 4 ounces fettuccini or linguine, cooked and drained
- 4 cherry tomatoes, halved
- Cooking spray

Evenly coat 10-inch omelet pan or skillet with spray. Add zucchini, onions and pepper. Cook over medium heat until zucchini is crisp-tender, about 3 minutes.

In small bowl, beat together eggs, milk, cheese and seasonings. Pour egg mixture over vegetables in pan. Add fettuccini and tomatoes. As egg mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan. Continue until eggs are thickened and no visible liquid egg remains. Do not stir constantly. Serve immediately.

Source: www.pregnancyfoodguide.org