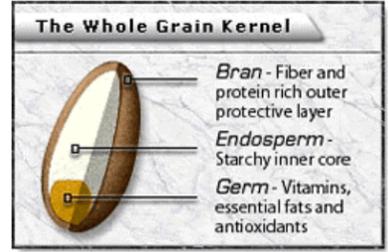


Women
Infants
Children

Central District Health Department

The WIC Informer

Whole Grains: Why All The Fuss???



What are whole grains?
Grains such as wheat start out as a whole grain. If, during the milling process, the bran and the germ are removed, the end result is white flour. If they are not removed, the end result is whole wheat flour, since the grain is left intact and the "whole" grain kernel is milled.

Why are whole grains so important?
The germ and the bran of whole grains are high in fiber, vitamins, minerals and important antioxidants, all of which help reduce the risk of heart disease, cancer, and diabetes.

How many servings of whole grains do I need each day?
At least half of the grains that you eat should be whole grains. Recommended grain servings for inactive Americans range from 3 servings a day for 2-3 year olds to 6 servings a day for 19-30 year olds. A serving of a grain is equal to 1 slice of whole wheat bread or 1/2 cup of cooked oatmeal, brown rice or whole wheat pasta.

What if I am too busy to prepare whole grains?
There are plenty of whole grain options that don't much take time. For example, you could eat a whole grain cereal for breakfast such as oatmeal or Cheerios. For lunch you could make a sandwich on 100% whole wheat bread instead of white bread, and for dinner you could quickly prepare instant brown rice for a side dish. A great snack would be whole grain crackers (such as Wheat Thins or Triscuits) with cheese or peanut butter, or popcorn lightly seasoned with salt. Make sure that the ingredient list says "whole" before the listed grain and that it is the first ingredient listed.

- Examples of whole grains:**
- 100% whole grain bread
 - Barley
 - Brown rice
 - Popcorn
 - Oatmeal
 - Wild rice



Recipe – Creamy Cinnamon Oatmeal

1 cup of oats
1 1/2 cup reduced fat milk
1 teaspoon cinnamon
1/4 cup chopped walnuts (optional)
Sliced banana
Brown sugar

(makes 3 servings)

1. In medium saucepan, bring milk to a gentle boil. (Watch carefully!) Stir in oats and cinnamon, and return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old fashioned oats or until most of milk is absorbed, stirring occasionally. Let stand until desired consistency. Stir in walnuts.
2. Spoon oatmeal into three cereal bowls. Top with banana and brown sugar. Serve with milk or yogurt, if desired.

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

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The WIC Program is an equal opportunity provider and employer.



Recipes

Minestrone Soup

Serving Size: 1 cup or 1/6 of recipe
Yield: 6 servings

- Ingredients:**
- 16 ounces frozen vegetable, any type
 - 30 ounces stewed tomatoes, canned, low-sodium
 - 28 ounces broth, any flavor, canned, low-sodium
 - 15 ounces beans, canned, any type
 - 1 cup pasta, dry, any type

Instructions:
This recipe is developed for a child to help an adult in the kitchen. Directions are written to different audiences:

1. Adult and child: Wash hands well with soap and hot water.
2. Child: In a large pot, combine frozen vegetables, tomatoes, broth and beans.
3. Adult: Bring the soup to a boil and add the pasta. Then reduce to low heat. Let simmer for 6-8 minutes or until the pasta and vegetables are tender.

Cost: Per Recipe: \$4.94
Per Serving: \$0.82

Source: Adapted from: *Food Wise Learn at Home Print Materials*
Rutgers Cooperative Extension

Dutch Apple Yogurt Dessert

Serving Size: 1/2 of recipe
Yield: 2 servings

- Ingredients:**
- 1/2 cup yogurt, nonfat
 - 1/2 cup applesauce, unsweetened
 - 1 tablespoon seedless raisins
 - 1/8 teaspoon ground cinnamon
 - 1 teaspoon brown sugar
 - 1 tablespoon nuts as topping or crunchy cereal

Instructions:

1. Wash hands thoroughly with warm water and soap.
2. Combine all ingredients in a small bowl.
3. Cover and refrigerate until chilled.
4. Eat and enjoy as a snack or as a dessert.

Cost: Per Recipe: \$0.61
Per Serving: \$0.31

Adapted from: *Fun Food News*
Arizona Nutrition Network

Workshops for Parents Who Have Children with Learning Difficulties Winter 2008

January 9 or 31
IDEA and Special Education: A Parent's Toolbox
Learn the steps in Special Education process and six guiding principles of Individuals with Disabilities ACT (IDEA)

March 5 or 20
Success with Individual Education Plans (IEPs)
Learn how to put this communication vehicle to work for your student and write meaningful goals.

February 6 or 28
No Child Left Behind and Students with Disabilities (NCLB)
This workshop will discuss assessments, adequate yearly progress, and teacher qualifications.

April 2 or 24
Understanding Attention Deficit Hyperactivity Disorder (ADHD)
Learn about the three types of ADHD and ideas for parents and teachers

All workshops will be from 6 to 8 p.m. Each workshop will be offered twice during the month. Registration is Easy. E-mail blenda@ipulidaho.org or Telephone: Call IPUL at 342-5884 or give to receptionist at Lee Pesky Learning Center.
With your registration, include the following information:
Date Attending • How many will be attending • Your name and child's name • phone number • e-mail

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

Mtn. Home Air Force Base
Consolidated Support Center
Building 2610
Tel (208) 587-4409

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

Cascade Medical Center
3rd Tuesday of every month
Contact McCall office to
schedule an appointment
Tel (208) 634-7194
Fax (208) 634-2174

Clinics closed on
all government holidays

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Pregnancy Tips For Preparing To Breastfeed



Women often wonder if they need to do anything special during pregnancy to prepare breasts for breastfeeding. Actually, there is very little a woman needs to do in the way of physical preparation. Hormones produced during pregnancy trigger changes in breasts so they are ready to produce milk once the baby is born.

At one time a great deal of emphasis was placed on preparing nipples ahead of starting to breastfeed in order to avoid sore nipples. It is now recognized that correct positioning and latch-on of the baby can prevent or minimize nipple soreness. Advance nipple preparation is no longer considered necessary.

It is recommended to avoid using alcohol, antiseptics or soap on nipples. Rinsing with plain water when bathing is all that is needed. When a baby nurses, the Montgomery glands that surround the nipple secrete a substance that lubricates the skin and discourages the growth of bacteria.

Soap can be very drying and should be avoided entirely on the nipple area. Some mothers prefer to use a moisturizer on their nipples during pregnancy to keep their skin from becoming too dry. A good choice is a lanolin based cream specifically designed for breastfeeding women. There are many brands available (such as Medela, Lansinoh, Ameda, etc.) Breastfeeding creams are usually sold in stores/areas where other breastfeeding supplies are sold (such as breast pumps).

During pregnancy, the breasts begin to produce colostrum to prepare for feeding the baby. Many women notice a few drops leaking from the nipples during the last few weeks of pregnancy. At one time, health care providers recommended squeezing a few drops of colostrum from the breast every day. This is no longer recommended because research has not shown any benefits.

Most mothers will want to purchase nursing bras during pregnancy that are specially designed to offer easy access to the breast for feedings. It is best to wait to purchase bras until the last weeks of pregnancy. Bras should have extra room both in the cup and around the rib cage. The breasts will enlarge after the baby is born and the milk comes in, and nursing bras should be fitted with this in mind. A bra that is too tight, either around the ribs or in the cup, can cause a plugged milk duct or breast infection.

Spanish-Language Publication on Suicide Prevention

Survey data from the Centers for Disease Control and Prevention indicate that more than half of all suicides among Hispanics occur among those ages 10-34, with Hispanic males being almost six times as likely to die by suicide as Hispanic females. In response, the Mental Health Association in Texas has released the publication *Comprender el Suicidio: Lo Fundamental* (Understanding Suicide: The Basics), which is available at www.mhatexas.org/F_2006UnderstandingSuicide_Spanish.pdf. For more information, visit www.mhatexas.org.

Pregnant & Fit: Exercise During Pregnancy Has Its Benefits by Sarah Walker

**Exercise is not only safe, but encouraged during pregnancy.
Here are some tips to get you started:**

Talk to Your Doctor

Before you start, ask your doctor what exercises are right for you.

Make an Exercise Plan

Plan out your exercise program for the week, this will help you stick to your program. See example below.

Recommendations

Exercise 5-7 times a week for 30 minutes. Exercise should be done at a pace that allows you to maintain a conversation.

Pick an exercise that is right for you

Walking is an easy and efficient way to get exercise when you are pregnant. Some other forms of exercise that are recommended while you are pregnant are: swimming, biking, jogging, aerobics, yoga, and dancing. Avoid exercise that could cause injury such as horseback riding, skiing and soccer.

Take care of yourself and pay attention to how you feel

Now that you're pregnant you should drink plenty of water, avoid exercise in very hot or very cold weather and if you are not already exercising start slowly and work up to recommendations. When you exercise make sure not to overdo it. If you have any problems while exercising such as dizziness or cramps in your uterus, stop exercising and call your doctor.

Benefits of exercising during pregnancy

- Reduced risk of gestational diabetes
- Reduced risk of pregnancy-induced hypertension
- Reduced excessive weight gain
- Reduced risk of blood clots
- Improved fetal growth
- Slightly shorter labors

Sample exercise Plan

Monday- 30 min walk

Tuesday- 1 hour yoga class for pregnant moms at the YMCA

Wednesday- 30 min walk

Thursday- Day Off

Friday- 30 min swim at the YMCA

Saturday- 1 hour bike ride with husband

Sunday- Day Off

** Always warm up before exercise- a good way to warm up is to walk for five minutes and do some light stretching*



News in Brief

**A simple question convinces kids
to eat more fruit:**

“Would you like fruit or juice with your lunch?”

A recent study showed that when school-aged children were asked this question, 90% took the fruit serving and 80% of them actually consumed it! In the control school, only 60% of the students chose a fruit serving. As a result, nearly 70% of the children in the intervention school consumed a fruit serving at lunch, while fewer than 40% did so in the control school.

Source:

<http://nutritionforkids.com>



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