

Women

Infants

Children

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

In This Issue:

Breast Feeding Increases IQ

Are You & Your Child Getting Enough Iron?

Iron Rich Muffins

No Cereal In Bottle & Introducing Solid Foods

Recipes

Raising Healthy Children: The Truth About Fruits & Vegetables

We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out. **Thank you for your cooperation.**

The WIC Program is an equal opportunity provider and employer.



The WIC Informer

Breast Feeding Increases IQ

Breast feeding is the normal way for an infant to eat. There are many benefits to breast feeding. Some recent research indicates that children who were breast fed exclusively for the first three months of life or longer scored nearly 5.9 points higher on IQ tests at the age of 6 than children who weren't exclusively breast fed. Another study shows that children who were exclusively breast fed for 6 months had IQ's 5-10 points higher than children who were formula fed. Another comprehensive analysis involving 11 different studies and over 7000 children showed that breastfed infants tested 5.2 IQ points higher than formula fed infants.

It is unclear if the reason for the increased IQ is due to nutritional components of the breast milk which are not found in other foods, including formula, that are essential for brain development and increased IQ. Or if the increase in IQ could be as a result of the way the mother interacts with the baby during breast feeding.

In addition to increased IQ, infants who were breast fed have lower rates of:

- ear infections
- diarrhea
- respiratory infections
- meningitis

Breastfeeding may also protect children against:

- allergies
- asthma
- diabetes
- obesity
- sudden infant death syndrome (SIDS)



The American Academy of Pediatrics (AAP) and the American Medical Association (AMA), the American Dietetic Association (ADA), the World Health Organization (WHO), and WIC recommend breast feeding as the best for babies. The AAP says babies should be breastfed exclusively for the first 6 months and that breastfeeding should continue with the addition of solid foods until 12 months (and beyond) if both mother and baby are willing.

Sources:

www.breastfeeding.com (Summary from American Journal of Clinical Nutrition)

Breast-Feeding May Boost IQ
www.nlm.nih.gov/medlineplus

Breastfeeding vs. Formula Feeding
Kidshealth.org/parent/food/infants/breast_bottle_feeding.html

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

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*

Are You & Your Child Getting Enough Iron?

by Allison Carnahan - ISU Dietetic Intern

Have you or your child ever had a hemoglobin finger prick test during your WIC visit? Have you ever wondered why this test is necessary? This simple test reveals important information about the health of both you and your child. This little test reveals how much iron is in the blood and if you or your child is low in iron (having too little iron in the blood).

So, what's the big deal?

- Iron is a mineral essential for life and can be found in a variety of foods.
- Without enough iron in the blood (iron anemic), the human body will not have enough life-supporting oxygen to function normally.
- Without enough oxygen, symptoms such as dizziness, weakness, and shortness of breath might be experienced.

How much iron do I need?

- Non-pregnant adults: 10-18 mg/day
- Pregnant women : up to 30 mg/day
- Infants and children: 1-11 mg/day

What foods contain iron?

- Lean red meats (pork, beef)
- Lean white meats (chicken, turkey)
- Seafood (clams, tuna, salmon, shrimp)
- Egg yolks
- Nuts
- Breast milk
- Iron fortified cereals, breads, rice and pasta
- Iron fortified baby foods and formula
- Beans and lentils (kidney, navy, lima, black, pinto)



What else should I know?

- Drinking too much coffee, juice, and tea can decrease your body's ability to absorb iron.
- Increase absorption by cooking with high acidic foods (tomatoes or chilies) or cook in cast iron skillets.
- Include Vitamin C rich foods with meals (broccoli, cantaloupe, oranges, strawberries, etc.).

Need more information?

Contact your local WIC clinic for an appointment with a Registered Dietitian.

Sources:

Ohio State University Iron Fact Sheet;
<http://ohioline.osu.edu/hyg-Fact/5000/5559.html>.

Iron Rich Muffins

Mix together:

1 1/4 cups white flour
1 cup enriched Cream of Wheat
1/4 cup sugar
1 tablespoon baking powder
1 teaspoon salt
1/4 cup raisins, dried fruit bits, etc. (opt.)

In another bowl, mix together:

1 cup milk
1/4 cup oil
1 egg

Source: <http://www.hystersisters.com>

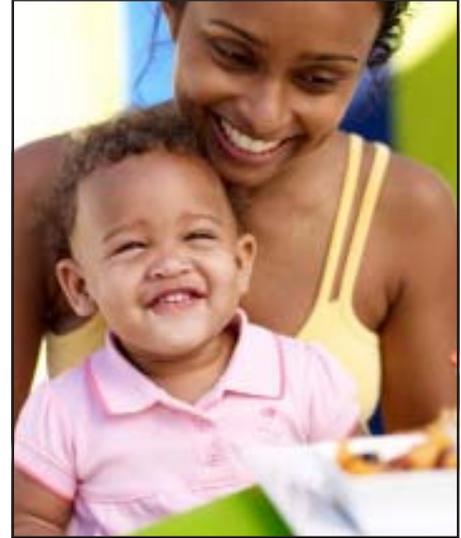
Preheat oven to 400 and grease a 12-cup muffin pan (or use paper baking cups). Add wet ingredients to dry ingredients. Stir only until the dry ingredients are moistened. Spoon batter into muffin tin and bake for 15-20 minutes or when the edges are brown.

No Cereal In Bottle & Introducing Solid Foods

Breast milk or iron-fortified formula is all that a baby needs before the age of six months. Often the first solid food given to a baby is iron-fortified infant cereal. Caregivers often hear that giving cereal earlier will help the baby sleep better. Generally, this is not true. In fact, babies may sleep about 1 hour for every month of age. So a baby that is three months old may sleep about three hours at a time.

Scientists at the Cleveland Clinic found that giving cereal did nothing to speed the age at which a baby sleeps through the night. One hundred six infants were randomly assigned to begin bedtime cereal feeding (1 tablespoon per ounce in a bottle). The infants fed the cereal did not have a higher proportion of sleep hours than the others.

When a baby is given breast milk or formula on demand, the baby learns to regulate when he or she is full. If cereal is added to the formula, the extra calories interfere with the ability of the baby to know if he/she is full. The American Academy of Pediatrics recommends never adding cereal to the bottle (except if an infant has esophageal reflux). Cereal in the bottle may lead to overfeeding which could contribute to obesity. Also, cereal in the bottle thickens the formula and may lead to choking.



Introducing solid foods earlier than 6 months of age may increase food intolerances or food allergies. A baby's digestive system is not mature enough for anything but breast milk or formula until he/she is about six months old. Learning to eat solid foods is an important part of an infant's development. The suck/swallow movements that allow a baby to eat from the breast or from a bottle are different than how a baby eats from a spoon. Most full term babies are developmentally ready at six months to start being fed with a spoon. Babies show readiness for solid food when they are able to:



- sit up with support
- hold their head steady
- open mouth when a spoon is seen
- close lips over a spoon
- keep food in the mouth and swallow the food

WIC provides cereal beginning when an infant is six months old. It is recommended that the infant be fed with a spoon, with rests between bites, and stopping when the infant lets the caregiver know he/she is full.

Sources:

http://www.wicworks.ca.gov/education/nutrition/Infant_Feeditn/InfantFeeding.htm

American Dietetic Association

www.eatright.org

July 24, 2007 Send a Message in a Bottle but Not Cereal
Welcome Baby! (Now What?!) www.mass.gov/wic

www.touchingheartstouchingminds.com

NIH medical library – Study on Infant Sleep and Bedtime Cereal

“Breastfeeding: Hot topics” Amy Spangler, MN, RN, IBCLC

Recipes

Yogurt Deviled Eggs

- 6 hard-cooked peeled eggs
- ¼ cup plain low-fat yogurt
- 1 teaspoon instant minced onion
- 1 teaspoon parsley flakes or freeze-dried chives
- 1 teaspoon lemon juice
- ¾ teaspoon prepared mustard
- ½ teaspoon salt, optional
- ¼ teaspoon Worcestershire sauce
- 1/8 teaspoon pepper
- Dash paprika

Cut eggs in half lengthwise. Remove yolks and set whites aside. In small bowl, mash yolks with fork. Stir in yogurt, onion, parsley, lemon juice, mustard, salt if desire, Worcestershire sauce, pepper, and paprika until well blended. Using spoon or pastry bag, refill whites using about 1 table-spoon yolk mixture for each egg half.

OR, place yolks in food-storage bag. Add remaining ingredi-ents, except egg white halves, to the bag. Close bag. Knead the bag until everything is well blended & smooth. Push the contents toward the corner. Snip about ½ inch off the corner of the bag. Squeezing the bag gently, fill the reserved whites with the yolk mixture. Chill to blend flavors.

Source: www.pregnancyfoodguide.org

Black and White Bean Salad

- 1 cup V8 100% Vegetable Juice
- 1 tablespoon vegetable oil
- ¼ teaspoon garlic powder OR 2 cloves garlic, minced
- 1 can (about 16 ounces) black beans, rinsed and drained
- 1 can (about 16 ounces) small white beans, rinsed and drained
- 1 can (about 8 ounces) whole kernel corn, drained
- 1 large green OR red pepper, chopped
- 1 medium onion, chopped

Mix vegetable juice, oil, garlic, black beans, white beans, corn, pepper and onion until evenly coated. Refrigerate at least two hours.

*Also delicious with Calcium Enriched V8 or 100% Vitamins A, C & E Healthy Request V8.

Source: Campbell's Kitchen

Raising Healthy Children – The Truth about Fruits & Vegetables

“Yes, I’d like to give my kids more fruits and vegetables, but fresh produce is too expensive!”

We frequently hear that here at the WIC office. But fresh fruits and vegetables may be more affordable than you think, especially if you buy them when they’re in season. Another plus is that they taste better in season.

A number of studies have confirmed that fresh produce is more affordable than you might think. In 2004, the US Department of Agriculture analyzed data from household food purchases made in 1999. The researchers concluded that the average American can purchase 4 servings of vegetables and 3 servings of fruits (a serving usually is ½ cup or medium piece) for just 64 cents a day. If this figure is adjusted to today’s costs, the price still averages less than a dollar a day – a great deal when compared to equal servings of processed foods like cookies, potato chips, etc.

Also, the study found that two thirds (2/3) of all fresh fruits and more than half of all fresh vegetables are less costly than processed versions of the same produce (canned or frozen).

Source: Adapted from *A Parent’s Guide to Childhood Obesity* by Sandra G. Hassink, MD. American Academy of Pediatrics.