

Women

Infants

Children

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cdhd.idaho.gov

In This Issue:

Is Organic Better?

Breastfeeding Success

Build Wealth, Not Debt

Depression Wellness
Guides

Recipes

11 Easy Ways To
Cut Calories

The WIC Program
is an equal
opportunity provider
and employer.



The WIC Informer

IS ORGANIC BETTER? by Nila Gregory, RD



I'm sure you've noticed while grocery shopping the increasing number of organic foods and products on the shelves these days. As organic items grow in popularity, so does the confusion over how these products are different and if that difference is better.

The Difference

The difference between foods labeled as organic and those not labeled organic is the way they are grown and processed. The USDA is in charge of certifying that products labeled organic are indeed grown and processed using only organic methods. Many foods can be organic including fruits and vegetables, milk, grains, meats, eggs, and processed food products.

The difference in production lies in the different ways organic and conventional foods maintain soil nutrients, control pests and weeds, and the way animals are treated.

When producing organic foods, natural fertilizer, like manure, is used to keep the soil rich in nutrients, while conventional foods use chemical fertilizers. To protect crops from insects organic farmers use traps, barriers, or insect predators while conventional foods spray with insecticide. Organic farmers will use hand-weeding, mulching, tilling, and flame weeding to control weeds while conventional foods are produced using synthetic herbicides.

Production and labor costs are high for organic foods and the amount of food that an organic farmer, rancher or dairyman can produce is less. The differences in production and labor costs lead to the difference in price, with organic products usually being more expensive than conventional foods.



The Bottom Line

Despite the differences in the production of organic and conventional foods, the nutritional content of both is equal. For example, you will get the same amount of Vitamin C from eating an organic orange as you would from a non-organic orange, and the calcium content of organic milk is the same as that of regular milk.

The American Dietetic Association states that there is no scientific evidence that organic foods are healthier or safer than conventionally grown food. They encourage consumers to eat a variety of foods for health, whether organic or not. At the grocery store the choice is yours. Just be sure to weigh cost against research and proposed benefits.

To learn more, go to www.howstuffworks.com and do a search for organic food.

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

*Clinics closed on
all government holidays*

Breastfeeding Success



How to Establish Your Milk Supply

Establishing and maintaining an ample milk supply is easy once you understand how milk supply is regulated and what kinds of things might upset the balance between the amount of milk the baby needs and the amount of milk that is produced.

The more often the baby nurses, the more milk there will be. This is the key to an abundant milk supply. Frequent nursing and effective sucking signal the mother's body to produce the amount of milk her baby needs.

Nurse early and often. This is one of the most important factors in getting breastfeeding off to a good start. Infants usually nurse about 8 to 12 or more times in a 24 hour period. This frequent nursing provides a wonderful source of comfort as well as nutrition for a newborn. If establishing breastfeeding is delayed due to medical reasons, a woman should begin pumping with a hospital grade pump as soon as possible after delivery.

Allow the baby to nurse as long as he/she seems interested. It may take a few minutes of sucking before the milk "lets down" or starts to flow. A baby needs to nurse long enough to get the hindmilk, the milk that comes toward the end of a feeding that is rich and creamy and high in calories.

Offer both breasts at each feeding, especially in the early weeks. Nurse baby until he/she seems satisfied on the first breast (at least ten to fifteen minutes), then offer the second breast. Next feeding, reverse the order of offering the last-used breast first.

Be sure the baby is sucking effectively. In order to draw the milk out and stimulate the breasts to produce more, the baby needs to have a large mouthful of breast tissue. Hold your baby in a comfortable position at the level of your nipple with his whole body facing you, being sure that baby doesn't have to turn his head or strain to hold onto the nipple. Wait for the baby to open his mouth very wide, then pull him in close to your breast with your nipple far back in his mouth. The baby who is a "cliff hanger" and chews on the end of the nipple instead of milking the breast will get less milk for his efforts, with a smaller amount of milk being produced for the next feeding. Improper positioning at the breast produces sore nipples. If you need help getting the baby to latch, consult the lactation services at the hospital where you delivered, a La Leche League peer counselor or WIC staff who can offer breastfeeding help.

Continue to nurse as often as your baby indicates the need. Keep in mind that since human milk is nature's perfect food for your baby, it will be digested more easily and rapidly than formula. A breastfed baby will be ready to eat again sooner than a formula fed baby. Remember the law of supply and demand applies - the more often the baby nurses, the more milk the body will produce.

If you find that your baby regularly sleeps more than three hours between feedings, he/she may need to be awakened for feedings at least every two hours during the day until your milk supply is well established.

Continued on page 3

Growth spurts or increased frequency days occur from time to time as the baby goes through periods of rapid growth. Allowing baby to nurse more often for two or three days will increase a woman's milk supply to meet baby's needs.

Other reasons that newborns nurse often: Babies like the feeling of security from close body contact that comes with nursing, soothing comfort that comes from the sound of the heartbeat and the gentleness and warmth of skin to skin contact.

Information adapted from La Leche League publication *Establishing Your Milk Supply*.

Build Wealth, Not Debt



All over America people are learning that you don't have to be rich to build wealth. Building wealth starts when you set a goal and make a plan to reach that goal. Whatever goal you choose - whether it's buying a car, buying a house, savings for college, or getting out from under your debts - learning a few simple savings strategies can help.

Try some of the strategies listed below to help you to reach your savings goals:

- \$ **Never purchase expensive items on impulse.** Think over each expensive purchase for at least 24 hours. Acting on this principle will mean you have far fewer regrets about impulse purchases, and far more money for savings.
- \$ **Pay with a debit card rather than a credit card.** You cannot use a debit card (unless it has an overdraft feature) to spend money you do not have. Using a debit card may also prevent you from annually incurring hundreds of dollars in credit card interest charges, which means more money available for savings.
- \$ **Track your spending.** At least once a month use receipts, credit card, checking and other records to review what you've purchased. Then, ask yourself if you can reallocate some of this spending to a savings account.
- \$ **Save your loose change.** Putting aside fifty cents a day over the course of a year will allow you to build an emergency savings fund.
- \$ **Shop for food with a list and stick to it.** People who do food shopping with a list, and buy little else, spend much less money than those who decide what to buy when they get to the food market. The annual savings could easily be hundreds of dollars.
- \$ **Substitute coffee for expensive coffee drinks.** The \$2 a day you save by buying coffee rather than cappuccino or latte would allow you, over the course of a year to completely fund a \$500 emergency fund.

For more tips on savings strategies go to: www.americasaves.org

Depression Wellness Guides for Children, Teens, & Parents

Families of Depression Awareness has developed guides to help parents help their children get well and stay well. The guides help parents:

- Understand how to respond to adverse reactions on antidepressants
- Know what helps their children and what does not
- Help their children to avoid hospitalizations and suicidal behavior
- Improve communication.



One guide is for teens with depression and one is for parents of children with depression. The guides help the family monitor depression treatment with daily and weekly tools and have been pilot-tested with parents and teens across the country.

The guides are available at www.familyaware.org/teenguides.php. For more information, e-mail info@familyaware.org.

Recipes

Old Fashion Vegetable Soup

Ingredients:

Makes 8 servings

1 16-ounce package frozen mixed soup vegetables
½ cup chopped onion
¼ cup chopped green pepper
46 ounces canned tomato or vegetable juice*
½ cup water
1 cup sliced mushrooms (optional)
1 bay leaf
1 teaspoon dried basil
½ teaspoon salt
½ teaspoon pepper



Directions:

Combine all ingredients in a large Dutch oven or pan • Bring to a boil • Cover; reduce heat to a simmer • Simmer for 30 to 45 minutes • Remove bay leaf before serving.

Menu Idea: Old Fashion Vegetable Soup
Tuna* or Egg* Salad Sandwich
Cold, Low-fat milk
(Whole milk recommended for children younger than age 2 years.)

*WIC foods.

Carrot Spice Cake or Muffins

Ingredients:

Makes one 8-inch square cake or 12 medium muffins

2 cups all-purpose flour
¾ cup sugar
2 teaspoons baking powder
1-teaspoon cinnamon
½ teaspoon salt
¼ teaspoon baking soda
¼ cloves
1 cup 100% tomato or vegetable juice*
1 medium carrot, grated
1/3-cup vegetable oil
1 egg, beaten*



Optional:
½ cup chopped nuts or raisins

Directions:

Preheat oven to 400° F oven. Grease the cake pan or muffin tins. • Mix flour, sugar, baking powder, cinnamon, salt, baking soda, and cloves in a large bowl. Add the grated carrots, chopped nuts or raisins. • Mix tomato or vegetable juice, oil and egg in a medium bowl. Add to the flour mixture. Stir until just moistened. The batter will appear “lumpy” • Spoon into prepared 8-inch square pan or muffin tins. • Bake cake 30 minutes, or muffins for 25 minutes, or until toothpick inserted in center comes out clean.

11 Easy Ways To Cut Calories

1. Read the nutrition facts panel. Low fat does not always mean low calorie. Most packaged foods (like small bags of chips) have several servings.
2. Limit alcohol. It contains about 70 calories per ounce and can weaken your resolve.
3. Eat on smaller plates.
4. Serve smaller portions.
5. Put your fork down and take a sip of water between bites.
6. Fill at least two-thirds of your plate with fruits and vegetables.
7. Instead of super-sizing, order “kids’ sizes.”
8. Use plates instead of snacking from bags or brownie pans. Take a single serving and put the food away.
9. Serve food in the kitchen, but eat at the dining table. Seconds will be less tempting.
10. Use low-fat milk, cheese, and other dairy products.
11. Instead of putting dressing on salad, serve the dressing in a separate dish. Before you spear a bite of salad, put a small amount of dressing on your fork. You’ll get the flavor of dressing without as many calories.

ONE SERVING & SIZE

- 3 oz meat/poultry/fish (size: deck of playing cards)
- 1 oz. hard cheese (size: 4 dice)
- 2 Tbsp. peanut butter (size: golf ball)
- 1 medium apple/pear/orange (size: tennis ball)
- ½ cup ice cream (size: computer mouse)
- 1 bagel (size: hockey puck)
- 1 cup cereal with milk (size: a tight fist)
- One small baked potato (size: computer mouse)
- One-cup raw vegetables, yogurt, or fruit (size: fits into an average woman’s hand)

Source: American Dietetic Association