

Central District Health Department

**Women
Infants
Children**

The WIC Informer

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

In This Issue:

Higher Sugar For Kids Means Less Nutrition

Mental Health Screening Day

Breastfeeding: Baby's First Feedings

Keys To Healthy Eating

Nutrient Dense Foods vs. Calorie Dense Foods

Yummy Whole Grains

Recipes

New Look At The Boise WIC Office

Happy Holidays

HIGHER SUGAR FOR KIDS MEANS LESS NUTRITION



With the holidays quickly approaching, so are all the wonderful treats that come with them. The question to ask yourself is how much sugar is too much?

A recent report from Pennsylvania State University found that American preschoolers between the age of 2 and 5 years get an average of **14-17 teaspoons of added sugar every day**. The sugar is mostly from **fruit-flavored drinks, high-fat desserts, and cola-type soft drinks**.

These high sugar foods and drinks often lower the quality of a child's diet by replacing the grain, vegetable, fruit and dairy food groups. When children fill up with empty calories, they are less likely to eat the foods that contain most of the important nutrients, including calcium. **In fact, the results of the study showed that as the percentage of sugar consumed increased, the intake of needed nutrients decreased.**

For better nutrition, stick to the USDA Food Guide Pyramid and try to limit sugar to less than 10% of the total calories in a day. **Fill up first** on grains, vegetables, fruits and dairy products and **save** the high sugar, high fat foods and drinks for that special treat.

For more information about the Food Guide Pyramid, log onto <http://www.mypyramid.gov>

- 15th Annual - Mental Health Screening Day

Thursday, October 6th is the 15th Annual Mental Health Screening Day

The results of the new National Comorbidity Survey recently confirmed that nearly half of all Americans will develop some type of mental illness at some point in their lives, and less than half of them will get treatment. Be watching for further information about this event in the local media.



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
(208) 327-7488
(208) 321-2243

Elmore County

Mountain Home
Health Department
520 E. 8th Street
Mountain Home, Idaho 83647
(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

Office Hours

Tues 9:30-3:30

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
all government holidays*

2

Breastfeeding

Baby's First Feedings

The best time to start breastfeeding is within 20 to 30 minutes after the baby's birth if there are no complications with delivery. In addition to the benefits of bonding and immune protection, breastfeeding also releases oxytocin, a hormone that helps shrink the mother's uterus back down to its normal size.



For the first few days, feedings may last about 10 minutes on each breast. Later, feedings will last about 10 to 20 minutes at each breast. It's normal for a baby to nurse often during the early weeks, approximately 12 times within a 24-hour period. Newborns need to eat often because they have small stomachs and breast milk is easily digested. Frequent feedings also stimulate milk supply. It is best to breastfeed on demand when baby is hungry. Signs of hunger include licking and smacking lips, sucking on hands or fists, rooting (opens mouth and turns toward object) and fussing.

Every baby and nursing mother is different. With time, most mothers and babies find a feeding style and schedule that are uniquely their own.

Keys to Healthy Eating



Moderation: Be careful not to eat too much or too little of any food. Enjoy all foods without overdoing it.

Variety: Expand your tastes by eating a wide variety of foods. Experiment with new healthy foods. Go for a variety of color too. For instance, aim for at least three different colored foods at each meal. Choose a rainbow of fruits and veggies each day.

Balance: Balance what you eat and the physical activity you do over several days. There's no need to worry about just one meal or one day. For example, if you eat a big lunch, then eat a smaller dinner. Make sure you exercise every day – 60 minutes every day for children and adults.

80:20 Rule: Focus on eating healthy at least 80% of the time. For the other 20%, give yourself a bit more flexibility.

From A Parent's Guide to Healthy Eating and Physical Activity / Created by the Healthy Children Healthy Futures Child Health Initiative

Nutrient Dense Foods vs. Calorie Dense Foods

Eating nutrient dense foods will be lots of fun! **Nutrient-dense** foods are high quality foods that are high in nutrients that our bodies need, like vitamins and minerals, but they are low in calories, fat, and sodium. **Calorie-dense** foods are high in sugar, refined grains (white flour), and or fat.

Nutrient-dense foods include: fruits, vegetables, beans, whole grains (100% whole wheat), lean meats like poultry and seafood, and nonfat dairy products.

Calorie-dense foods include most fast foods, fried foods, ice cream, pastries, cereal bars, muffins, cookies, cake, regular soda, bagels, chips, cheese, milk shakes and much more.

Here are some ideas on how to get more of the **nutrient-dense** foods into your day:

- Put a rainbow of fruits and veggies into your grocery cart
- Wash and dice up greens so they are handy to eat
- Keep fruits and veggies in sight for a healthy grab and go snack
- Buy 100% whole wheat breads
- Add dried, cooked beans to entrees like casseroles, salads, and soups
- Buy nonfat or low fat dairy products, as they are nutrient dense but low in fat!
- Shop the outer aisles of the grocery stores. You will save time and get the most nutrient-dense foods.



Yummy Ways to More Whole Grains

How do I find whole-grain foods?

- **Look for a whole-grain claim** on packages, which states, “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers.” This whole-grain health claim can be included on a food package if the product contains at least 51% whole grains.
- **Look for “100% whole wheat”** on packages when buying bread and other whole-wheat products.
- **Read the ingredients list.** If a whole grain such as whole wheat, brown rice, oatmeal or whole corn is listed first, that product contains a significant amount.

How do I eat 3 ounces of whole grains per day?

The best and easiest way to use more whole grains is to use them in place of refined grains that you are already eating.

Breakfast:

- Enjoy packaged whole-grain cereals or cooked oatmeal
- Choose whole-grain toast instead of white bread
- Bake whole-grain muffins for breakfast to go

Dinner:

- Cook whole-grain pasta (start by mixing it with regular pasta to get used to taste).
- Experiment with different whole grains such as quinoa, whole-wheat couscous and bulgur
- Prepare brown rice instead of white
- Serve 100% whole-grain bread
- Make pizza with whole wheat flour

Lunch:

- Choose vegetable barley soup
- Dine on a stir-fry made with brown rice
- Pack a sandwich with 100% whole-wheat bread



From **Communicating Food for Health** June 2005

Recipes

Hacuna Matada Frittata

Ingredients:

1 Tbsp vegetable oil
½ cup minced onion
¾ tsp. salt
A pinch of both dried oregano and dried thyme
8 to 10 mushrooms, sliced
1 cup diced zucchini and/or summer squash or be creative add a cup of vegetables that you have on hand!
½ cup bell pepper, minced
1 small garlic clove, minced
2 cups chopped spinach
Ground black pepper to taste
4 to 5 eggs
¾ cup cheese (Monterey Jack, Mozzarella and/or Swiss), grated or sliced

Yield: 4 servings Time:
15 minutes to prepare;
10 to 15 minutes to bake

1. Preheat oven to 375 degrees Fahrenheit.
2. Heat oil on stovetop in a 9 or 10-inch skillet. Add the onion and half the salt, sauté over medium heat until onion is translucent.
3. Add dried herbs, mushrooms, zucchini and/or squash, bell pepper, and garlic, and cook, stirring, over medium high heat for 5 minutes or until vegetables are tender.
4. Turn heat up; add spinach with remaining salt and black pepper to taste. Stir and cook until some of the liquid evaporates.
5. Beat eggs in a separate bowl, and then pour them into the vegetables. Sprinkle in cheese. Place the pan in the preheated oven for about 10 to 15 minutes, or until the frittata is solid when you shake the pan.
6. Variations: create your own frittata by adding vegetables that are in season to the dish. Here's a favorite - spinach artichoke heart frittata!

Lickety Split Lasagna Soup

Contributed by: Suzanne Small

Here's a "soup-er" hearty meal that tastes like lasagna without all the preparation and cooking time. It's great served with a green salad and crusty bread. This speedy soup simmers in less than a half hour and tastes so good everyone will ask for more.

Ingredients:

1 lb. ground beef
2-14 ½ ounce cans diced tomatoes
1-15 ounce can tomato sauce
1-14 ½ ounce can beef broth
1 ½ cups water
1 tbsp. brown sugar
2 tsp. dried basil
2 tsp. dried oregano
1 tsp. salt
1 tsp. dried thyme
2 cups mini lasagna noodles (American beauty) or rotini pasta
¼ cup grated Parmesan cheese
1 ½ cups finely shredded Mozzarella cheese

Preparation:

Brown ground beef in Dutch oven or stockpot; drain. Add onions, diced tomatoes and tomato sauce. Stir in beef broth, water, brown sugar and four spices listed. Bring to a boil and add mini lasagna noodles or pasta. Reduce heat and simmer for 20-minutes stirring occasionally. Stir in Parmesan cheese. Garnish each bowl with mozzarella cheese. Makes 6 to 8 servings.

New Look At The Boise WIC Office

The Boise WIC office has a new look. The lobby has new carpet and linoleum. The door that led to the lobby from the reception windows has been taken out and a 4th window added to allow better customer service. As you come in, you may sign in and be checked in at any window. After your appointment with the Registered Dietitian or Clinical Assistant, be sure to pay attention to which window they direct you to for check pick up.



Happy Holidays from the entire WIC staff at
Central District Health Department