

Women

Infants

Children

The WIC Informer

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

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Breastfeeding In The News by Cindy O'Neil R.D., L.D.



Breastfeeding is strongly encouraged in disasters or emergencies.

In an emergency, water supplies are frequently contaminated with organisms that cause diarrhea. Earthquakes can rupture sewage pipes. Flooding can wash human and animal feces into water supplies. When large numbers of people are homeless, sanitary services may be inadequate and water supplies can easily be contaminated.

Following the Indian Ocean Tsunami in 2004 the formula feeding rate increased from 27% before the tsunami to 80% after disaster. The occurrence of diarrhea was three times higher among formula fed infants. 73% of infants with diarrhea had been fed from free formula provided.

The World Health Organization and UNICEF recommend that infants be breastfed during disasters or emergencies. In addition to the many health benefits, breast milk does not depend on water which is often unavailable or contaminated in an emergency.

Breastfeeding reduces risk of breast cancer in women who have family history of breast cancer.

Breastfeeding lowers the risk of breast cancer by 59 percent in women who have a family history of breast cancer.

Inflammation and engorgement, shortly after birth, cause changes in breast tissue that may increase the risk for breast cancer. Breastfeeding followed by weaning may prevent this inflammation.

Breastfeeding a child may lower a woman's risk of developing metabolic syndrome.

Breastfeeding a child lowers the risk of metabolic syndrome by 39 to 56 percent (depending on the duration of breastfeeding) for women without gestational diabetes, and 44 to 86 percent (depending on the duration of breastfeeding) for women with gestational diabetes.

Metabolic syndrome is a cluster of conditions (increased blood pressure, elevated insulin levels, excess body fat around the waist or abnormal cholesterol levels) that occur together, increasing the risk of heart disease, stroke and diabetes.

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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.



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 8:00-6:00
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

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*

Children who were breastfed have decreased cardiovascular disease risk factors in adulthood.

Children who were breastfed have lower BMI (Body Mass Index) and a higher amount of the “good cholesterol” which helps protect breastfed children as adults from cardiovascular disease.

Breast milk has three types of stem cells.

New research has discovered the presence of three different types of stem cells in breast milk. Breast milk is the only adult tissue where more than one type of stem cell has been discovered.

Sources:

http://www.sph.unc.edu/schoolwide_news/breastfeeding_reduces_risk_of_breast_cancer_in_some_Women_12096_8289.html

<http://www.sciencedaily.com/releases/2009/12/091203090225.htm>

<http://www.uslca.org>

<http://www.medindia.net/news/Three-Different-Types-of-Stem-Cells-in-Breast-Milk-Making-It-the-Best-Bet-for-Babies-61320-1.htm>

<http://www.mayoclinic.com/health/metabolic%20syndrome/DS00522>

<http://www.enonline.net/resources/101>

http://www.ilca.org/files/in_the_news/Emergencies/Background09_print.pdf

Eating Smart When Eating Out

By Nancy Rush, Registered Dietitian
Central District Health Department

Let's resolve to eat better, even if you're on the go and in a hurry. And eating smart doesn't have to cost a lot either. The Nutrient Rich Foods Coalition www.NutrientRichFoods.org is dedicated to helping educate people on how to get more nutrition from the food they eat and the dollars they spend. Here are their suggestions:

Eating Out

Whether you're at the drive-through window, the office cafeteria or a fine dining restaurant, you can eat the nutrient-rich way. It's easy to do when you make the following choices.

At the Fast Food Place...

- Entrée salads with grilled chicken and low-calorie dressing.
- Bean burritos or grilled steak tacos with lots of lettuce and tomato.
- Baked potatoes topped with broccoli or chili and a sprinkling of shredded cheese.
- Yogurt parfaits made with strawberries and blueberries.
- Low-fat or fat-free regular or flavored milk or 100% orange juice.



In the Office Cafeteria...

- Oatmeal, shredded wheat or raisin bran cereal.
- Whole grain bagel or English muffin with peanut butter or a slice of low-fat cheese.
- Omelet filled with tomatoes, mushrooms and spinach (or any veggie) paired with toast.
- Lean roast beef, ham or turkey sandwich piled high with veggies on whole-grain bread.
- A salad bar creation of dark greens and other colorful veggies, avocado slices, sunflower seeds and fruit. Top with low-fat dressing.



When Dining Out...

- Salads made with deep greens such as spinach, arugula and romaine lettuce.
- Lean entrees such as beef sirloin, pork tenderloin, skinless turkey breast, fish or seafood.

Ask for sauces on the side.

- Baked potatoes topped with salsa or grilled veggies.
- Stir fries loaded with broccoli, carrots, cabbage and peppers plus lean beef, lean pork, skinless chicken breast or tofu.
- Dishes made with brown rice, wild rice or whole wheat pasta.

Good Fit Meals
13 choices from 350-700 calories
goodfitmeals.com

Good Fit Meals
11 delicious combinations that meet nutritional standards developed by the Central District Health Department of Metro. So if you're hungry for something better, it's a Good Fit Meal!

Each Good Fit Meal:

- Has less than 100 calories
- Has more than 20% total fat (25% for Happy Meals)
- Has more than 12% of total calories from saturated fat (10% for Happy Meals)
- Has more than 3.5 grams of fiber
- Has more than 1,300 milligrams of sodium
- Includes daily intake of fruits, seeds, beans, whole grains, nuts, vegetables, and dairy

happy meals

McDonald's logo

A Perfect Example...

The Central District Health Department has partnered with McDonald's of the Treasure Valley and Mountain Home to present **Good Fit Meals** which help customers select nutrient-rich foods, even at a fast food place. McDonald's Restaurants serve Southwest Salad with Grilled Chicken, Fruit 'n Yogurt Parfait with Granola, 1% low fat regular or chocolate milk and 100% orange juice. To see all the Good Fit Meal menu choices, and to download a coupon, visit www.goodfitmeals.com.

Always On The Go?

Fruits and vegetables can be quick and inexpensive options for healthy snacks. Here's an example of what we bought for \$6. When you get home from the store, wash and cut the vegetables then store them in zipper bags. Keep the bags on the top shelf of your refrigerator so they are always in sight. Keep a bowl of fruit on the counter or near where you keep your keys. You'll be ready to grab something healthy to snack on when you run out the door.



Try Spice Instead Of Salt

Cutting out salt at the table and in cooking could lower your blood pressure and risk for heart disease. Try combining a few spices to make flavorful blends to flavor foods instead of using salt.

Chinese Five-Spice Blend

Mix ¼ cup ground ginger, 2 tablespoons ground cinnamon, 2 teaspoons ground cloves, 1 tablespoon ground allspice, and 1 tablespoon anise seed. Try this on chicken, fish, or pork.

Mexican Blend

Mix ¼ cup chili powder, 1 tablespoon ground cumin, 1 tablespoon onion powder, 1 teaspoon dried oregano, 1 teaspoon garlic powder, 1 teaspoon red pepper, and 1/2 teaspoon cinnamon. This blend spices up chili, enchiladas and tacos.

Mixed Herbs

Mix ¼ cup dried parsley, 2 tablespoons dried tarragon, and 1 tablespoon dried oregano, 1 tablespoon dill weed and 1 tablespoon celery flakes. Use these mixed herbs on salad, steamed vegetables or fish.

Source: *Hope Health Letter*, Vol. 29, No. 8, August 2009.



SHOPPING for Fruits and Vegetables and Sticking to Your Budget

Buy in season. Although most fresh fruits and vegetables are available year-round, some are less expensive when they are in season. Also keep in mind that all forms of fruits and vegetables are nutritious, so canned and frozen forms are OK too!

Buy more. When there are specials on fruits and vegetables, buy extra. They can be frozen, or you can prepare a dish to be frozen for a busy night's dinner. But don't buy it if you won't use it or you'll just be tossing the money in the garbage.

Limit or avoid expensive snack foods, desserts and soft drinks that provide little or no nutrition value for your money. **Compare the value ...**

What You Get for \$1*	Nutrition Value for Your \$\$
4 oz. bag chips	Calories from fat, salt
1 ¼ pound carrots	Vitamins, minerals, fiber, antioxidants
2 small cookies	Calories from fat and sugar
3 small (2 ¾ in) apples	Vitamins, minerals, fiber, antioxidants
2 liters soda	Calories from sugar
64 oz. 100% orange juice	Vitamins, minerals, antioxidants
* Prices are approximate and will vary depending on location, sales, coupons, etc.	