

Women

Infants

Children

Central District Health Department

The WIC Informer

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

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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.



Common Questions About Breastfeeding

By Cindy O'Neil, RD, LD

**Can I breastfeed if my baby is premature?**

Yes, breast milk is good for premature babies.

How do I know if my breast milk provides enough food for my baby?

In the first few days after birth, your breasts produce a special substance called colostrum that provides complete nutrition for your baby. In a few days, your milk will come in. You can tell if your baby is getting enough breast milk if she has loose, bright yellow bowel movements by day 5. Breast milk is all a baby needs for the first 6 months of life. Breastfeeding should continue with the addition of complementary food for 12 months and longer as mom and baby desire.

How often do I need to feed my baby?

During the early weeks of breastfeeding, breastfeed 8 to 12 times every 24 hours. Nurse whenever your baby shows early signs of hunger (increased alertness, physical activity, mouthing, rooting).

Should I give my baby water? No, do not give your breastfeeding baby water or any other fluid. Breast milk is all your baby needs.

What do I do if my breasts become swollen and tender?

Full breasts when your milk comes in after birth are normal. Engorgement is when the fullness causes discomfort or pain. Engorgement usually lasts less than 24 hours. If this happens, you should:

- Breastfeed more
- If your baby does not nurse long enough to soften both breasts, hand express or pump milk after nursing
- Apply cold compresses (a bag of frozen peas works well) between feedings until swelling begins to subside
- Use a pump to relieve the pressure

What do I do about sore nipples?

Nipples most often get sore when baby is poorly positioned during feedings or is incorrectly latched on. Be sure your baby is taking as much areola into her mouth as possible. If your nipples do get sore, it helps to:

- Get help with the latch and position
- Breastfeed on the least painful side first
- Coat your nipples with breast milk or lanolin after feedings and let them air dry

**Can I continue to breastfeed if I get mastitis?**

Yes, you should continue to breastfeed. Mastitis is an infection in the breast. Breastfeeding will empty the affected breast, which is important in treating mastitis. Contact your doctor if you have breast pain and flu-like achiness and fever.

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*

Fall Favorites with \$10 Cash Value Voucher

Fall/Winter in-season fruits and vegetables which could be purchased with a \$10 Cash Value Voucher. Quantities and items will vary depending upon the store and price of each item at the time of purchase.



2 apples	3 kiwi	2 pears	1 Yam
1 Butternut Squash	1 Acorn Squash	1 Cabbage	1 Pomegranate
1 Avocado	2 Onions	3 Bananas	1 Whole Garlic
Cauliflower	2 # Carrots	1 Broccoli	Celery

Fresh Choices Frequently Asked Questions



1. Why can't my child get whole milk over age 2?

WIC has always given milk and cheese to provide calcium and protein. With obesity an increasing issue, WIC looked for ways to decrease the amount of calories and fat in the WIC food packages. 2%, 1% or skim milk contain all the same nutrients as whole milk without the fat!!

2. Are clients able to purchase bagged spinach or salads with their Cash Value Voucher (CVV)?

Yes, clients can get bagged spinach or salads as long as there are no other ingredients added such as croutons, nuts, dried fruits or salad dressings.

3. If clients use a CVV for \$6 and they spend \$6.50 can they pay the difference with their Food Stamps (Qwest Card)?

Yes. Please check with the cashier ahead of time to find out how they handle the Cash Value Voucher.

4. Can WIC checks be used to purchase plastic multi-pack containers of baby food?

No. It was decided not to include multi-pack containers at this time to help minimize confusion among participants, vendors and staff.

5. Can participants get organic milk?

No, organic milk is not allowed due to cost.

6. Are organic fresh fruits and vegetables allowed?

Yes (Regular potatoes are not included, only fresh sweet potatoes and fresh yams are authorized).



My Plate Planner

Please refer to meal planning guidelines on the back.



My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as carrots, broccoli and salad
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces
- Fill 1/4 of your plate with a starchy choice such as 1/3 cup rice
- Add 1 serving of fruit
- Choose 1 serving of milk
- Add margarine or oil for preparation or addition at the table

Add other portions as needed to round out your meal plan

For breakfast, use the two quarters of the plate and not the other half

For lunch and dinner use the whole plate



9-inch plate

Meal Planning Guidelines

Carbohydrates

Choose 3 servings at each meal.*
 Choices include breads and starches, fruits, some vegetables and milk.
 If your meal plan is different, adjust the number of servings accordingly.
 Examples of one serving of carbohydrates:

Breads and starches

- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

Fruits

- 1 piece, such as a small pear or apple
- 1 cup fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice

Milk

- 1 cup skim or low fat
- 1 cup unsweetened lowfat yogurt

Meats and Proteins

Choose 1-3 servings per meal.*
 Examples of one serving:

- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 3/4 cup lowfat cottage cheese

Free Foods

Foods with less than 20 calories per serving.*
 Use as desired:

- Most vegetables
- Sugar-free soda
- Black coffee or plain tea

Fats

Choose 1-2 servings per meal.*
 Examples of one serving:

- 1 teaspoon margarine, oil, or mayonnaise
- 1 tablespoon salad dressing or cream cheese

* Note:

If you have a personalized meal plan, the number of servings you choose per meal may be different.

Probiotics: What Are They?

Good bacteria in our bodies can be destroyed by antibiotics, illness, viruses, etc. Probiotics help replace the good bacteria that have been destroyed. The two most common probiotics are Lactic Acid Bacteria (LAB), such as *Lactobacillus*, and *Bifidobacterium*.

Ten things they do:

- Treat diarrhea, especially following antibiotic therapy. Antibiotics kill both good and bad bacteria, so probiotics help restore those good bacteria to the gut.
- Treat and help prevent urinary tract infections and yeast infections.
- Treat irritable bowel syndrome.
- Prevention of colon cancer.
- Reducing inflammation, such as in ulcerative colitis or Crohn's disease.
- Shorten the length of intestinal infections.
- Improve calcium absorption.
- Improve digestibility and tolerance of milk products.
- Help with digesting food and regularity.
- Help with overall general health and immunity.



Where are they?

- Yogurt is a good source of probiotics. Look for names like acidophilus, lactobacillus, and bifidus on labels.
- Other cultured dairy products such as acidophilus milk, buttermilk, natural cheese, and kefir are also great sources of probiotics.
- Probiotic supplements are available over the counter, online, and from your doctor. They are available in pill form or powder form.
- Drinks and other foods are available with added probiotics, such as DanActive probiotic drink.

Probiotics can have positive benefits.
Try integrating probiotics into your daily diet and see if you feel a difference!