Women Infants Children

Central District Health Department

July–Sept • 2011

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.

CDHD.IDAHO.GOV

Breastfeeding and Returning to Work

By Cindy O'Neil, RD, LD, IBCLC

In 2008, approximately 80% of WIC mothers initiated breastfeeding. Even though many mothers begin breastfeeding some of them return to work or school and are not sure how to manage breastfeeding their baby under those circumstances. A few mothers take their baby to work and are able to breast feed during a break or at lunchtime. Sometimes a family member is able to bring the baby to the workplace for the mother to breastfeed. Many women do not have this as a choice but still want to provide breast milk to be fed to their baby while they are away from the baby due to school or work.

For women who return to work or school for 20 or more hours per week, WIC may be able to provide a single user electric breast pump. The baby must be fully breastfed and be at least 4 weeks old before the pump can be issued to the mother. For mothers who will be returning to work or school for less than 20 hours per week, WIC can provide a good quality manual pump.

In addition, the Affordable Care Act of 2010 requires that employers provide reasonable break time for an employee to express breast milk for a nursing child up to one year of age. Employers must also provide a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, to be used by an employee to express breast milk. The law applies to hourly workers who are subject to overtime laws.

If you have any questions about breastfeeding please contact the WIC office at 327-7488 and listen to the prompt and then press 5 to speak to the Breastfeeding Coordinator.

References:

Nutrition Surveillance Trend Report, 1998 to 2008, Idaho WIC Program

http://www.usbreastfeeding.org/Workplace/WorkplaceSupport/WorkplaceSupportinHealthCareReform/tabid/175/Default.aspx

http://healthandwelfare.idaho.gov/LinkClick.aspx?fileticket=LfvkOOg1ErE%3d&tabid=92&mid=938

http://www.iwpr.org/publications/pubs/better-health-for-mothers-and-children-breastfeeding-accommodations-under-the-affordable-care-act

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

TEAM SUN SAFETY

The long, playful days of summer are here. This is the season children are most likely to have long exposure to the sun's damaging rays. Even one blistering sunburn doubles the risk for skin cancer later in life. Remember these simple tips for protecting your children from the harmful effects of the sun:

- Wear a wide brim hat
- Wear light weight long sleeve shirt and long pants
- Use sunglasses with UVA and UVB protection
- Use sunscreen with SPF 30 or higher 20 minutes before going outside
- Reapply sunscreen every two hours or after swimming or sweating

The sun's rays are strongest between 10:00 a.m. and 4:00 p.m. so find shade or be extra careful during those hours and cover up. A simple rule to remember is, if your shadow is shorter than you, seek shade. It is also important for parents to follow these sun safety tips. Your children will be more likely to be sun safe if you are sun safe.

IDAHO WIC PROGRAM
INCOME ELIGIBILITY GUIDELINES

Effective July 1, 2011

Household Size	Monthly Income
1	$1,679
2	$2,268
3	$2,857
4	$3,446
5	$4,035
6	$4,624
7	$5,213
8	$5,802

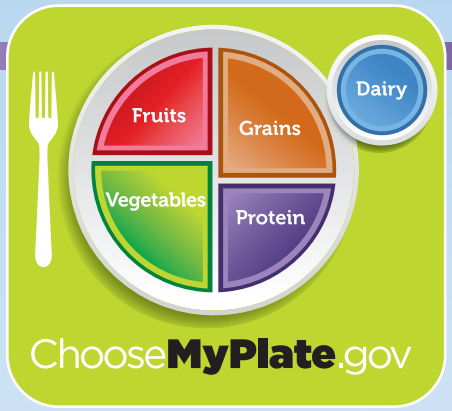
Household Size	Monthly Income
9	$6,391
10	$6,980
11	$7,569
12	$8,157
13	$8,746
14	$9,335
15	$9,924
16	$10,513

✻ A pregnant woman is counted as two when determining household size.

Rev. 05/11

Choose My Plate

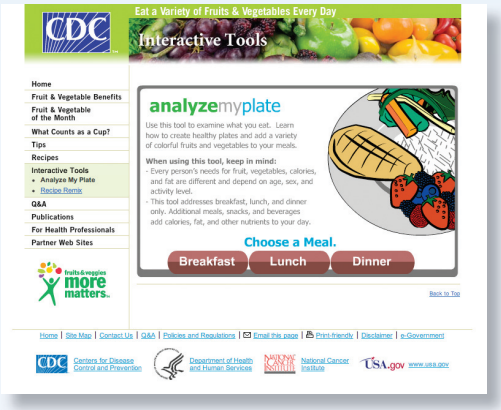
A New Way of Looking at Nutrition



The USDA announced in June, its new logo and revised website to help us to understand the updates to the 2010 Dietary Guidelines. The goal is to start by filling half your plate with fruits and vegetables. At least half of the grains should be "whole grains" like whole wheat, brown rice, or oats. Add variety to your protein choices by including fish and beans. By choosing skim or 1% milk, you can get all the vitamins, minerals and protein without the extra fat and calories.

The Choose My Plate logo will be replacing My Pyramid, but the website (choosemyplate.gov) still has some great free resources. "Get a Personalized Plan" allows you to enter information to get a daily food plan that lists the recommended number of cups or ounces of each food group you should eat. The "Analyze My Diet" option allows you to enter everything you eat for a day and get a detailed nutrient breakdown that includes calories, fats, fiber and 17 vitamins & minerals.

ChooseMyPlate.com web page, with links to subjects within specific food groups.



Analyze My Plate interactive tool for nutritional breakdown of given meals.

10 tips
Nutrition Education Series

choose MyPlate

10 tips to a great plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.
Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

USDA Center for Nutrition Policy and Promotion

DG TipSheet No. 1
June 2011
USDA is an equal opportunity provider and employer.

Go to www.ChooseMyPlate.gov for more information.

Mercury and Fish

Recommendations for Women and Children

By Michelle Montgomery, B.S. Dietetics

What Are the Benefits of Eating Fish?

The type of fatty acids found in fish and other seafood are easily absorbed by the body, making them the best source of some nutrients. Seafood contains polyunsaturated fatty acids omega-3 and omega-6, which have been found to assist in child and fetal growth and development. Because of these health benefits, fish consumption is an important part of the diet during pregnancy, breastfeeding and in childhood.

Why Limit Fish Consumption?

Mercury may be found in the environment, this can be from pollution or a natural source. Mercury collects in the water and is converted to organic methylmercury. Organic methylmercury is more easily transferred to the tissue in the fish. Fish may contain high or low amounts of methylmercury depending on the age and size. Small amounts of methylmercury have not been found to cause problems in pregnant women and children, but large amounts may be harmful.

The following populations are at high-risk and should limit fish consumption:

- Children under 15 years of age
- Pregnant Women
- Breastfeeding Women
- Women Who May Become Pregnant

Recommendations for high-risk populations:

- You may eat up to 2 servings or 12 ounces of fish per week. Follow the guidelines below to determine which fish are lower in mercury.

Fish Very Low in Mercury

- You may eat 2 servings (12 ounces) per week of very low mercury fish.
- Canned Light Tuna, Salmon, Cod, Tilapia, Catfish, Trout, Oysters, Shrimp, Sole, Sardines, Flounder, Ocean Perch.

Fish Low in Mercury

- You may eat 1 serving (6 ounces) per week of low mercury fish.
- Halibut and Mahi Mahi

Fish Medium in Mercury

- You may eat 1 serving (6 ounces) every other week of medium mercury fish.
- Canned Albacore Tuna, Snapper and Orange Roughy.

Fish High in Mercury

- DO NOT EAT fish that contain high amounts of mercury.
- Shark, Swordfish, King Mackerel and Tilefish.

* For more information regarding mercury levels of fish found in your area visit www.epa.gov/ost/fish.

Sources: Idaho Department of Health and Welfare, U.S. Food and Drug Administration and U.S. Environmental Protection Agency.

Picture Source: www.myrecipe.com

Hummus

Hummus is a savory Mediterranean dip made from mashed beans and spices. It is an excellent accompaniment to fresh vegetables, salads or pita bread. Because it is made from beans, it is high in iron, fiber and protein. Most hummus recipes call for tahini, which is a paste made from sesame seeds, but this recipe utilizes peanut butter as a substitute. Enjoy!

- 1 ½ cups cooked garbanzo beans (chick peas). If using canned garbanzo beans, use one whole can, drained.
- 1 Tbsp peanut butter
- 2 cloves garlic
- 1–2 Tbsp lemon juice
- Olive oil
- Cumin
- Salt

Combine first 3 ingredients in a food processor or blender. Process until garbanzo beans and garlic are chopped, then slowly add olive oil, a little at a time until mixture is smooth and paste-like. While still processing, add cumin and salt to taste.

Note: if mixture is still too thick to blend smoothly, small amounts of water can be added until desired consistency is reached.

The Bold and Beautiful Book of Bean Recipes is available at WIC.

1-2-3 Bean Dip

- 3 cups white or pinto beans, cooked*
- ⅛ cup chili powder (start out using less and add more to taste)
- 1 teaspoon garlic powder (or garlic salt)
- 1 teaspoon onion powder

OR

- 1 package taco seasoning mix in place of the spices

1) Mash 3 cups of cooked white or pinto beans.

2) Add chili powder to taste, garlic powder (or garlic salt), onion powder—or simply add 1 package of taco seasoning mix.

3) Stir all ingredients together.

Serve with chips or veggies.

Makes 20 servings