



WIC Informer

Eat Healthier When Eating Out

Fast foods tend to be higher in fat and calories, while being lower in vitamins and fiber than what we should be eating. Although it's hard to find "perfect nutrition" at your favorite drive thru, here are some ideas for "better nutrition".

Hamburgers

- * buy a regular rather than jumbo burger
- * add cheese for calcium
- * skip mayo and "special sauce" to lower fat
- * add extra vegetables - especially tomatoes for vitamin A
- * order a salad instead of the fries (but go easy on the dressing)
- * buy a small or regular order of fries instead of large/jumbo/super
- * order a baked potato instead of fries
- * order juice or milk with the meal (they will even substitute these on "meal deals")

Alternatives to Burgers

- * order a grilled chicken sandwich (not one that is breaded)
- * buy a soft-shell taco or burrito for lower fat
- * skip the sour cream & guacamole (high in fat)
- * ask for extra tomatoes on your tacos (vitamin A)

- * order a Taco salad without the shell (it's fried and adds a lot of calories)

Go to a Sandwich Shop

- * turkey, ham, and roast beef are low fat meats
- * add cheese for calcium
- * skip the mayo and oil
- * choose wheat bread
- * load on the vegetables
- * try "baked" potato chips
- * buy a broth based soup

Ethnic Fast Food

- * try a gyro
- * buy steamed vegetables at a Chinese or Japanese food stand

Pizza

- *order your pizza with a thin crust
- *Canadian Bacon & Chicken are lower in fat; try one of these
- *add lots of extra veggies
- *order a salad with your pizza
- *drink water instead of soda
- *if available, order your pizza with a whole wheat crust.



New or Updated Classes

WIC has recently added a Folic Acid and Love Your Heart class and has revised the Take Time For Teeth class. Look forward to some new and exciting information from all three of these classes.

Breastfeeding and Asthma

A new study reports that breastfed children are less likely than others to have asthma or wheezing disorders.

The researchers examined questionnaires completed by 5182 Brazilian schoolchildren (ages 7 to 14) and their parents. Of these, 4.6% reported medically diagnosed asthma and 11.9% reported current wheeze. Children who had not been breastfed were 1.5 times more likely to have an asthma diagnosis, 1.3 times more likely to experience current wheeze and 1.5 times more likely to have wheeze after exercise than those who had been breastfed for at least six months. However, this protective effect was observed "only among children with no family history of asthma."

J Asthma 2000; 37:575-583.

On-line Breastfeeding Information

<http://www.lalecheleague.org/>

Be sure to link to the Breastfeeding Information and Frequently Asked Question sections for information on a variety of topics including nursing newborns; dads & breastfeeding; nursing twins, preemies or adopted babies; working & breastfeeding; and weaning.

WIC is an equal opportunity program. If you feel you have been discriminated against because of race, color, national origin, age, sex or handicap, write immediately to the Secretary of Agriculture, Washington, D.C. 20250

Cont...

Get in Shape After the Holidays

With today's modern conveniences, Americans have to make an effort to be more active.

The benefits of exercise are many. Of course we all know that it helps us to lose weight, but it can also help you to live longer. Other benefits:

- * less likely to die of heart attack or stroke
- * reduce risk of Type Two (adult-onset) diabetes
- * sleep better, less colds, and improved attitude

Here are WIC's top 5 exercise picks:

Walking - walk on your lunch break at work, take the stairs, walk the kids to the park or a nearby school to play, walk on the Greenbelt, go for a hike/nature walk in the foothills.

Community Education Classes - local schools offer a variety of exercise classes from aerobics to yoga at a very economical price. Call the school nearest to you for more information. Some schools have open gym times available so you can take the kids and play.

Pregnancy Water Aerobics - offered at area YMCA's for \$37/month. Low income families can apply for a reduced rate membership. The first class is free to see if you like it. The classes last one hour and are held twice a week. Call the Y closest to you.

Exercise Video - the Boise public

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library offers hundreds of exercise videos to rent for up to 7 days at no charge. Blockbuster rents exercise videos for 5 days at \$1.99

Gardening/Yard Work - Boise is a great place to have a garden. Kids love to help and it's a great way to get them to eat their veggies. Preparing the soil, planting, weeding, raking leaves and trimming shrubs are all ways to be more active.

Be sure to look for the next **WIC Informer** publication and the article:

"Get In Shape After The Holiday's, Tips To Stick With It".



Bean Cooking Tips

* Soak beans in cold water in a cool place overnight.

* After soaking, drain and rinse well. Add fresh water and cook beans until tender. Don't add tomatoes (or other acidic foods) or salt until the end of cooking time.

* When beans are cooked, fill storage containers or zip lock bags with rinsed and drained cooked beans to use later in recipes.

* Cooked beans can be stored up to 3 days in the refrigerator or several weeks in the freezer.

Bean and Rice Burritos

Ingredients:

- 1 cup rice
- 2 cups water
- 1 Tsp. Garlic Powder
- ½ Tsp. Cumin (optional)
- 1 ½ cups (or 1 can) cooked Black Beans
- 1 can Diced Tomatoes
- Tortillas.
- Spicy Stuff (Salsa, Red Pepper Flakes, Tabasco®, Jalapeños)

Instructions:

Combine together rice, water, garlic and cumin in a 2-quart saucepan. Bring to a boil. Reduce heat to medium-low. Cover. Simmer 20 minutes. When water has been absorbed, add black beans. Cover, turn off heat and let sit 5 minutes until beans are warm. Stir to combine. Serve on tortillas with tomatoes and your favorite spicy stuff.

Family Friendly Websites

VeggieTales

www.bigidea.com

Games, stories and activities with Bob the Tomato and Larry the Cucumber. Based on the video stories encouraging good values.

Interested in a free way to help other people? If you have access to the Internet, visit

www.thehungersite.com. You make a donation by clicking the "donate free food"

button. You can donate one time per person per day.

