



WIC | nformer

Iron Fortified verses Low Iron Formula



WIC does not recommend low iron formula. In the July 1999 issue of *Pediatrics*, the American Academy of Pediatrics wrote a statement on the use of low iron formula instead of iron-fortified formula.

“Iron requirements in infancy:

For the first four months of life, babies use iron stored by their mothers during pregnancy. After that, they need iron from other sources. Low iron and anemia can cause weakness, fatigue, problems in the gut, and can interfere with learning. To prevent anemia, WIC provides iron fortified formula as well as iron-fortified infant and adult cereals.

The following are recommendations made by the American Academy of Pediatrics to be used by doctors when they consider formula:

1. Breast milk is preferred and the iron is better absorbed in breastmilk.

2. Infants fed formula should be given iron-fortified formula up to 12 months of age.

3. Low iron formulas should not be made and if they continue to make it, they should include a label saying “nutritionally inadequate”.

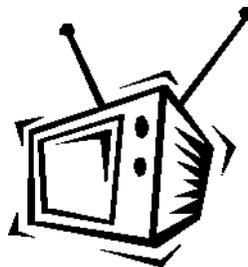
4. Low iron formula should not be used to treat colic, constipation, cramps, or reflux.

5. Iron fortified formula should have “with iron” removed from the label to avoid confusion.”

Please talk to your physician or WIC dietitian if you think your baby is not tolerating formula well.

Parenting Tip

The American Academy of Pediatrics:
TV Policy
Statement



Kids under 2 years old should not watch television. (What they need for brain development is close-up interaction with other people.)

Kids over 2 years old should limit TV viewing to not more than 1-2 hours per day of “quality” programming

TVs and computers should not be in children’s bedrooms. They should be kept in common rooms where parents can monitor their use.

Breastfeeding Tip: Breastfeeding and Returning to Work

- Keep track of the times your baby usually wants to breastfeed and plan to express milk at about those same times once back at work. This will keep your breasts feeling comfortable and keep up your milk supply.

- If you plan to use a bottle or cup, introduce it to the baby between 4-6 weeks of age.

- How often you offer the bottle or cup, depends upon your work schedule.

- If the baby will not take a bottle or cup from mom, have someone else give it.

- If you want your baby to be fed breastmilk while you are working, start collecting your breastmilk about two weeks before you return to work. This will give you a chance to learn how to express milk, how much time it will take and how your body feels.

- WIC can provide a manual breastpump and instruction of use at no cost to clients returning to work or school. Call your WIC office to set up an appointment.

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

What is the difference between food allergy and food intolerance?



A **food intolerance** is a reaction to food that does not involve the immune system. People with a food intolerance may have gas, bloating, abdominal pain or diarrhea after eating a food they don't tolerate. A **food allergy** occurs when the immune system reacts to a certain food. Antibodies react with the food, causing histamine and other chemicals to trigger hives, asthma, or other symptoms of an allergic reaction. Symptoms typically appear within minutes to two hours after eating the food.

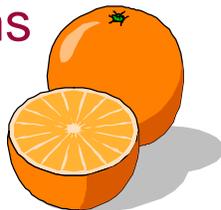
If you believe that you or your child is allergic to a food, see your doctor. Before you go, keep a food diary for 1-2 weeks of everything that you eat, what symptoms you experience, and how long after eating they occur. This information, combined with a physical examination and lab tests, will help the doctor determine what, if any, food is causing your symptoms.

The Food Allergy Network
10400 Eaton Place, Suite 107
Fairfax, VA 22030-2208
800-929-4040

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

WIC
Informer

Eating Fruit May Prevent Asthma Symptoms in Children



A study published in April, 2000 showed that children who eat vitamin C-rich fruit are less likely to experience asthma type wheezing.

In the study, youngsters who ate kiwi or citrus fruits 5 to 7 times a week were about 30% less likely than other children who ate fruit less than once a week to suffer from wheezing, chronic coughing or nighttime coughing.

The parents of 18,737 children, aged 6 to 7 years completed a questionnaire giving details of citrus and kiwi fruit intake, as well as breathing symptoms. Fruit intake appeared to benefit children who already had asthma. Asthmatics who ate fruit once a week had a 1-year occurrence of wheeze of about 30% compared with 47% for asthmatic children who ate fruit less than once a week.

Researchers are not sure what dietary component protected against wheezing and coughing, but point out that eating more fruit can help respiratory health as well as many other conditions including heart disease and cancer.

For more information on Asthma, visit the American Lung Association website:

<http://www.lungsusa.org/asthma/index.html>

Child Safety Seat Check Points at Central District Health

Check the WIC lobby for details

Event Dates:

July 19, 2000.....10am-1pm
July 24, 2000.....10am-1pm
Aug. 1, 2000.....10am-1pm
Aug. 11, 2000.....10am-1pm
Aug. 16, 2000.....10am-1pm

Energy Bar Recipe

1 cup quick-cooking rolled oats
½ cup flour (preferably whole wheat)
½ cup crushed WIC cereal
½ tsp ground ginger or cinnamon
1 beaten egg
1/3 cup applesauce
1/4 cup honey
1/4 cup packed brown sugar
2Tbsp vegetable oil
1-1.5 cups dried fruit
½ cup chopped nuts

Preheat oven to 325. Line an 8x8x2" pan with aluminum foil. Spray foil with nonstick spray coating. Set aside.

In a large bowl combine oats, flour, cereal and ginger. Add egg, applesauce, honey, brown sugar, and oil; mix well. Stir in fruit bits and nuts. Spread mixture evenly in prepared pan. Bake for 30-35 minutes or until lightly browned around the edges. Cool on a wire rack. Makes 24 bars: 100 cal each.

* Try different combinations of dried fruit such as: apricot, dates, mangos, prunes, raisins, and bananas.

Fun Websites

[http://www.ctw.org/Children's Television Workshop](http://www.ctw.org/Children's%20Television%20Workshop). Games, parent tips, electronic cards.

<http://www.pbs.org/kids>.

Games and activities with Barney, Arthur, Zoboofafoo and other PBS kids favorites.