



Healthy Choices for Healthy Families



WIC



Wellness Nutrition Fun Facts

January 2011

Folic Acid and Breastfeeding

Folic acid is not only necessary for pregnant women, but also for breastfeeding women! Breastfeeding women need around 500 mcg daily. Some women are able to get the correct amount in the foods they eat but continuing to take your prenatal vitamin can help you reach the recommended amounts. If your doctor has not mentioned continuing on your prenatal vitamin through breastfeeding, please ask at your next appointment.

Folic acid is found naturally in foods as folate.



Food Sources of Folate:

- Dried beans and peas
- Broccoli
- Spinach
- Asparagus
- Citrus fruit and juice
- Lentils



Look for These Winter Fruits and Vegetables:

Brussel sprouts
Grapefruits
Oranges
Sweet potatoes
Turnips
Winter squash
Kiwi
Pears

Remember: Frozen vegetables can also be purchased with your fruit and vegetable voucher and are just as good for you!!

Breastfeeding



A Work of Heart

*Don't forget about your
Breastfeeding Peer Counselor
for additional breastfeeding
education and support!!*

South Dakota Department of Health WIC Program

Pregnant?? You're Not Really Eating for Two!

The Institute of Medicine recently released new weight gain guidelines for pregnant women. Talk with your WIC health professional and they can help you with how much weight you should gain! To follow the guidelines, pregnant women do not need more than 300 extra calories per day.

300 extra calories per day =

1 piece of whole wheat toast with 2 tablespoons of peanut butter

OR

1 cup Cheerios with $\frac{1}{2}$ cup skim milk and 1 banana

OR

1 container (8 ounces) of yogurt, $\frac{1}{4}$ cup trail mix, and $\frac{1}{2}$ cup raspberries.

Happy New Year!

COOK'S CORNER:

Vegetable Cheese Soup

2 cups chopped potatoes	2 cups boiling water
$\frac{1}{2}$ cup sliced carrots	$\frac{1}{4}$ cup margarine
1 cup sliced celery	$\frac{1}{4}$ cup flour
$\frac{1}{4}$ cup chopped onion	2 cups low-fat or skim milk
$\frac{1}{4}$ teaspoon pepper	2 cups cream-style corn
8 ounces American cheese, shredded.	

1. Combine potatoes, carrots, celery, onion, pepper, and boiling water in saucepan.
2. Bring to a simmer. Cover and cook for 10 minutes, stirring occasionally.
3. In a separate saucepan, melt the margarine. Add the flour, stirring until smooth.
4. Gradually stir in milk. Reduce heat; cook over low heat until thickened, stirring often.
5. Add cheese and mix well. Cook over low heat until cheese is melted; do not boil.
6. Pour milk mixture into vegetable mixture. Add corn.
7. Cook until heated through, stirring often. Do not boil.