

# Wellness Nutrition Fun Facts

June 2011



## Sun Safety for the Whole Family!

While sun is our primary source of Vitamin D (which helps us absorb calcium for strong bones and teeth) it can also be dangerous! Sun exposure without any protection (clothing, sunscreen) can cause skin damage, eye damage, immune system suppression, and even cancer. UV rays are the strongest

during the summer, so here are some safe strategies for keeping you and your kids safe from the harmful rays this summer:

**Avoid the Strongest Rays of the Day:** The strongest rays are from 10 am to 4 pm. If you or your child are going to be outside during this time, be sure to apply sunscreen. Try to avoid long exposure during this time if possible.

**Cover Up:** Covering up skin with clothing is one of the best ways to protect skin from damaging rays.

**Use Sunscreen Consistently:** Concentrate on the SPF level as it shows the degree of protection from UV rays. For kids age 6 months and older, select and SPF of 15 or higher to prevent both sunburn and tanning. Be sure to apply it often (every 2-3 hours) throughout the day and generously. If you or your kids are swimming, use waterproof sunscreen!



Remember:  
Sunscreen should not be applied to infants under 6 months of age, so they must be kept out of the sun. If they must be in the sun, be sure their skin is covered and they have a hat on!

### *Eating Healthy to Help Maintain Healthy Teeth:*

- Eat fruits, vegetables, whole grains, and dairy products.
- Lean meats, fish, poultry, eggs, beans, and nuts are also good choices.
- Eat limited amounts of foods that are high in sugar or fat.
- Drink water or low-fat milk instead of fruit juice, soda pop, and sports drinks.

## DADS AND BREASTFEEDING

Think breastfeeding only involves mothers and their babies? **WRONG!** Dads are very important to the success of breastfeeding. Nursing moms who have the support of their partners are much more likely to start and continue to breastfeed. As a father, you can build Mom's confidence, help with many of the extra duties of being a new parent, and be the first person to show your baby that feeding does not equal love.



There is no need for a father to feel left out—here are some ways you can be involved:

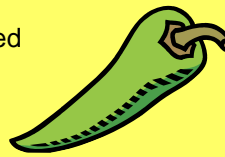
- Help with housework and cooking
- Limit the number of visitors and make sure mom gets plenty of rest
- Bathe, diaper, and dress your baby
- Sing and talk to your baby—infants need hugs and cuddles from dad and love skin to skin contact
- Bring your baby to mom to nurse and burp your baby during feedings
- If you have other children, spend time with them—it will make them feel special and give Mom and baby a chance to bond
- Encourage Mom!

**HAPPY FATHER'S DAY AND THANK YOU FOR SUPPORTING BREASTFEEDING MOMS!!**

### **COOK'S CORNER:**

#### **Black Bean Salsa**

1 cup dry black beans, sorted and rinsed  
2 tablespoons lime juice  
1/3 cup fresh cilantro, minced  
1/2 cup white onion, diced  
3 small tomatoes, finely chopped  
1 fresh hot chili, diced



1. Bring beans to a boil in 3 quarts of water
2. Reduce the heat, cover and simmer for an hour until the beans are tender
3. Drain the water, reserving one tablespoon of the cooking liquid
4. Place the reserved liquid and about half of the beans in a bowl
5. Add the lime juice and mash the beans until smooth
6. Stir in the remaining beans, the cilantro, onion, tomatoes, and chili