



Healthy Choices for Healthy Families



WIC



Wellness Nutrition Fun Facts

March 2011

National Nutrition Month 2011

Eat Right. With Color!

What are your Child's Daily Needs?

- **4 ounces of Grains:** Make half your grains whole!! 1 Slice of Bread = 1 ounce
- **1 1/2 cups of Vegetables:** Vary your Veggies!
- **1 cup of Fruit:** Focus on Fruits!
- **2 cups of Milk:** Get your Calcium-Rich Foods!
- **3 ounces of Protein:** Go

Lean with Protein!

1 egg = 1 ounce.

Remember your beans count here too!

- Limit TV time to *less than 2 hours* per day!
- Offer physical activity *several times* per day!

National Nutrition Month® 2011



***Make sure to open your egg carton before purchasing to check for cracked eggs**



How to Keep Your Baby's Mouth Clean:

- Don't share eating utensils.
- Don't put items that go into the baby's mouth (pacifier) in your mouth first.
- Don't test the temperature of baby's food with your mouth.
- Don't give "spit baths" to clean your baby's face.

South Dakota Department of Health WIC Program

Breastfeeding and Returning to Work/School

Many moms are now having to return to work or school shortly after having their new baby. Some moms believe this means they also must quit breastfeeding. ***This is not true!*** Here are some ways to help you be successful continuing to breastfeed after returning to work or school!!

- **Prepare and plan ahead** during your pregnancy and time off with the baby.
- **Talk with your supervisor** about accommodations in your work place.
- **Talk with other mom's** who are working and breastfeeding.
- **Start pumping and storing breast milk early.** Talk with your WIC Health Professional about getting a pump.
- **Breastfeed your baby** right before you drop her off and **talk with your caregiver** about not feeding her right before you pick her up.
- **Try to pump during the day** at your baby's regular feeding times.
- **Contact your Breastfeeding Peer Counselor** if your WIC office has one for other education and support!

Breastfeeding is Best!

COOK'S CORNER:

Quick Breakfast Taco

2 Whole Wheat Tortillas	1 Tbsp Salsa
2 portions cheddar cheese	2 eggs
2 Tbsp lowfat Milk	Salt and Pepper, to taste

1. Beat eggs. Add 2 Tbsp of Low-fat milk. Scramble eggs on medium heat until cooked completely. Add salt and pepper to taste.
2. Shred block cheddar cheese with a cheese shredder, or cut in to thin slices and place on tortilla.
3. Add half of the scrambled eggs to each tortilla.
4. Add salsa, and Enjoy!