



Healthy Choices for Healthy Families



WIC



Wellness Nutrition Fun Facts

May 2011

Calcium: What's the Deal?

What are the benefits?

- Develops and maintains healthy bones and teeth
- Helps heal wounds
- Helps control blood pressure

How much do we need?

- 1-3 year olds need 500 mg/day
- 4-8 year olds need 800 mg/day
- 19-50 year olds need 1000 mg/day
- Pregnant/lactating women need 1200 mg/day



Where can we get Calcium?

- BEST sources are milk, cheese, yogurt, ice cream, and canned fish with the bones.
- GOOD sources are dark green leafy vegetables, broccoli, cottage cheese, and cooked dried beans and peas.



Fun Fact:

An average healthy male contains 2.5-3 pounds of calcium and a healthy female contains 2 pounds!!

Shopping Tip:

Remember to be looking for low-fat dairy products for everyone in your home over the age of 2! Low-fat products give you the same amount of nutrients as higher fat dairy products without the extra fat!!

Understanding Food Allergies.....

An *actual* food allergy is an abnormal reaction to food that involves the body's immune system. When a food is eaten that the person is allergic to, the body produces an antibody in response to the food. This is what causes the "allergic reaction." ***What are the most common foods that cause allergies??*** Peanuts, tree nuts, milk, eggs, fish, shellfish, wheat and soy.

Happy Mother's Day!!

South Dakota Department of Health WIC Program

TIPS FOR BREASTFEEDING IN PUBLIC

There's no need to stay at home just because you're breastfeeding!

For many women, the thought of breastfeeding in public is embarrassing. However, with a little planning and practice, you'll be able to breastfeed easily and comfortably wherever you may be.

- Practice at home first!
- Bring along a friend the first time you go out in public. An experienced nursing mother or supportive friend can increase your confidence.
- Dress for nursing success: 2 piece outfits, loose tops that button, lift up or pull up to the side easily will offer you more nursing privacy.
- Drape a blanket over your baby or nurse from a sling.
- Find a place where you can be as comfortable as possible. Look for a bench near a tree, a quiet corner in a store, or simply turn away from crowds.
- Be alert to your baby's cues and nurse at her first signs of hunger. It is often the crying that attracts attention.
- Look up. People will tend to follow your gaze and may not even realize your baby is nursing.



COOK'S CORNER:

Oatmeal Raisin Muffins:

1 Egg	1 cup Milk
1/3 cup Oil	1 1/4 cups Flour
1 cup Oatmeal	1/3 cup Sugar
1 teaspoon Baking Powder	1 teaspoon Salt
1/2 cup Raisins	Butter

1. Preheat oven to 400°
2. Put the egg, milk, and oil in a small mixing bowl. Slowly stir them together.
3. In a large mixing bowl, add the flour, oatmeal, sugar, baking powder, salt, and raisins. Stir until they are mixed.
4. Pour the egg-milk-oil mixture in with the dry ingredients.
5. Stir until the dry ingredients are barely moistened. Do not over-mix (the batter will be lumpy).
6. Grease each cup in the muffin pan with butter.
7. Spoon the batter into the cups in each muffin pan, until each cup is half full with batter.
8. Bake for 20-25 minutes, or until the muffins are golden brown.

