



# Wellness Nutrition Fun FaCts

October 2011

## *MyPlate*

The new 2010 Dietary Guidelines released in January of this year focus on 2 main concepts:

- Control calorie intake to reach and maintain a healthy weight
- Make the most of your food by choosing healthy products that pack the most nutrition

With so many options, though, it can be hard to decide what foods are the best to make up a healthy meal. But now there's help!

In June, the government released a new tool called *MyPlate* to serve as a simple guide for building healthy plates.



Look at your plate—

If half your plate is full of fruits and vegetables and paired with lean proteins, whole grains, and low-fat dairy...

You have built a healthy meal!

### **MOMS PLAY A KEY ROLE IN BUILDING A TOBACCO-FREE SOUTH DAKOTA**

Smoking and exposure to secondhand smoke during pregnancy directly increase the risk of health and behavioral problems including:

- abnormal blood pressure in infants and children
- cleft palates and lips
- childhood leukemia
- infantile colic
- wheezing and respiratory disorders in childhood
- eye problems during childhood
- mental retardation, attention deficit disorder, behavioral problems and other learning and developmental problems.

Call the South Dakota QuitLine at 1-866 SD-QUITS (1-866-737-8487), to receive one-on-one support from trained professionals or visit:  
[www.SDQuitLine.com](http://www.SDQuitLine.com).

## Nutrition for Breastfeeding

### Hungry? Tired? Thirsty?



Although there is no special diet you need to follow while you are breastfeeding, it is important to try and eat healthy, nutritious meals regularly.

The fact is — a nursing mother needs up to twice as many extra calories a day as a woman in her second and third trimesters of pregnancy. It is important not only to help her recover from childbirth but also to produce enough milk for her baby.

Most pregnant women need up to 300 additional calories a day during the last half of pregnancy. A breastfeeding mom needs about 500 extra calories daily to produce as much milk as her baby needs.

According to Dr. James Sears, you can roughly calculate your calorie needs by taking your pre-pregnancy weight in pounds and multiplying it by 11. For example, a woman who weighed 130 pounds before pregnancy would need 1430 calories each day to be healthy. As a breastfeeding mom, she will need an extra 500 on top of those —close to 2,000 calories daily.

So now is not the time to skip meals! Listen to your body and eat when it tells you to. You'll still be able to feed your baby *and* lose pregnancy pounds.



**Don't throw out the seeds when making Jack-O-Lanterns**  
**They make great snacks that are rich in FIBER AND VITAMINS B & E.**

### Oven-Toasted Pumpkin Seeds

2 cups pumpkin seeds  
2 tablespoons olive oil (or vegetable oil)  
1 tablespoon salt



1. Preheat oven to 325 degrees
2. Spread pumpkin seeds on a baking sheet.
3. Drizzle with oil and sprinkle with salt
4. Bake 45 minutes, stirring occasionally, until lightly toasted

**COOK'S**



TIP: Instead of using only salt, experiment with other seasonings. Try garlic powder, cayenne pepper, seasoning salt, Cajun seasoning, chili powder, Italian seasoning, herbs, parmesan...Be creative and have fun!

**CORNER**

South Dakota Department of Health WIC Program