



***Operation Threshold
WIC
Nutrition/Health Tip
of the Month
May 2010***



Exercise can make you happier and healthier! Some benefits of exercise are heart health, weight control, improved mood, and reduced stress.

Exercise can also be free and easy! Many communities have trail systems. Grab your kids and hit the trails (or sidewalks, if trails aren't available)! You can walk, bike, run, or push the stroller.

Check out the website below for local trail maps.
Happy Trails – www.cedarfallstourism.org

Also, if you live in Waterloo, check out the Key Card program. Key Cards provide access to community museums, pools, parks, etc. at free or reduced costs to qualifying individuals. Download the Key Card brochure from Operation Threshold's website by following the link: <http://www.operationthreshold.org/Links/Keycard.pdf>.



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June 2010

Buy Fresh, Buy Local

Farmers Market Season Has Started! The season will last from June 1st through October 31st. Use your Farmers Market Nutrition Program Checks and your WIC Cash Value Voucher (CVV) to buy fresh, locally grown produce.

There are many reasons to buy locally grown produce:

- It tastes better
- It has more vitamins
- It supports local economy
- It creates jobs
- It travels less distance and uses less fuel

Fruits and vegetables also make for an easy snack. Eat a rainbow of colors every day.

Try these healthy dip ideas:

- Low-fat cottage cheese
- Peanut butter
- Hummus
- Guacamole
- Salsa
- Yogurt

Check out these websites:

www.fieldtoplate.com/guide.php

www.pickyourown.org/IAharvestcalendar.htm



Operation Threshold WIC Nutrition/Health Tip of the Month

July 2010

Get Cooking with Kids!

Getting kids involved in the kitchen is a great way to spend time together. Not only is it fun, but seeing and tasting the final product gives them a sense of pride. Cooking also teaches them life skills such as being able to follow directions and basic math skills. It is also a bonding experience that can help increase their self esteem.

Ten Easy Ways Kids Can Help in the Kitchen

- Take foods out of the refrigerator or cupboard
- Wash fruits and vegetables
- Measure ingredients
- Stir ingredients in a bowl
- Spread or layer ingredients in a pan before baking
- Dip one ingredient into another
- Crush crackers into crumbs
- Wipe off the work surface
- Set the table to eat
- Clear the table after eating

Make sure to cook with children when you are not in a rush to eat. Be prepared to supervise and allow a little extra time for clean up.

Refer to The Sesame Street Cookbook "C is for Cooking" given out at your WIC appointment for recipe ideas and tips for cooking with kids.

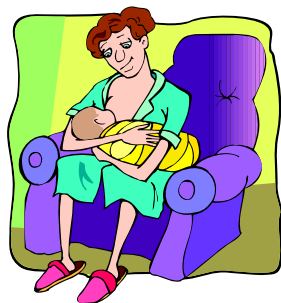
Check out the following web sites for additional kid friendly recipes and tips:

www.bettycrocker.com

www.kidshealth.org

www.familyfun.go.com

www.eatbetterearly.com



Operation Threshold WIC Nutrition/Health Tip of the Month

August 2010

August is National Breastfeeding Month!

Reasons to Breastfeed Your Baby:

- Breastfed babies don't get sick as often
- Breastfed babies have better brain development
- Breast milk is much easier for babies to digest than formula
- It is a special way to bond with your baby
- It may help you lose your baby weight faster
- It saves you money
 - Babies not receiving any breast milk drink an average of \$2000 in formula a year
 - Breastfeeding moms get more foods from WIC

The American Academy of Pediatrics recommends breastfeeding your baby until age 1

MYTHS	FACTS
Breastfeeding hurts	Though some tenderness is common at first, it usually only lasts a few days
Formula-fed babies sleep longer through the night than breastfed babies	ALL newborn babies have small tummies and need to eat often (8-12 times per day)
Breastfeeding is inconvenient and more time-consuming	Breast milk is always readily available; there's nothing to buy, carry, heat or measure
My breasts are too small to make enough milk for my baby	The amount of milk mom produces depends on the frequency of emptying of the breasts, not the size of the breasts

Interested in learning more about breastfeeding? Need breastfeeding advice or support? Ask a WIC Dietitian about Operation Threshold WIC's [Breastfeeding Peer Counseling Program!](#)

For more breastfeeding information, go to:

www.breastfeeding.com

www.medela.com

www.llli.org

<http://www.mypyramid.gov/mypyramidmoms/index.html>



Operation Threshold WIC Nutrition/Health Tip of the Month

September 2010

WHY DO WE NEED WHOLE GRAINS????

WHOLE GRAINS were introduced in the WIC Food Package October of 2009. Whole grains are an important part of a healthy diet. They are good sources of vitamins and minerals such as folic acid, thiamin, and iron. They are naturally low in fat. They contain fiber.

Health experts advise everyone - men and women, young and old - that grains are a healthy part of everyone's diet. And it's important to eat at least half our grains as "whole grains."

WHAT ARE WHOLE GRAINS?

WHOLE GRAINS contain the entire grain kernel. Whole grains include grains like wheat, corn, rice, oats, barley, quinoa, and rye - when these foods are eaten in their "whole" form. Popcorn is a whole grain! Other whole grains are brown rice, corn tortillas, whole wheat flour, buckwheat, and oatmeal. You may already be eating whole grains. When you snack on popcorn, or give Toasty-O's to your toddler, or enjoy a bowl of hot oatmeal, you're probably focusing more on the delicious taste than on the fact that these foods are whole grains.

WHY EAT WHOLE GRAINS?

The outer layer of a whole grain is rich in fiber. Fiber is often called roughage. Fiber helps clean the body by getting food through faster which prevents constipation. Fiber also makes people feel full so they don't eat as much.

Look for foods that have 3-4 grams of dietary fiber listed on the "Nutrition Facts" label. Adults need 25 to 35 grams of fiber every day. Children over one year of age need "5 grams of fiber plus their age". Example, a child who is 2 would need: "5 grams fiber + 2 years of age = 7 grams of fiber daily"

HEALTH BENEFITS OF WHOLE GRAINS are reducing risks of heart disease, stroke, diabetes, obesity, Digestive system cancers such as stomach and colon cancer, and hormone-related cancers such as breast cancer. People who eat whole grains regularly have a lower risk of obesity and lower cholesterol levels.

Few foods can offer such a variety of benefits. If you'd like to know more about whole grains, here are just a few websites with good information on whole grains:

- **Wheat Foods Council** http://www.wholegrainscouncil.org/helps_consumers find whole grain foods and understand their health benefits, recipes, and has information on Gluten-Free grains
- <http://www.hodgsonmill.com/> -- recipe site from a company that sells whole grains
- **General Mills** http://www.generalmills.com/corporate/health_wellness-- General Mills company web site, featuring whole grain nutrition education resources
- www.ricecafe.com -- Brown rice recipes
- **Quaker Oats** <http://www.quakeroatmeal.com/>-- home page for Quaker Oats, with nutrition information and recipes



Operation Threshold WIC Nutrition/Health Tip of the Month

October 2010

Lead Poisoning Prevention Week is October 24-30, 2010

Did you know that 1 in 14 children living in Iowa has been affected by lead poisoning? Iowa's rate of lead poisoning is **four times** the national average.

Lead poisoning can cause learning and behavioral problems, lower IQ, anemia, kidney damage, convulsions, coma and at very, very high levels even death.

How do you know if your child has lead poisoning? The only way to know for sure is to have your child's blood tested. Most kids with lead poisoning do not look sick. At WIC, we will do lead poisoning blood testing on children. This test is done by a simple finger poke. In Iowa, it is state law that all children must have at least one lead test prior to entering Kindergarten. Head Start also requires a lead poisoning testing prior to entry.

What causes lead poisoning? Most of the time, lead poisoning is caused by exposure to lead based paint. If your house was built before 1978, it probably has lead based paint in it. Lead dust can also be found in the dirt around a house painted with lead paint (especially if the paint is chipping or peeling). Because small children are frequently putting their hands and objects in their mouths, they are at high risk of lead poisoning from surfaces painted with lead paint (window sills, railings) and lead dust in dirt.

What can I do to prevent lead poisoning?

- Wash your hands and your child's hands before eating.
- Wash fruits and veggies before eating.
- Wash baby bottles and pacifiers often.
- Never heat or store food in open tin cans.

- Keep children away from surfaces with peeling, cracking paint.

Can I help protect my child from lead poisoning with nutrition?

Absolutely! Making sure your child has 3 regular meals and 2 snacks a day will decrease the amount of lead their body absorbs. Foods high in iron, Vitamin C and calcium will also decrease the amount of lead absorbed.

Examples of foods high in **iron** are: beef, chicken, turkey, beans, iron-fortified cereals, spinach, raisins, whole grain bread and brown rice.

Examples of foods high in **calcium** are: cheese, yogurt, milk, canned salmon, broccoli and corn tortillas.

Examples of foods high in **Vitamin C** are: oranges, grapefruit, tangerines, orange juice, tomatoes, broccoli, bell peppers, strawberries, and watermelon.

The following web sites have more information on lead and recalls regarding lead:

www.cdc.gov/nceh/lead/

www.leadfreekids.org



Operation Threshold WIC Nutrition/Health Tip of the Month

November 2010

The Great American Smokeout

A Day to "Butt Out"

This could be the first day of your life without tobacco.

Say "no thanks" to cigarettes for 24 hours.

The Great American Smokeout is a yearly event held on the third Thursday of November in the United States encouraging Americans to stop tobacco smoking. The American Cancer Society held its first Smokeout in 1977. The event challenges people to stop smoking cigarettes for 24 hours, hoping their choice to not smoke will last forever.

What About Smoking?

More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, car accidents, suicides, and murders combined. Smoking harms nearly every part of the body, causing many diseases and affecting the health of smokers in general. Research has shown that smoking during pregnancy causes **health problems** for both mothers and babies, such as

- **Pregnancy complications**
- **Premature birth***
- **Low-birth-weight infants***
- **Stillbirth**
- **Sudden infant death syndrome (SIDS)**

*Premature and low-birth-weight babies face an **increased risk** of: **serious health problems, chronic lifelong disabilities** (such as cerebral palsy, mental retardation and learning problems), **even death.**

Quitting smoking has immediate and long-term benefits for you and your loved ones.

Within 20 minutes after you smoke that last cigarette, your body begins a series of healthy changes that continue for years.

Make this the first day of your life without tobacco.

For More Information, visit these websites:

www.CDC.gov

www.marchofdimes.com

www.QuitSmoking.com



Operation Threshold WIC Nutrition/Health Tip of the Month

December 2010

Don't Forget to Wash Your Hands!!

Hand washing is an easy way to prevent infection. Understand when to wash your hands and how to get your children into the habit.

When to wash your hands

As you touch people, surfaces, and objects throughout the day, you obtain germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose or mouth. Washing your hands frequently can help limit the transfer of bacteria and viruses.

Always wash your hands before:

- Preparing food or making a bottle
- Eating
- Touching a sick or injured person
- Putting in or taking out a contact lens

Always wash your hands after:

- Preparing food, especially raw meat or poultry
- Using the toilet/ changing a diaper
- Touching an animal or animal toys or leashes or waste
- Blowing your nose, coughing or sneezing into your hands
- Touching a sick or injured person

How to wash your hands:

It's generally best to wash your hands with soap and water. Follow these simple steps:

- Wet your hands with running water
- Apply liquid, or bar soap
- Lather well.
- Rub your hands vigorously for at least 20 seconds. Remember to scrub all areas, including the backs of your hands, wrists, between your fingers, and under your fingernails.
- Rinse well. Dry your hands with a clean or disposable towel or air dryer.
- If possible, use your towel to turn off the faucet.
- For more information, please refer to website for Centers for Disease Control and Prevention: www.cdc.gov/cleanhands/