



WIC Works!

Nutrition News for Benton, Black Hawk, Bremer,
Buchanan, Chickasaw and Grundy County



What's In Your Cup?



It is important to protect everybody's teeth but kids are more likely to get cavities than adults. It is very important to help prevent your children from getting them. Bacteria that live in your mouth use sugars and starch from what we eat and drink to make acid. This acid attacks the hard outer layer (enamel) of our teeth.

Every time you eat and drink, this acid attack lasts for at least 20 minutes. Repeated attacks break down the enamel and cause tooth decay and cavities. Cavities are the last stage of tooth decay so even if you don't see cavities or your dentist says you don't have any, the enamel can still be breaking down. This is why it's important to eat only three meals a day and limit snacks to 2-3 times a day. That way you are not causing constant attacks on your enamel. This is also the reason why you want to keep milk and juice drinking to meal-times, and just drink water in between.

Gatorade, Powerade, Kool-Aid, and sweetened tea have up to as much sugar as pop! These drinks should rarely be given to kids. Remember that 100% juice should be kept to a limit of 4-6 ounces (1/2 to 1 cup) total per day. Make sure your child gets 2 cups of milk per day. Always offer water between meals **and** when your child tells you they are thirsty. You don't want to set yourself up for future problems!

Ways to get your children to drink more water:

- Put it in a sports bottle or water bottle.
- Keep a kid-friendly bottle of water in the fridge so they can grab it whenever they are thirsty.
- Set a good example. Drink water with your child.
- Add a slice of lemon, lime, or a couple of mint leaves to your water.
- Freeze a container of water overnight so they will have water to take with them that will stay cold most of the day
- Every once in a while, tell them how good they are to drink water instead of juice.

Source: Healthy foods for a Healthy Smile and Hey Mom I'm Thirsty handouts.

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Dental hygienist services will be available in Independence, Grundy Center, New Hampton, Belle Plaine, Vinton and Waverly. Don't miss out on this chance to get questions answered about your child's teeth .

Our clinic at the ***First United Methodist Church in Waterloo*** will close on April 18, 2011. Please ask WIC staff about another location near you.



WIC Breastfeeding Fair

Join us for food, prizes, earn Storks Nest points and more!

Monday, May 2, 2011

2:00-5:00 pm

Operation Threshold Board Room

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Recipes



Mango Tango Smoothie

Makes 1 large or 2 smaller smoothies

- 1 cup fat free or lowfat milk
- 1 cup frozen mango chunks (or any frozen fruit)
- 1 small banana, frozen or fresh

Combine all ingredients and blend until very smooth.



Pizza with Cheesy~Veggie Crust

Makes 8 slices

- 2 cups grated steamed cauliflower
- 2 cups mozzarella
- 1 egg
- Pinch of oregano, basil and parsley

Mix together, spread onto pizza pan and bake at 450° for 18-20 minutes. Take out of oven, let cool. Cover with pizza sauce, toppings of choice, and shredded cheese. Cook in oven for additional 12-15 minutes.

Source: http://www.bellybytes.com/recipe/beverages/milk/milk_beverages20.html