



WIC Works!

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



Rethink your Drink

With all the beverage options out there today parents might find themselves asking “Which drinks are the healthiest choices for my family?” Most drinks on the market today are high in sugar with not a lot of nutritional value. While it’s true that sugar can make food taste better, adding extra sugar to the diet can lead to many health problems such as tooth decay, weight gain, poor nutrition and heart disease. It has been estimated that as much as 40% of children’s calories today come from sugar including those found in what they are drinking. The American Heart Association (AHA) recommends no more than 100-150 calories per day from added sugar.

When choosing healthy beverages for our children as well as ourselves, there are a few things to keep in mind. First off, check the nutrition label to determine how many grams of sugar are in the beverage. There are 4 calories to every 1 gram of sugar. Therefore, a beverage with 31 grams of sugar in it would have 124 calories just from sugar. That’s the same as eating 8 teaspoons of sugar. Drinking one extra sugar sweetened beverage per day could lead to a 15 pound weight gain in 1 year.

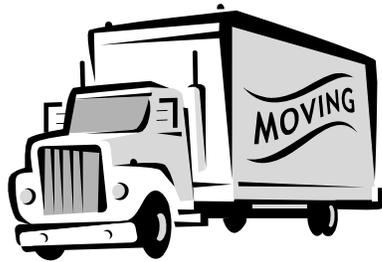
With this knowledge, the question becomes what can you do to protect the health of your family and cut down the amount of added sugar in your diet? Try following these simple tips:

- ♦ Cut out sugary non-diet sodas, fruit drinks and sports drinks.
- ♦ Choose low-fat milk and water more often and limit 100% fruit juice to 1 time per day- Even 100% juice has sugar in it.
- ♦ Steer clear of blended coffee drinks and flavored drinks with sweet syrups and toppings.
- ♦ Read the front of the beverage container. Some beverages will state if there is no sugar or added sugar in it.
- ♦ Check the ingredient list. Natural sugars won’t be listed in the ingredient list, but added sugar will be found on the list. Look for the words “syrup”, “sweetener” or any words ending in “ose”. These can all be assumed to be sugar.

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Values*	
Total Fat 10g	15%
Saturated Fat 40g	20%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



News. . . News. . . News



Operation Threshold is Moving in February!

We are excited to serve you in a more spacious, yet private setting!

If you normally go to Operation Threshold in Waterloo for your WIC appointments, your next one may be scheduled at our new building. It is located at 1535 Lafayette Street in Waterloo. In Black Hawk County, we will also continue to see families at Allen Women's Health, First United Methodist Church, Kimball Ridge Center, all in Waterloo, and at Nazareth Lutheran Church in Cedar Falls.

If you live out of town, our agency will continue to serve the families in the following counties: Benton, Bremer, Buchanan, Chickasaw, and Grundy County.

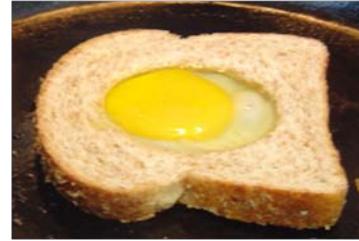
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Recipes

Toad in the Hole



Toad in the Hole is one of our favorite healthy breakfast recipes. It uses simple ingredients to make a breakfast that is tasty, delicious, and fun!

Add some fruit on the side and you have a complete breakfast!

This is easy enough for children to make on their own, with some supervision.

I use a cast-iron frying pan to make this dish. If you don't have cast-iron or some other non-stick pan, you may need to put some extra butter or oil in the frying pan so the Toad doesn't stick.

Butter
1 slice of whole wheat bread
1 egg
Salt
Pepper

Heat a non-stick skillet over medium heat. While it heats, butter the bread on one side. Using a small drinking glass as a cookie cutter, remove a circle from the middle of the bread. Break the egg into a small bowl. Put a dab of butter in the center of the skillet. Place the bread, butter side down, into the warm skillet. Gently pour the egg into the hole. Break the yolk, or not, as you choose. Sprinkle the egg with salt and pepper, to taste. When the egg has set, flip it over and cook the other side briefly.

Source: <http://www.tasteofhome.com/Recipes/Toad-in-the-Hole>

