



# Stark Report

Onondaga County Health Department  
WIC Program

Spring/Summer  
2014

## ***Pregnancy Facts:*** **Food Cravings and Food Aversions**

Have you been dreaming about pickles and ice cream? Does the thought of fish and steak make you feel sick? What you may be experiencing is a food craving or food aversion.

### ***What are food cravings and food aversions?***

Food cravings are strong feelings that you must have a certain food. Food aversions are a sudden dislike of a certain food and the inability to eat it. It may even be a food that you once loved and ate regularly. Almost all pregnant women experience cravings and aversions during pregnancy.

### ***Why do food cravings and food aversions occur?***

Your body experiences an increase in hormones, especially during the first trimester of pregnancy. Most of your food cravings and aversions will occur at this time. A theory is that these are signals from your body telling you what it needs and what you should stay away from eating.

If you find yourself craving fruit, your body may be low in certain vitamins and minerals. If you feel a daily need for yogurt, your body may need more dairy products and calcium.

### ***What can I do about food cravings?***

- Try to limit food cravings that do nothing for you nutritionally. For example, go for a mini chocolate bar instead of a king-sized bar or have a glass of low-fat chocolate milk rather than a tray of brownies.
- When you feel a food craving coming on, do something to get your mind off of the craving. Take a walk or do some other activity that you enjoy. Reading a book or calling a friend to talk will distract you from your cravings.
- Give in to your cravings once in a while. If your cravings don't include the healthiest choices then eat well the rest of the day.

Call your doctor if you crave unusual substances such as clay, ashes or laundry starch. This craving, known as pica, may be a sign of nutritional deficiency.



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### ***What can I do about food aversions?***

- Don't be concerned, unless you find the types of food you can eat are very limited.
- If possible, leave the cooking to someone else and stay away from food preparation areas.
- Try eating foods cold or at room temperature since it is sometimes the smell of the food that is bothering you.

If food aversions are limiting your food intake, look for substitutes for the healthy foods.

### ***Will my food cravings or food aversions ever go away?***

Food cravings and food aversions generally improve by the second trimester of pregnancy as your body adjusts to being pregnant. It is very important to follow a healthy diet and to take prenatal vitamins as prescribed by your doctor throughout your entire pregnancy.

## **Dear Wilma WIC,**

I want to eat better now for my baby and me. Can you give me some advice on healthy eating for my pregnancy?

Signed, Pregnant Pam

Dear Pregnant Pam,

Planning what to eat during pregnancy is important and making good food choices will help your baby grow and develop healthy. You will most likely have cravings, but eating pickles and ice cream should not be a part of your daily diet. Eat a variety of healthy foods and watch your portion sizes.

Follow these tips below:

- Choose foods from each food group for every meal
- Four to six smaller meals in a day instead of three larger meals can keep you feeling more comfortable during your pregnancy
- Make sure your whole meal fits on one plate, this helps with portion size
- Fill half your plate with colorful fruits and vegetables
- Stay well hydrated, drink plenty of water

Generally during your pregnancy you will need to consume 300 more calories per day during your second and third trimesters. An additional 300 calories might be a piece of fruit with some crackers and a glass of low fat milk. The exact amount depends on your weight before pregnancy. Visit [www.choosemyplate.gov/pregnancy-breastfeeding.html](http://www.choosemyplate.gov/pregnancy-breastfeeding.html) and click on Daily Food Plan for Moms. Here you can enter your height, weight, age, and due date to find out your personalized nutritional needs. You can also discuss this with your WIC nutritionist today!

Signed, Wilma WIC

## WIC News

- This year is the WIC Programs 40th Anniversary! Our theme is “WIC: Strengthening Families for 40 Years”. The Onondaga County Health Department has been providing healthy foods, nutrition education and referrals to young families in our county since 1974 so that they can lead healthy lives. Congratulate yourself for being a part of the WIC Program and helping to improve the health of your family!
- The WIC Program values your participation! Please call our office at 435-3304 if your phone number or address changes so that we can contact you for appointment reminders.
- Please call the WIC office if you cannot make your WIC appointment, so that this time can be offered to another WIC family.
- For every WIC appointment you must have your WIC ID or photo ID. If you or your child is being enrolled on WIC or recertified there are a number of other documents needed for your WIC appointment so please call us to make sure you verify everything you need to bring to your WIC appointment.
- Stay tuned for Farmer’s Market checks coming to your WIC site in early June.
- Join our group appointments at The WIC Program. Interact with your friends and neighbors and **reduce your waiting times at your next clinic appointment**. Please call the WIC Program at 435-3304 to schedule your group appointment.
- If you come to your WIC appointment before your scheduled appointment time we cannot guarantee that you will be seen early. WIC will serve those individuals who come at their scheduled appointment time first. We appreciate your patience and understanding regarding appointment times.



***Start planning how you will use your Farmer’s Market checks!***

# Breastfeeding Corner

## *Top Breastfeeding Myths*

As we learn about breastfeeding and realize how important it is for our babies, ourselves and our families, more of us are making the choice to breastfeed. This shift towards breastfeeding is nation-wide and is great news for the future health of Americans everywhere. Despite the fact that breastfeeding rates are at an all-time high, there are still many breastfeeding myths that can be confusing. As a new mother, it is important to know the facts from the myths. If you have questions regarding breastfeeding, talk to your Nutritionist or Peer Counselor.

### **1. Myth: Many women do not produce enough milk**

Not true! Most women make more than enough milk and many have a surplus. Sometimes a mother may think she does not have enough milk because her baby may want to eat all the time. It is normal for your new breastfed baby to eat very often. Breastmilk is digested very fast therefore your baby will want to eat frequently.

### **2. Myth: Breastfeeding hurts**

Not true! While you may have some breast tenderness in the first few days, it should not last and should not be so painful that it makes you want to stop nursing. Any pain that is more than mild is not normal. When your baby is nursing you should feel a gentle tug, if you feel pain when your baby nurses, she might not be latched on correctly. If you feel pain, ask for help. Pain should not be ignored.

### **3. Myth: There is no way to tell if a baby is getting enough milk**

Not true! There are many ways to tell if your baby is getting enough milk. All these signs can help reassure you that your baby is getting enough to eat. If you are not sure ask your Nutritionist or Peer Counselor. Here are a few ways to tell if your baby is getting enough of your breastmilk:

- During a feeding you may be able to hear sucking and swallowing, and you may see milk around your baby's mouth.
- After a feeding your baby will seem relaxed.
- Throughout the day your baby will have many wet diapers and in the first month she will also have several loose mustard-colored stools each day (after day 5).
- Your baby will be gaining weight.

#### **4. Myth: Modern formulas are almost the same as breast milk**

Not true! Even “modern” formulas are very different from breast milk. Breast milk is made by your human body for your human baby. Your milk is easy for your baby to digest and it is easier for your baby to get nutrients from your milk than formula. Formula is a processed food made from cow’s milk and/or plant derivatives and cannot protect a baby from infection. While babies can grow on formula, it is harder for them to digest. Formula does not give health protection as mother’s milk does.

#### **5. Myth: If the mother is taking medication she should not breastfeed.**

Not true! Many medications are safe to take while breastfeeding. There are very few medications that you cannot take while breastfeeding. If you are on a medication that is not safe while nursing there may be an alternative medicine that you could safely take. You should always discuss this with your doctor. You should also talk to your doctor about the health risk to your baby of not breastfeeding and whether or not medications are absolutely needed during this time.

***Babies were born to breastfeed. Always have been. Always will be.***

## **Five Ways To Eat Whole Grains**

Are ½ of the grain foods in your cupboard whole grain?

1. Make sandwiches with whole wheat bread\* or buns
2. Use whole grain tortillas\* when you make tacos, enchiladas and quesadillas
3. Serve brown rice\* instead of white rice
4. Add whole grain pasta, barley or bulgur to soups and casseroles
5. Snack on whole grain crackers or whole grain breakfast cereal\*



### **Buy Whole Grain Foods**

If you are buying the groceries, you are the gatekeeper for your family’s meals. Your family will eat what you buy!

\*WIC Food

# Here's What's Cooking

## Brown Rice\*

*A whole grain that your family will love!*



### Chicken & Rice Burrito

1. Place cooked brown rice\* and shredded cooked chicken on a whole grain tortilla\*
2. Top with a little salsa and shredded cheddar cheese\*.
3. Roll up and heat in the microwave.

### Spanish Rice

1. Stir together 2 cups of cooked brown rice\* and 1 can (15 ounces) chopped tomatoes\* with peppers\* in a skillet.
2. Stir and cook until the liquid is absorbed.
3. Season with chili powder and garlic powder.

### Veggies & Rice

1. Heat 1 tablespoon of vegetable oil in a large skillet. Add 2 cups of vegetables – chopped zucchini\*, onion\*, peppers\* or pea pods\*.
2. Stir and cook vegetables\* until slightly soft, about 2 to 3 minutes. Add a small amount of water if needed while cooking.
3. Add 1 cup cooked brown rice\* and 1 cup chopped tomatoes\* to cooked vegetables\* in skillet. Stir and cook for 1 minute.

### Make perfect rice:

There are 3 sizes of brown rice\* or white rice – short, medium and long grain. The most common rice that we eat is medium grain rice. Long grain rice is light and separates easily.

Short grain rice is round shaped and sticks together when cooked.

- Follow the directions on the package when cooking rice. Rice is easy to cook.
- Try brown rice\*. It takes about twice as long to cook.
- Rice absorbs a lot of water. One cup of uncooked rice will make 3 cups of cooked rice.
- Cook extra rice for your next meal. Cooked rice can be kept in a covered container in your refrigerator for up to 1 week. Cooked rice can be frozen for up to 6 months.

\*WIC foods

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Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.

Onondaga County Health Department



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