



Stark Report

Onondaga County Health Department
WIC Program

Spring/Summer
2015

Pregnancy Facts: Pregnancy & Travel

The best time to travel during your pregnancy is during the second trimester. The first trimester, you may experience morning sickness and fatigue. The third trimester, you don't want to go far from home. Should you go into labor early, you do not want to be too far from your doctor.

Healthy Eating

You may be on vacation, but your body is continuing to work as hard as ever at growing and developing, and your nutritional needs have not changed. If you are eating out, choose foods that will be good for your growing baby. Most importantly: continue to eat regular meals and snacks. Do not skip breakfast or lunch to save up for a large meal.

Food Safety

Avoid raw or undercooked meat, fish and poultry, as well as any unpasteurized or unrefrigerated dairy products. Wash fresh produce thoroughly before eating. When eating out, choose restaurants that are clean and follow basic rules of sanitation. Wash your hands before and after eating to reduce your chances of food related illness.

Pack a Pregnancy Survival Kit

When packing for a trip, take enough prenatal vitamins to last the entire trip. Pack some healthy snacks, such as sliced vegetables and fruit, dried fruits, granola bars, mixed nuts, dry WIC cereal or popcorn. Bring bottles of water to drink as you travel.

Airplane Travel

If you plan to travel by airplane, drink plenty of water both on the plane and after your trip. Eat regular meals and bring snacks to eat on the plane. Choose foods that will give you long term energy, such as a peanut butter or meat sandwich on whole wheat bread. Remember to exercise, take a short walk around the airport, to feel less fatigued.

Before you make any travel plans, talk to your doctor about your trip. Plan a trip that will be relaxing and not put added stress on you or your baby. Plan ahead to make the same healthy choices as you would make at home.



Inside this issue:

Wilma WIC	2
Breastfeeding Corner	2
WIC News	3
Here's What's Cooking: Broccoli!	4

Dear Wilma WIC,

I want to eat healthier for me and my baby. 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 you. You will most likely have cravings, but eating cake and ice cream should not be a part of your daily

diet. Eat a variety of foods with vitamins and minerals such as fruits and vegetables and watch your portion sizes. Follow these tips below for help:

- 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. The exact amount depends on your weight before pregnancy. Visit 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

Breastfeeding Corner

Are today's moms breastfeeding their babies?

Yes, we have learned a lot over the past 50 years and we now know that mother's milk is the best for our babies. Breastfeeding is becoming very popular – everyone wants their baby to have the best. 77% of all babies are breastfed. Formula companies try to make infant formulas to be like human milk, but formulas will never be as nutritious as mother's milk.

Why didn't my grandmother and mother breastfeed?

Infant formulas were very popular 20 to 30 years ago, and moms believed that formulas were as good as mother's milk. Many babies were not breastfed during the 20th century, but now we know better. Breastfeeding is the best and is the most popular way to feed babies today. Babies are meant to be breastfed!

When did babies start drinking formula instead of breast milk?

Homemade infant formulas were popular in the 1920's and 1930's. These formulas were fed to more than half of all babies by 1950. Commercial infant formulas started to become popular in the 1950's. By 1956, only 20% of babies were being breastfed. In the early 1970's, about 25% of babies were being breastfed. This increased in 1990, when 50% of all babies were breastfed. We have learned a lot about breast milk and how it protects both our babies and mothers. In 1995, breastfeeding started to increase and about 60% of all babies were breastfed. And today, 77% of babies are breastfed.



How can I learn more about breastfeeding?

If you would like to learn more about breastfeeding or if you want help with breastfeeding ask for a Peer Counselor. A Peer Counselor is a mom just like yourself who knows how to breastfeed and wants to help you learn how to breastfeed. Your Peer Counselor will listen to you and give you her support.

WIC News

- 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.

Like us!



- Check out WIC on Facebook at www.facebook.com/HealthyFamiliesOnondaga. The WIC Program posts messages on the Wall of our Healthy Families Onondaga Facebook page. Make sure you go to our page, read our posting and "like" us!



- 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.
- You only have to recertify your children once a year for WIC instead of twice a year! You will still have the opportunity to check on your child's growth six months after the certification appointment when we do a health and nutrition update (HNU).
- 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.

Here's What's Cooking



Italian Broccoli and Pasta *Makes 4 servings*

- 2 cups fettuccine noodles
- 3 Tbsps. Scallions (green onions), chopped*
- 2 cups broccoli florets *
- ½ tsp thyme, dried
- ½ tsp oregano, dried
- ½ tsp pepper
- 1 can (14 ½ oz) stewed tomatoes, not drained*
- 2 tsps Parmesan cheese

Instructions

1. Cook fettuccine according to package instructions (omitting oil and salt) and drain.
2. Spray a skillet with non-stick spray and stir-fry onion and broccoli for 3 minutes.
3. Add seasonings and tomatoes and simmer until heated throughout.
4. Spoon vegetable mixture over fettuccine and top with Parmesan cheese.



Easy Broccoli Casserole *Makes 4 – 6 servings*

- 1 large bunch broccoli, chopped*
- ½ cup low-fat yogurt
- 1 green pepper, chopped*
- ½ cup shredded cheese*
- 1 tsp mustard
- 1/8 tsp cayenne pepper
- ¼ cup sugar
- 2/3 cup vinegar
- 1/3 cup oil
- 1 tsp Worcestershire sauce
- ½ tsp garlic powder
- Pepper to taste

Instructions

1. Wash and trim broccoli. Chop into 1-inch pieces. Cook in a covered pot, in a small amount of boiling water, about 8 – 10 minutes. Drain.
2. Place broccoli in a 1 quart casserole dish.
3. Combine remaining ingredients.
4. Spoon over broccoli.
5. Bake, uncovered at 400 degrees for 10 - 15 minutes or until bubbly.

**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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