



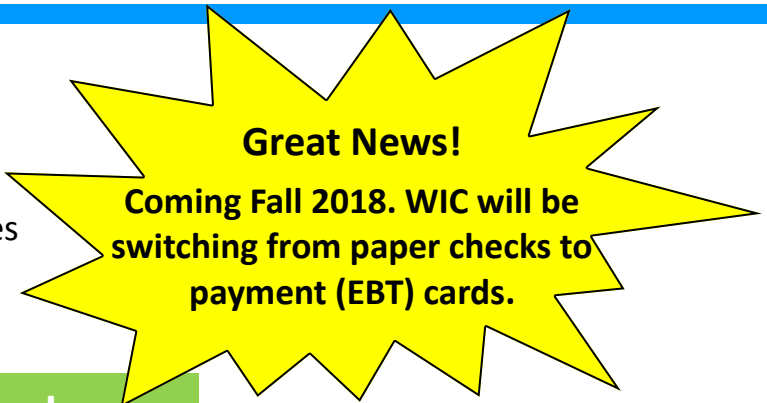
Stork Report

Onondaga County Health Department WIC Program Newsletter Summer 2017

Pregnancy Facts:

Prenatal weight gain

Pregnant women need an extra 200-600 calories each day depending on their weight before pregnancy and what trimester they are in.



Healthy snack ideas that each equal about 400 calories/day:

- An apple, 2 oz. of cheese, and an 8 oz. glass of fat free milk



- 1 medium banana, 2 tablespoons of peanut butter and a slice of whole wheat bread or a tortilla



- 8 oz. of low-fat plain yogurt and sliced strawberries



- 1 cup of WIC cereal with 1/2 cup of fat free milk, 1/2 cup of blueberries and an 8 oz. glass of juice



- 1 hard-boiled egg with 2 slices of whole wheat toast with 2 tablespoons of peanut butter



Call WIC if you cannot make your WIC appointment

Please call our office at 315.435.3304 if your phone number or address changes

WIC Clinic and Office will be closed :

Tuesday, July 4th
Independence Day

Monday, September 4th
Labor Day

Exercise can help manage weight gain. Pregnant women should be active for 30 minutes/day on most days of the week. Talk to your doctor about a healthy level of exercise during pregnancy.



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Don't forget to use your Farmers Market Checks!

Here's What's Cooking

Carrot Bread *Makes 15-20 slices*

Ingredients:

- ¼ cup vegetable oil
 - ½ cup applesauce*
 - 1 cup sugar
 - 1-½ cups sifted flour
 - 1 teaspoon baking soda
 - 1 teaspoon baking powder
 - 1 teaspoon cinnamon
 - ½ teaspoon salt
 - 2 eggs*
 - 1 cup grated raw carrots* (about 3 medium)
 - ½ cup chopped pecans
- *WIC Foods

Instructions:

1. Combine oil, applesauce, sugar, flour, baking soda, baking powder, cinnamon, salt, and eggs in a large bowl.
2. Gently stir in carrots and pecans.
3. Pour into a greased and floured 9x5x3-inch loaf pan. Bake in a 350-degree oven for 50-60 minutes.
4. Remove from oven and let cool for 5 minutes before removing from the pan.
5. Remove from pan and allow to cool on wire rack.



Dear Wilma WIC,
I am early on in my pregnancy, but I know I am overweight. Should I try and lose weight now so I don't gain too much throughout the next 9 months?
Signed, Bethany

Dear Bethany,

- Pregnancy is not the time to worry about losing weight, no matter what your pre-pregnancy weight was. Focus on eating healthy and staying fit.
- The health and weight of your baby at birth can depend on how much weight you gain during your pregnancy.
- Gaining too much can increase your risk of gestational diabetes, high blood pressure, backaches, varicose veins, indigestion, difficult labor, and delivery. This extra weight can be hard to lose after your baby is born.
- Gaining too little weight may cause your baby to be born early with a low birth weight and with health problems.
- Your WIC Nutritionist will review this information with you at your WIC appointment.

Signed, Wilma WIC



August 1st—7th is World Breastfeeding Week. During this time we are reminded of the important role breastfeeding plays throughout the world. Breastfeeding is not only important for your baby's health, but it is also important on a global scale. This August remember to:

- Look for special "World Breastfeeding Week" happenings at WIC
- Speak to a Breastfeeding Peer Counselor if you have any questions about breastfeeding

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