



Stark Report

Onondaga County Health Department
WIC Program

April-June 2012
Newsletter

Pregnancy Facts:

Heartburn Relief

Heartburn is sometimes a problem during pregnancy. Changes in your body can cause heartburn early in your pregnancy. Heartburn is more common during the last months of pregnancy when your baby is growing fast and pushing up on your stomach.

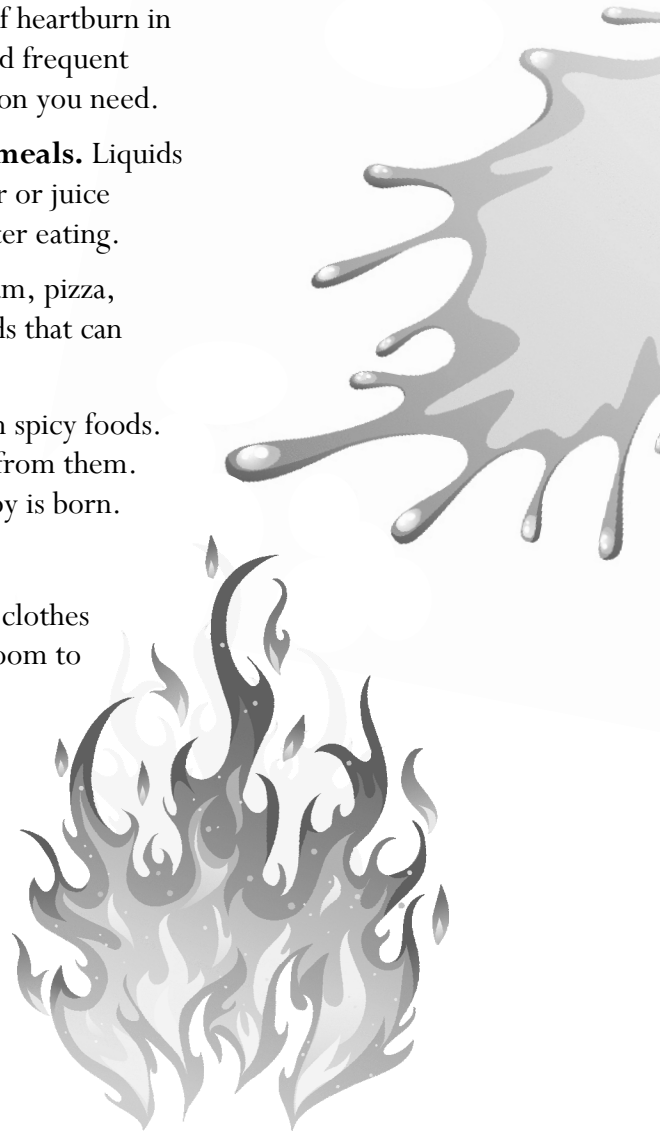
Here are some tips to help prevent heartburn:

- **Eat 5 or 6 small meals each day.** The most common cause of heartburn in pregnancy is the lack of room for your stomach. Eating small and frequent mini meals or snacks will help you and your baby get the nutrition you need.
- **Try drinking only small amounts of liquids with your meals.** Liquids may be filling up your stomach. Drink more of your milk, water or juice between meals and snacks. Try drinking liquids about 1 hour after eating.
- **Limit fatty or fried foods.** Fried foods, French fries, ice cream, pizza, chips, sausage, bacon, sweet rolls and butter are some fatty foods that can cause heartburn.
- **Limit spicy foods.** Some pregnant women get heartburn from spicy foods. If there are some foods that cause heartburn for you, stay away from them. You will probably be able to eat these foods again after your baby is born.
- **Drink less soda and coffee.**
- **Wear clothes which are loose around your waist.** Tight clothes can cause heartburn when you are pregnant. Your baby needs room to grow.
- **Take time to eat.** Relax, chew well and eat slowly. You are more likely to get heartburn when you eat fast.

Always talk to your doctor before you take any medications for heartburn.

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Breastfeeding Corner:

Are Today's Moms Breastfeeding their Babies?

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

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 1970s, 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. Today 77% of all babies are breastfed.

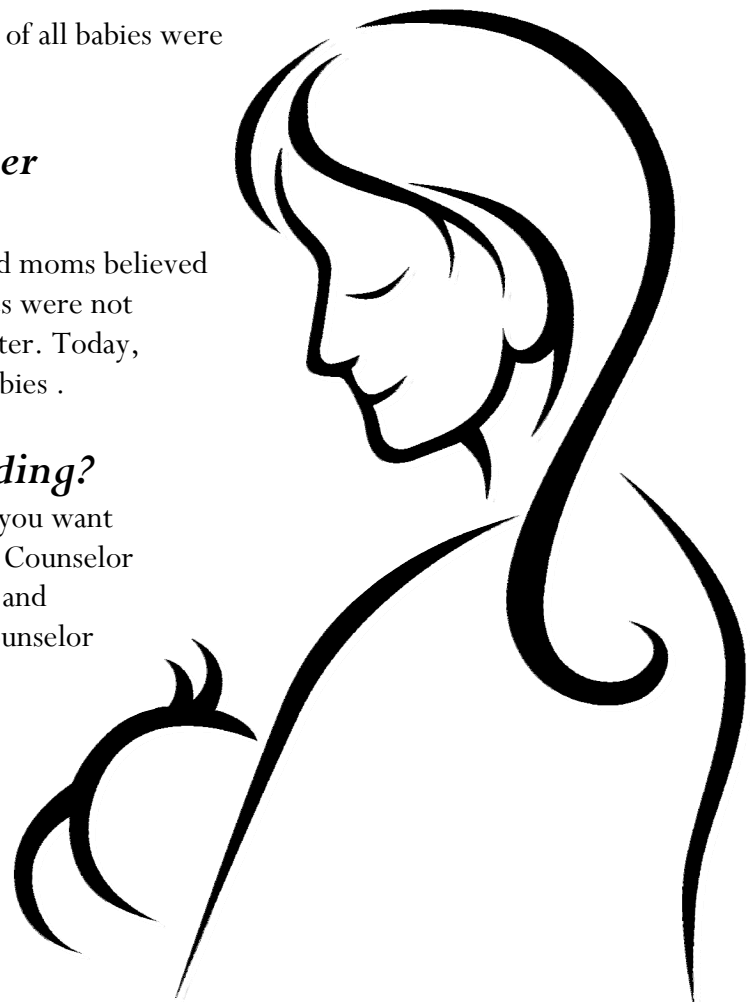
Why didn't my grandmother and mother breastfeed?

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. Today, breastfeeding is the best and most popular way to feed babies .

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 support.

Babies are meant to be breastfed!



Dear Wilma WIC,

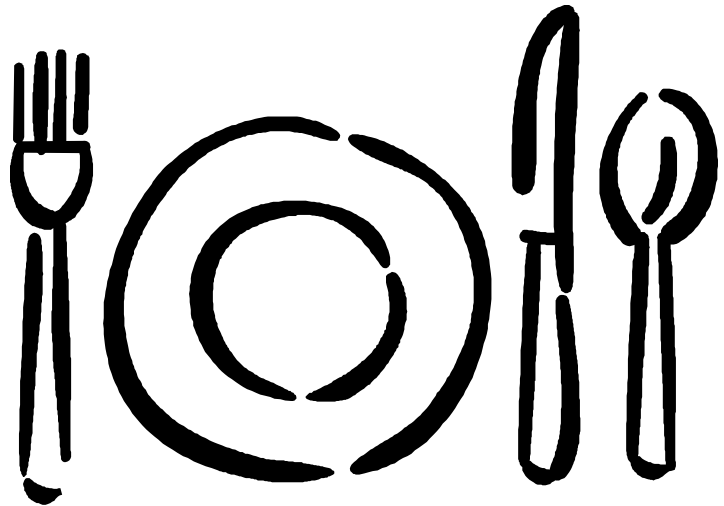
Now that I am pregnant, are there certain foods I should avoid eating?

Signed,
Safe Sally

Dear Safe Sally

Yes, there are certain foods that should be handled with care and others that should be avoided. Deli meats need to be heated until they are steaming hot before eating them. All meats, chicken, fish, and eggs must be fully cooked before eating them. During your pregnancy, it is best to not eat or drink unpasteurized raw milk or juice; soft cheeses like Brie, feta, Queso and Camembert; raw sprouts; or fish high in mercury such as shark, swordfish, king mackerel, and tilefish. These foods can make you or your unborn baby ill if consumed, so follow these tips to avoid any sickness from occurring.

Signed,
Wilma WIC



WIC News

- The WIC office will be closed Monday, May 28th for the Memorial Day observation.
- “Check out WIC on Facebook” at www.facebook.com/HealthyFamiliesOnondaga. The WIC Program posts a weekly message on the Healthy Families Onondaga Facebook page. Make sure you go to our page, read our posts and “like” us.
- The WIC Program values your participation! Please call our office at 435-3304 if your phone number or address changes.
- 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.
- You now 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.
- Stay tuned for Farmer’s Market checks coming to your WIC site in early June.

Here's What's Cooking

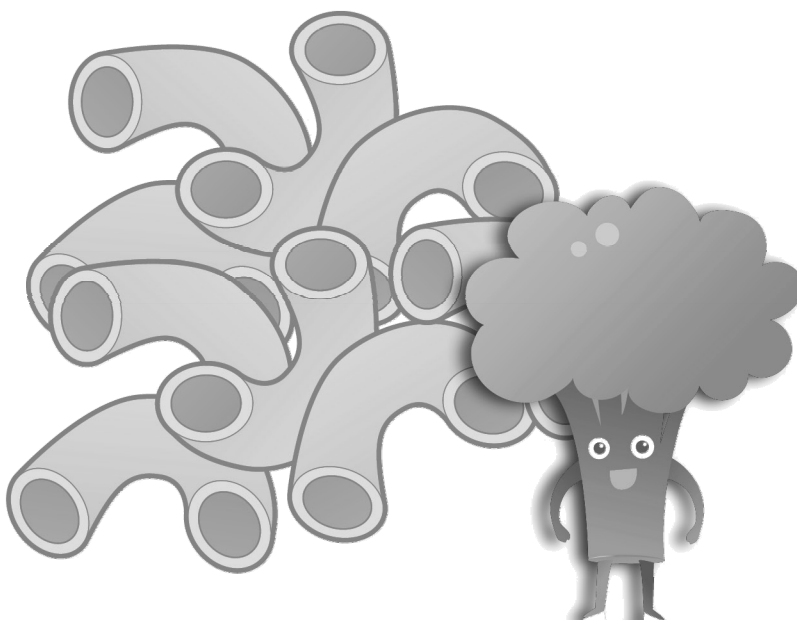
Festive Macaroni and Cheese

Broccoli and red peppers add a burst of color and flavor to this macaroni and cheese.

Ingredients

- 1 ½ cups uncooked macaroni
- 2 tablespoons vegetable oil
- 2 cups fresh broccoli, chopped *
- 1 cup chopped ham
- 1 sweet red pepper, chopped *
- ½ onion, chopped *
- 3 tablespoons flour
- 4 cups fat free milk *
- 1 cup sharp cheddar cheese (shredded) *
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup dry bread crumbs

*WIC Foods



How to Prepare

1. Cook macaroni in a large pan of boiling water until tender. Drain water off macaroni.
2. Cook broccoli until tender and crisp in microwave or in saucepan with water.
3. Heat oil in saucepan. Add onion and red pepper to oil. Stir and cook for 2 minutes. Add flour. Stir until blended.
4. Stir in milk. Bring to a boil. Cook and stir for 2 minutes, until thick. Add cheese to the milk mixture.
5. Combine macaroni, broccoli, ham and milk mixture into a baking dish. Sprinkle with bread crumbs. Bake in a 350° oven for 20 to 30 minutes.

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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.



Joanne M. Mahoney
County Executive



Cynthia B. Morrow, MD, MPH
Commissioner of Health

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