



Stark Report

Onondaga County Health Department
WIC Program

April-June 2013
Newsletter

Pregnancy and Fish: What is safe to eat?

Fish can be a healthy food choice during pregnancy—it is important for your baby's growth and development. However some types of fish may contain high levels of mercury. Mercury can have a harmful effect on your unborn baby. Although the mercury in fish isn't a concern for most adults, you may want to be extra careful if you are pregnant, planning to become pregnant, or nursing. If you eat fish high in mercury, it can build up in your blood and damage your baby's brain and nervous system.

What types of fish are highest in mercury?

The fish that contain the highest levels of mercury are shark, swordfish, king mackerel and tilefish. These types of fish should be avoided during pregnancy and breastfeeding.

What kind of fish are safe to eat?

Choose fish that are low in mercury. The best choices include salmon, catfish, cod and tilapia. Canned light tuna is another good choice, but limit albacore tuna, chunk white tuna and tuna steak to no more than 6 ounces per week. Fish sticks and fast food fish sandwiches are made from fish that are low in mercury.

How much fish is recommended?

The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) say pregnant women can safely eat up to 12 ounces of fish per week. Avoid raw fish during pregnancy.

Are there other guidelines?

- Cook fish to an internal temperature of 145° F. The fish is done when it separates into flakes and appears opaque throughout.
- Keep fish frozen or refrigerated until you are ready to use it.
- Do not eat fish caught by family or friends; stick to commercially-caught fish.

As long as you avoid the fish highest in mercury and use moderation, fish can be included in your pregnancy diet.

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Breastfeeding Corner: **The Myth of Low Supply**

Too often women stop breastfeeding because they do not think that they have enough milk. This is the myth of low supply. This lack of confidence stems from comments that may be made by family or friends such as:

- “You can not nurse your baby because you do not eat right.”
- “You are too thin or small, how could you ever have enough milk?”
- “I could not do it and so you probably won’t be able to either.”
- “Your baby eats all the time, she must be starving!”

When people say these things, you might start to doubt yourself. But very often people just do not have the correct facts about breastfeeding. The truth is that there are very few medical reasons why you could not nurse your baby and very few reasons why you should not have enough milk.

Breastfeeding works on a supply and demand system. The more often a baby nurses, the more milk you will have. Nothing can set up a good milk supply better than your own nursing baby. And a pump can not duplicate your baby’s suckle.

Consider the following scenario: After you have your newborn baby, you may notice that your baby wants to nurse all the time. This is to ensure a healthy milk supply. It does not mean you have a low supply. Also, your baby may want to nurse more when she is getting ready to go through a growth spurt. The reason she does this is because her instincts are telling her that she might need a little extra milk. It might take your body about 24-72 hrs to respond, but you will naturally make extra milk at just the right time (when your baby hits her growth spurt peak)! This supply and demand system is a natural human system. If you give your baby a bottle, the system might not work the way it should.

Knowing that you can provide for your baby any where and any time can be of great comfort to you as a mother.

Learning to trust your body and have faith in your baby’s instincts may be tough to get used to at first, but seeing your baby thrive from your own milk can be very rewarding. Knowing that you can provide for your baby any where and any time can be of great comfort to you as a mother. If it were not for human milk, people would not have survived to be here today. As a nursing mother, you should have great peace of mind knowing you are giving your baby a strong, healthy start.

If you have questions about your supply or other breastfeeding questions you can talk to your WIC nutritionist or ask for a peer counselor. You can also get information at www.breastfeedingpartners.org.

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

Dear Wilma WIC,

I am worried about gaining too much weight during my pregnancy. What should I do to avoid gaining more than I should?

Sincerely,
Expecting Elise

Dear Expecting Elise,

Talk to your WIC nutritionist and doctor to find out how much total weight you should gain. Follow these helpful tips for a healthy weight gain:

- Eat a variety of healthy foods such as fruits, vegetables, whole grains, lean proteins, and low fat dairy.
- Choose whole grain foods like whole wheat bread, brown rice, and whole wheat pasta for more fiber.
- Remove skin from chicken and avoid high fat cooking methods such as frying. Try grilling foods more often. Fish and beans/legumes are also good sources of protein.
- Control your portion sizes to avoid eating too many extra calories.
- Limit your intake of soft drinks, desserts, fried foods, cheese, and fatty meats.
- Talk to your doctor about physical activity that is best for you. It is very good to stay active or get active while pregnant. Even taking a short 15 minute walk 3 times a day can be good for you and your baby's health.

Signed,
Wilma WIC

WIC News

- The WIC Program will be closed on Monday, May 27th, 2013 for Memorial Day.
- Our program has been having a problem with the WIC office phone at 435-3304 which has caused WIC participants to wait on the line for a very long time. We apologize for any inconvenience this has caused you or your family. This problem has been corrected and the wait should not be long so please do not hesitate to call us with any questions. 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.
- 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.

Here's What's Cooking

Roasted Chickpeas (Garbanzo Beans)

Crunchy, crispy and delicious!

Ingredients:

- 1 (15 ounce) can garbanzo beans (chickpeas)*
- 1 teaspoon chili seasoning
- ½ teaspoon garlic powder (optional)
- 1 tablespoon olive oil or vegetable oil
- Salt to taste

**WIC Food*



Directions:

1. Drain and rinse garbanzo beans. Place the beans on a dish towel and toss gently to remove moisture.
2. Toss the beans with chili seasoning and olive oil. Spread beans in a single layer on a baking sheet.
3. Place in a 400° F oven for 20 to 30 minutes. Stir beans every 10 minutes while baking.
4. Remove beans from the oven. Toss beans with salt and serve. Roasted chickpeas taste best when eaten immediately. Roasted chickpeas are done when they are brown and crispy. Continue baking if they are still soft in the center.

Enjoy roasted chickpeas on top of your favorite salad, with fresh or frozen peas (thawed), or for a snack mixed with raisins or dried cranberries!

Easy Hummus

Ingredients:

- 1 (15 ounce) can garbanzo beans (chickpeas)*
- 1 clove garlic, crushed
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 1 tablespoon olive oil or vegetable oil
- 1 tablespoon lemon juice

**WIC Food*

Directions:

1. Drain beans and save the liquid.
2. Combine beans, garlic, cumin, salt, oil and lemon juice together in a blender.
3. Blend on low speed, adding bean liquid as needed until hummus is smooth.

Onondaga County Health Department WIC Program

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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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