



Stark Report

Onondaga County Health Department
WIC Program

Fall 2015

Pregnancy Facts: Pregnancy & Iron

During Pregnancy, your body needs more iron for your growing baby. Increased iron is important throughout your pregnancy but especially in the second and third trimesters. Many women need extra iron because they start their pregnancy with low iron levels. Low iron levels during pregnancy may cause early delivery or a low birth weight baby.

Food sources of iron:

Red meat is one of the best sources of iron for pregnant women. If you don't eat meat, you can get iron from beans, vegetables and grains. Iron-fortified cereals, such as the cereals on the WIC Acceptable Foods List, are good sources of iron.

Facts about iron:

- Avoid drinking coffee or tea.
- Eat a vitamin-C rich food (like orange juice, strawberries or broccoli) with every meal. Vitamin-C helps iron to absorb in the body.
- Calcium can make iron less likely to absorb in the body. It is important to drink milk, but do not drink too much milk or eat too many dairy rich foods.

Should I take an extra supplement for iron?

It is important that pregnant women take a prenatal vitamin every day to make sure they get enough iron. A prenatal vitamin will provide some extra iron. If you have a low iron level, your doctor may suggest an extra pill for iron.

Eating healthy foods and taking a daily prenatal vitamin is good for both you and your growing baby. For more information about foods high in iron or for a list of foods high in iron, ask your WIC Nutritionist.

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Breastfeeding Corner: Tips for Breastfeeding During the Holidays

Cool fall nights are great for extra joy and snuggling, and extra perfect for cuddly breastfeeding. Breastfeeding through the holiday season however, could present a few minor challenges easily overcome with a little planning. Here are some tips to help get you through this busy time of the year.

Tip 1-Don't Forget to Nurse the Baby: With all of the excitement and extra activity it may be easy to get side-tracked and miss a feeding. Try not to let this happen. Your young baby needs to nurse often. Nursing often will keep your baby healthy and will also help you establish a good milk supply. In addition, with the hustle and bustle of the holiday season, your baby will welcome the quiet escape and comfort that nursing can provide.

Tip 2-Eat Well: You need good food for energy. This does not mean you should stay away from holiday treats and goodies. Just practice moderation. Try to choose healthy meals and snacks as much as possible... and drink plenty of water!

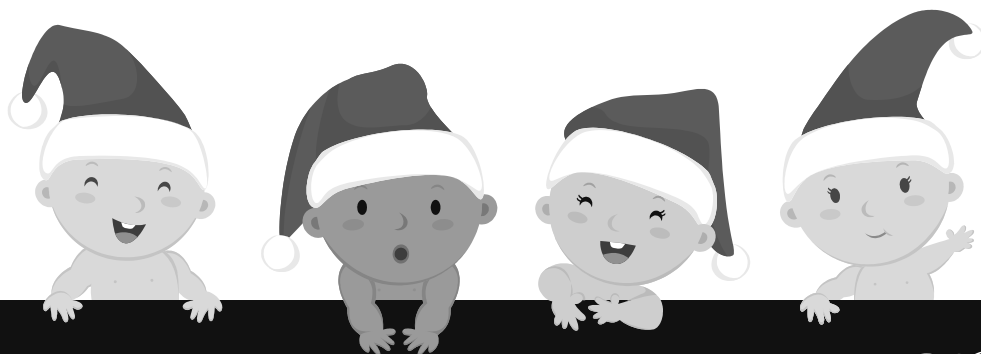
Tip 3-Get Plenty of Rest: Be sure you are getting enough sleep. You may be tempted to stay up late wrapping gifts or baking cookies, but with a new baby this may not be the best choice. Try to nap when your baby naps. Ask someone to help keep your baby amused while you wrap or bake.

Tip 4-Plan Your Trips: Whether you take a short trip to the mall or a long trip to grandma's house, a nursing baby usually travels very well. Plan in advance as much as you can. Plan short trips around baby's naptime and think of places you can nurse comfortably while you are out and about. For tips for nursing in public ask your Peer Counselor or WIC Nutritionist. For longer trips allow yourself plenty of time to get there and take plenty of nursing breaks.

Tip 5-Enjoy the Season: Enjoy this time with your baby and family, and enjoy yourself. Try not to stress out. If some things do not get done it is OK. No one expects you to have the perfect house and no one expects you to visit all day. Relax and enjoy the holiday!

If you have questions about breastfeeding 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.



Happy Holidays!

Dear Wilma WIC,

Since becoming pregnant, I am noticing I have a lot of heartburn lately. Is there anything I can do to help it or prevent it?

Signed, Heartburn Hailey

Dear Heartburn Hailey,

Heartburn sure is painful yet very common during pregnancy. It can be caused from your hormones changing, your baby growing, too much food in the stomach and tight-fitting clothes. So, what can you do?

- Avoid wearing tight clothes.
- Eat mini-meals, eat slowly and chew your food well. Do not lie down or bend over after eating.
- Sip, don't gulp. Drink small amounts with meals and have most of your fluids between meals.
- Elevate your head when sleeping.
- Quit smoking and avoid second hand smoke.
- Know your trigger foods, which can vary based on the person. Common trigger foods are caffeinated drinks like coffee and tea, carbonated drinks like soda and sparkling water, greasy and fried foods, citrus fruits like orange juice and lemonade, tomatoes, tomato sauce, ketchup, mustard, salsa, spicy foods, onion, garlic, chocolate and mint.

Signed, Wilma WIC

WIC News

- The WIC office will be closed on Thursday, November 26th and Friday, November 27th for the Thanksgiving holiday, Friday, December 25th for Christmas and Friday, January 1st for New Year's Day.
- Beginning on July 1, 2015 the WIC Program has offered some new foods for you and your family. These foods include, plain yogurt (regular or Greek) as a substitute for milk, canned beans as a substitute for dried beans, whole wheat pasta as a choice along with whole grain bread, whole grain tortillas or brown rice, for infants 6-12 months fresh bananas as a substitute for jars of baby fruit, and for 9-12 month old infants a cash value voucher for fresh fruits and vegetable for jars of infant fruits and vegetables. Please make sure to talk to your WIC Nutritionist about adding these foods onto your WIC checks to try.
- 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.
- 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

Jambalaya

Preparation: 20 minutes – Cooking: 50 minutes – Serves: 4

- 2 Tbsp. olive oil
- 3 skinless chicken breasts
- 1 large onion (chopped)*
- 2 large cloves garlic (chopped)*
- 1 red pepper (de-seeded and cut into bite-sized pieces)*
- 1 tsp paprika
- 1 green chili, de-seeded and finely chopped* (optional)
- 1 tsp dried thyme
- 3 cups warm chicken or vegetable stock
- 3 Tbsp. canned chopped tomatoes*
- 1 1/3 cups brown rice*
- 1/3 cup peas*
- Salt & pepper

1. Put the rice in a sieve and rinse it under cold water until the water runs clear. Washing the rice before cooking stops the grains from sticking together.
2. Chop the onion into small pieces and set aside. Then carefully cut the chicken into bite-sized pieces. Heat the oil in a saucepan.
3. Fry the chicken and onion for 8 minutes over a medium heat until the chicken is golden all over. Stir frequently to prevent the chicken from sticking to the pan.
4. Add the garlic, red pepper and chili, and cook for 2 minutes. Add the paprika, thyme, rice, stock, and tomatoes. Stir and bring to a boil.
5. Reduce the heat to low, cover the pan and simmer for 35 minutes or until the rice is cooked and the stock is absorbed. Season the rice with salt & pepper and stir before serving.
6. Add the peas 2 minutes before the rice is cooked in step 5 for extra color and taste.

Tasty twists: Shrimp, pork, beans, or vegetables, such as peas and zucchinis would also be tasty in this rice dish.

**WIC foods. Be sure to handle all foods in a safe & healthy manner.
Source: Kids' Fun & Healthy Cookbook by Nicola Graimes*



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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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