



# W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

## ***Nutrition Spotlight:*** **Milk for Toddlers & Preschoolers**

Children love milk, but what kind should they drink, how much should they drink, and what they drink milk out of continues to change from the time they are born until they are preschoolers. Here are the latest recommendations to follow for your child including potential problems your child could face with drinking a high amount of milk.

### ***What kind?***

Typically when a baby turns 1 year old you can begin introducing whole milk. They will need whole milk between ages 1-2 years because their brain needs the extra fat to grow. When a child turns 2 years old, skim or 1% should start to be introduced and continued throughout the child's life, because it provides the same nutrients but less calories and fat which lowers the chance of the child becoming overweight.

### ***How much?***

As an infant the baby's main source of nutrition was by breast milk or formula, but children ages 1-5 years need more food and less milk. Children should only be drinking around 2 cups of milk per day or around 16 ounces.

### ***What should they drink out of?***

As early as 6 months a child can start drinking breast milk or formula from a cup. An early introduction to a cup can allow for a faster and easier transition from bottle to cup and therefore less of a chance of baby bottle tooth decay, dependence of a bottle, and excessive milk consumption.

### ***Can you drink too much milk?***

Milk is a great source of calcium, vitamin D, and protein, but too much of a good thing can turn into a bad thing. Studies have shown that when preschoolers drink more than 2 cups of milk per day they have a higher chance of becoming overweight or obese due to extra calorie intake. Another problem that drinking too much milk can cause is low iron for the child. Milk has a high amount of calcium, which is good for bone growth, but when the child drinks a high amount of milk the calcium can cause

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the iron from the child's food to be blocked and not absorbed. This can cause anemia and the child may be very tired or weak. Overall, drinking around 2 cups of milk per day balances vitamin D and iron stores while avoiding problems with obesity and overweight.

### ***Important Information for Bottle Feeding***

- Use bottles for feedings only: don't use during play times
- Never allow the bottle in the bed
- Offer water in the bottle if they are thirsty at night
- Provide other forms of comfort such as singing or reading at night

## **Time to Protect Yourself and Your Child Against the Flu**

Getting yourself and your child a flu vaccine (shot) each year is the best way to prevent flu infection. Keep these tips in mind for a healthy flu season!

- Flu vaccination is recommended for everyone 6 months and older. Get yourself and your child vaccinated as soon as the vaccine becomes available.
- If your child is under 6 months old, they are too young to be vaccinated, so it is very important for you and all other household contacts to get a flu vaccine.
- Is your child afraid of shots? FluMist® (a vaccine that is sprayed into the nose) is available for healthy children 2 and older.
- Children with chronic health problems are especially at high risk of developing serious flu complications and should get a flu vaccine every year. Contact your medical provider right away if these children are sick with flu because they may require immediate anti-flu medications.
- Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.
- If you or someone in your household is sick with flu, stay home and practice good hand washing to prevent the spread of the illness.

Ask your health care provider about getting flu vaccine for your family. No health insurance? Call the Onondaga County Health Department at 435-2000 to find out how you can get a flu vaccine.



# Here's What's Cooking

## Peanut Butter Yogurt Dip

½ cup peanut butter\*

1 cup plain yogurt or plain Greek yogurt\*

- Mix the 2 ingredients together until smooth.
- Dip your favorite fruits like strawberries, apple slices, or grapes.

## Greek Yogurt Ranch Dip

1 ½ cups plain Greek yogurt\*

½ teaspoon dried chives or ½ teaspoon of fresh chives

¾ teaspoon dried parsley or 1 teaspoon of fresh parsley

¼ teaspoon garlic powder

¼ teaspoon onion powder

1/8 teaspoon salt

¼ teaspoon black pepper

- In a large bowl, combine all of the ingredients.
- Cover the bowl with plastic wrap and refrigerate for at least 2 hours but preferable overnight for best results and serve with fresh veggies.



## Hearty Meat Sauce on Whole Wheat Pasta

Source: *Chop Chop - The Kid's Guide To Cooking Real Food With Your Family* by Sally Sampson

Preparation: 30 minutes – Cooking: 1 hour – Serves: 6-8

2 tsps. Olive, canola or vegetable oil

1 onion, chopped\*

2 garlic cloves, peeled and minced or chopped\*

1 Tbsp. dried basil

1 tsp. Dried oregano

1 pound ground turkey or ground beef

2 (28oz.) cans diced tomatoes, including the liquid\*

¼ cup water

¼ cup chopped fresh basil leaves\* (if you like)

Shredded cheese\*

Whole wheat pasta\*

- Put the skillet on the stove and turn the heat to medium-low. When the skillet is hot, carefully add the oil. Add the onion, garlic, basil, and oregano and cook for 2 minutes.
- Add the turkey or beef and cook, breaking up with a spoon, until no longer raw, 10-12 minutes.
- Add the tomatoes and water and cook the mixture until it starts to come together, about 1 hour.
- Prepare the whole wheat pasta as directions on the package state.
- Serve right away with basil, if you like and grated cheese.
- You can also cover and refrigerate up to 3 days.

\*WIC foods. Be sure to handle all foods in a safe & healthy manner.

## WIC News

- The WIC office will be closed on Thursday, November 26<sup>th</sup> and Friday, November 27<sup>th</sup> for the Thanksgiving holiday, Friday, December 25<sup>th</sup> for Christmas and Friday, January 1<sup>st</sup> 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.



**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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