



# Stark Report

Onondaga County Health Department  
WIC Program

Jan-March 2013  
Newsletter

## Pregnancy Facts: Think About What You Drink!

Water? Unless your throat is dry or sweat is dripping down your face, you probably give little thought to water. Yet, this clear liquid is one of your body's most important fluids. Water truly is the beverage of life! An average person's body is made up of 50 to 75% water. That is equal to about 11 gallons of water. In pregnancy this amount increases even more due to increased weight, blood and a growing baby.

**What does water do in your body?** All body cells, tissues, organs and every body process need water to work. Water controls your body temperature and water moves nutrients and oxygen to all body cells.

**How much fluid is enough?** The average adult loses 10 cups of fluid daily through natural body processes. During hot weather and physical activity, fluid loss is higher. Unlike other nutrients the human body does not store water for when you need more. To keep your body working and to keep your baby healthy you must make sure to replace lost fluids. Most people need 8 to 12 cups of fluid daily. Pregnancy increases the amount of fluid a woman's body needs.

**What counts towards fluid intake?** Water, milk and juice can count toward your daily fluid intake. Drinks that contain caffeine such as coffee, tea and soft drinks are not your body's best source of fluids.

**What to drink? Just plain water:** it's the most available fluid around and often your best choice! Milk and juice make a good second best.

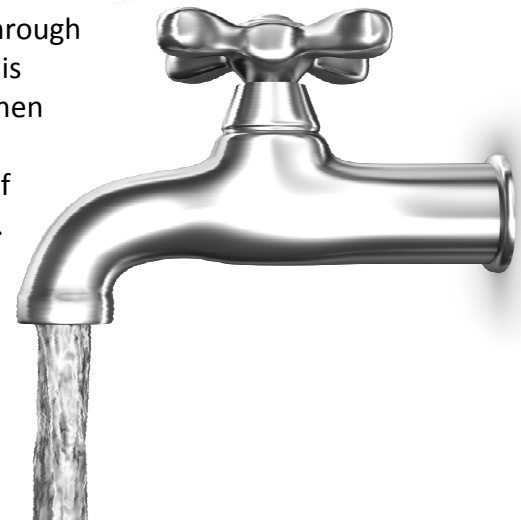
**Milk:** Milk offers protein, calcium, vitamins A and D. These vitamins and minerals are healthy for both mom and baby. Encourage yourself to drink non-fat or low-fat milk. It provides all the same nutrients as whole milk but contains less fat and cholesterol, which is healthier for your heart. Encourage yourself to drink 3 to 4 cups of milk daily during pregnancy.

**Juice:** Juice offers vitamin A and vitamin C. Always choose 100% real fruit juice such as the WIC juices. These juices are best because they are made with 100% real fruit juice and no added sugar sweeteners. One 8-ounce cup of juice will provide your daily amount for vitamin C. Beware if you drink too much juice. It still contains natural sugars that can cause tooth decay and add a lot of extra calories to your diet. This can lead to extra weight gain. Try mixing your juice with half water.

**Soft Drinks:** Try to avoid these drinks at all cost. They have a lot of sugar and calories. One 8-ounce serving contains 150 calories. This may not seem like a lot but most sodas are 20 ounces and contain 400 calories. Soft drinks contain a lot of sugar and have no nutritional value at all.

### Inside this issue:

Breastfeeding Corner	2
Wilma WIC: Steps to a Healthy Pregnancy	3
WIC News	3
Here's What's Cooking: Quesadillas	4



Always think before your drink! Listen to your body and look for signals of dehydration. Dehydration can cause fatigue, weakness and in extreme cases can lead to death. When you feel thirsty your body is already slightly dehydrated. So you need to drink more. Another sign is dark, yellow urine with a strong smell. When your body has a good amount of fluid the urine should be light yellow. It is hard to remember to drink enough water; here are some ways to increase your water intake:

- Take water breaks during the day instead of coffee breaks. If you like to sip, keep a cup of water at your desk at work.
- When you buy a drink, reach for bottled water.
- “Water down” meals and snacks. Complement food with water, milk or juice.
- Occasionally start the meal with soup.
- When you walk by a drinking fountain, take a drink.

Enjoy your pregnancy and make sure you are drinking plenty of water for mom and baby!

## ***Breastfeeding Corner:*** **Want Help with Breastfeeding?**

WIC has Breastfeeding Peer Counselors on staff! Are you pregnant and thinking about breastfeeding your baby? Do you have questions about how the whole breastfeeding thing works? Have you tried breastfeeding in the past but just didn't get the support or help you needed? Are you nursing right now and just want another breastfeeding mom to talk to? WIC is here to help! The WIC Program has breastfeeding peer counselors available for any WIC mom who would like a little extra support.

### ***WIC Breastfeeding***

#### ***Peer Counselors are:***

- Moms just like you
- Experienced at Breastfeeding
- Trained to help solve breastfeeding concerns
- Trained to know when medical help is needed

#### ***Talk to Your Peer Counselor:***

- If you have questions about breastfeeding
- If friends or family are pushing you to stop breastfeeding
- If you are getting frustrated
- When you need someone to tell you that you are doing a good job
- When you need support
- When you just need someone to talk to

Since the beginning of time, mothers have known how to keep their babies strong by giving mother's milk. In most countries throughout the world breastfeeding is the standard way most mothers feed their babies. Babies are born with an instinct to nurse... some just need a little more practice than others. Sometimes it is the mother who just needs a little bit of help from another mother. And while most breastfeeding concerns or problems are easy to fix, it may be reassuring to you to be able to talk to someone who knows how you feel.

If you would like to talk to a peer counselor you can ask for one at any time during your pregnancy or after you deliver your baby. Your WIC Nutritionist can help you connect with someone or you can call the WIC office. Remember... if you are having any doubts about breastfeeding and before you pick up that can or bottle of formula, talk to a peer counselor! Talk to another mom just like yourself!

## Dear Wilma WIC,

I just recently found out I was pregnant and I want to make sure I have a healthy pregnancy. Could you please give me some suggestions on ways to get started on the right track?

Sincerely,  
Pregnant Pam

Dear Pregnant Pam,

It is great that you are taking control of your health for you and your baby. WIC nutritionists will talk with you about important things and gladly answer any questions you may have. Some important things to do right away are:

- If you smoke, drink alcohol or use drugs...STOP (ask for a referral today to help you)
- Take it easy and get lots of rest
- Limit or avoid caffeine intake
- Drink plenty of fluids, water is best
- Eat a variety of healthy foods such as fruits, vegetables, low fat dairy, lean meats, beans, and whole grains
- Ask your WIC Nutritionist and doctor how much weight you should gain during your pregnancy. The amount of weight you should gain is based on your weight before your pregnancy.
- See your doctor as soon as possible and stay on track with all of your doctor's appointments
- Be sure to discuss taking prenatal vitamins
- Continue your WIC visits during your pregnancy and after the baby is born for continued follow up and education

Signed,  
Wilma WIC

## WIC News

- The WIC Program will be closed on Tuesday, January 1, 2013 for New Year's Day, Monday, January 21, 2013 for Martin Luther King Jr. Day and Monday, February 18, 2013 for Washington's Birthday.
- 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 to your WIC appointment.
- Check out WIC on Facebook at [www.facebook.com/HealthyFamiliesOnondaga](http://www.facebook.com/HealthyFamiliesOnondaga). The WIC Program posts a weekly message, 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 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.
- You 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 (HNU).

# Here's What's Cooking

## Chicken, Mushrooms, and Cheese Quesadillas

Preparation time: 30 minutes

Makes 4 servings (serving size: ½ quesadilla)

### Ingredients:

- 1 teaspoon oil (vegetable or olive oil)
- 1 cup pre-sliced mushrooms\*
- ½ cup thinly sliced onion\*
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 teaspoon bottled minced garlic
- 1 tablespoon vinegar
- 2 (10-inch) whole wheat tortillas\*
- 1 cup shredded cooked chicken breast (about 8 ounces)
- 1 cup baby spinach\*
- ½ cup (2 ounces) cheddar cheese\* (shredded)
- Cooking spray



### Directions:

1. Heat a large nonstick skillet over medium-high heat. Add olive oil to pan; swirl to coat. Add mushrooms, sliced onion, salt and pepper to pan; sauté 5 minutes. Stir in garlic and sauté 30 seconds. Add vinegar; cook 30 seconds or until liquid almost evaporates.
2. Arrange half of mushroom mixture over half of each tortilla. Top each tortilla with ½ cup chicken, ½ cup spinach and ¼ cup cheese; fold tortillas in half.
3. Wipe pan clean with a paper towel. Heat pan over medium heat. Coat pan with cooking spray. Add tortillas to pan and cook 2 minutes on each side or until crisp.

\* WIC Food

Source: *MyRecipes.com*

## 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.

Joanne M. Mahoney, County Executive  
Cynthia B. Morrow, MD, MPH, Commissioner of Health



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