



# Stark Report

Onondaga County Health Department  
WIC Program

Oct-Dec 2011  
Newsletter

## *Pregnancy Facts:*

### How much should I eat for my unborn baby?

Many women question what it really means to be “eating for two” during their pregnancy. It is unnecessary to double the amount of foods in your diet during this time. Actually, gaining too much weight during your pregnancy can be dangerous. It puts the mother at a higher risk of developing gestational diabetes. Some studies have also found that children whose mothers gained more than the recommended amount of weight during their pregnancy have a higher risk of becoming overweight adults. Most women can reach their weight gain goals just by eating an extra 300 calories per day during their second and third trimesters, or during the last six months of pregnancy.

The amount of weight women should gain during pregnancy depends how close they were to a healthy weight before the pregnancy. Health professionals advise women at a healthy weight to gain between 25-30 pounds. WIC nutritionists give women a recommended weight gain based on each person’s pre-pregnancy weight and help track each mother’s progress at every appointment.

The first trimester is very important for the development of the baby. However, not much growth is experienced during this time. Women should only gain about 2-4 pounds during this period. A healthy rate of weight gain during the second and third trimesters is usually about 3-4 pounds per month.

Listed below are healthy snack ideas that equal about 300 calories per day to help women reach their goals!

- An apple\*, 1 oz. of cheese\*, and an 8 oz. glass of fat free milk\*
- 8 oz. of low-fat yogurt and a handful of raisins
- 1 medium banana\* and 2 tablespoons of peanut butter\*
- 1 cup of WIC cereal\* with ½ cup of fat free milk\*, ½ cup of blueberries\*, and an 8 oz. glass of juice\*
- 1 hard boiled egg\* with a slice of whole wheat toast\* with 1 tablespoon of peanut butter\*

*\*Indicates a WIC food*

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## ***Breastfeeding Corner:***

# **Top Breastfeeding Myths**

As more and more moms learn about breastfeeding and how good it is for babies, moms, families, and even the environment, more and more moms are choosing to breastfeed their babies. This shift towards breastfeeding is nation-wide and is exciting news to health care providers. However, despite the fact that breastfeeding rates are at an all-time high, there still continues to be many breastfeeding myths. The following are some of the top breastfeeding myths:

### ***Myth #1: Many women do not produce enough milk***

Not true! Most women produce more than enough milk; in fact many have an over-abundance. If a baby is gaining weight too slowly, it is probably because the baby is not getting the milk that the mother has. This may be caused by a poor latch. For this reason it is important for a new mom to have someone show her the right way to have her baby latch on.

### ***Myth #2: Breastfeeding hurts***

Not true! While many new moms may have some breast tenderness in the first few days, it should not last and should not be so bad that mom stops nursing. Any pain that is more than mild is not normal and usually due to a poor latch. Pain should not be ignored, if mom has pain, she should ask for help.

### ***Myth #3: There is no way to tell if a baby is getting enough milk***

Not true! There are many ways to tell if a baby is getting enough milk. Signs to look for include: sounds of sucking and swallowing during feedings, if the baby seems relaxed after a feeding, if the baby has several wet diapers a day, and if the baby gains weight. All these signs can help a new mom know that her baby is getting enough milk. If you are still unsure, ask your nutritionist or peer counselor.

### ***Myth #4: Modern formulas are almost the same as breastmilk***

Not true! Modern formulas are quite different from breast milk. Breast milk is made for human babies. It is more easily digested, and the nutrients are more easily absorbed. Formula has no antibodies, hormones, enzymes or living cells. Formulas are made from cow milk and plant derivatives and cannot protect a baby from infection. A baby can grow on formula, and sometimes even grow fast, but there is more to breastfeeding than getting the baby to grow quickly.

### ***Myth #5: If the mother is taking medication she should not breastfeed.***

Not true! There are very few medicines that a mother cannot safely take while breastfeeding. And even for the medications that should not be taken when breastfeeding, there is often an alternative medicine that a mom could safely take. The loss of the benefit of breastfeeding for both mother and baby needs to be taken into account when deciding about medications. The need for medications while breastfeeding should always be discussed with your doctor.

So hopefully we have dispelled just a few of the many breastfeeding myths out there. If you think you have heard a breastfeeding myth, talk to your nutritionist or peer counselor. WIC is here to help.

***Remember...babies are born to breastfeed. Always have been. Always will be.***

## Dear Wilma WIC,

Dear Wilma WIC,

I always feel very tired and fatigued lately. I am 6 weeks pregnant and feel completely “worn out”. Is there a reason for this or something I can do to help?

Signed,  
Tired Tyneisha

Dear Tired Tyneisha,

You may feel “worn out” or even exhausted at times during your pregnancy. Things like vomiting, hormonal changes, feeling worried or anxious, along with frequent bathroom visits at night (disrupting sleep) can cause tiredness. Most of these problems go away in the second trimester. They may come back in the 7th month when you are carrying more weight.

Try these tips during the day: take short 15 minute naps; take short walks; stretch and breathe deep; and remember to go to bed early, too!

Signed,  
Wilma WIC



## WIC News

- The WIC Program will be closed on Friday, November 11th for Veteran’s Day, Thursday, November 24th and Friday, November 25th for Thanksgiving and Monday, December 26th for Christmas.
- **Don’t forget to cash ALL of your Farmers Market Checks by November 15th, 2011!** The amount of Farmer’s Market checks our program receives next year will depend on the sets of Farmer’s Market checks cashed this year. You can buy New York State grown fruits and vegetables like corn, tomatoes, squash, apples, beans, beets, broccoli, carrots, and many more. Please ask WIC staff for the current list of eligible Farmer’s Markets available to cash your Farmer’s Market checks.
- Attention all pregnant and breastfeeding women! Did you know there is a breastfeeding support group at WIC? Come join in! We meet the 2nd and 4th Thursdays of each month at the WIC office, 375 West Onondaga Street.
- 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 make sure you verify everything you need to bring to your WIC appointment.
- The WIC Program can no longer accept verification of income eligibility for free or reduced school lunch or Head Start/Early Head Start to determine income eligibility for WIC. Please ask WIC staff what can be used to determine that you or a family member are considered income eligible for WIC.

### *Great News!*

Beginning August 1, 2011 all certification periods for children will last for one year!! This will make it easier for you to continue to receive WIC benefits for your children. Please ask WIC staff for additional information about this.

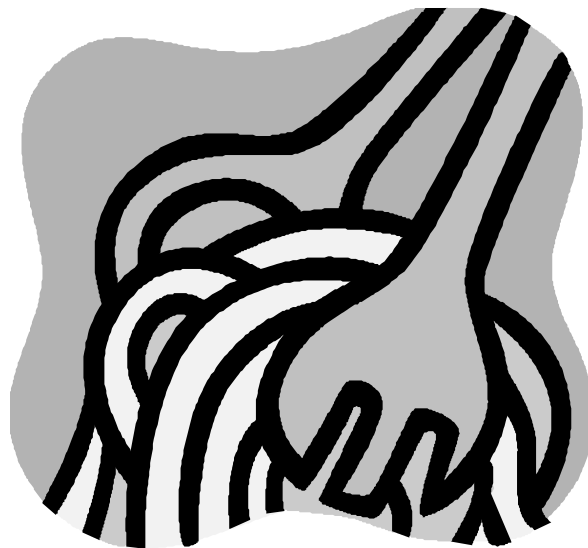
# Here's What's Cooking

## Fast Chicken Fettuccini

### *Ingredients*

- 8 oz. (1/2 box) fettuccine pasta
- 1 large tomato, chopped (1 cup) \*
- 1 large zucchini or yellow summer squash, halved lengthwise and sliced (about 2 cups) \*
- ½ pound skinless, boneless chicken breast, cut into thin strips
- 1 cup sharp cheddar cheese (shredded)\*
- 2 tablespoons oil
- Black pepper

\*WIC Foods



### *How to Prepare*

- Cook pasta in lightly salted boiling water according to package directions; drain. Return pasta to hot pan.
- Meanwhile, in a large skillet, heat 1 tablespoon oil over medium-high heat. Add zucchini; cook and stir 2 to 3 minutes or until crisp-tender. Remove from skillet. Add remaining oil to skillet. Add chicken; cook and stir 3 to 5 minutes or until no longer pink. Add cooked zucchini, cooked chicken, tomato and cheese to cooked pasta; toss gently to combine. Season with pepper to taste.

*Makes: 4 servings*

*Be sure to store and handle food in a safe and healthy manner.*

**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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