



Stark Report

Onondaga County Health Department
WIC Program

Oct-Dec 2012
Newsletter

Pregnancy Facts: Weight Gain During Pregnancy

- If you were a normal weight before you became pregnant:
Gain 25 to 35 pounds during your pregnancy.
- If you were overweight before you became pregnant:
Gain 15 to 25 pounds during your pregnancy.
- If you were underweight before you became pregnant:
Gain 28 to 40 pounds during your pregnancy.
- If you are having twins, triplets or more:
Talk to your Health Care Provider.

Gaining the right amount of weight during pregnancy is important.
By doing this:

- Childbirth may be easier.
- Your body will be ready for breastfeeding.
- It will help protect the health of your baby.
- It will help to protect your health.
- It may be easier to lose weight after your baby is born.

Talk to your health care provider about your weight. They can help you decide the weight gain that is right for you and your baby.

Lose extra weight after pregnancy

- Continue eating a healthy diet.
- Choose foods from the 5 food groups.
- Eat regular meals, don't skip meals.
- Choose lower fat, high fiber foods.
- Eat normal portion sizes.
- Talk with your doctor before you begin to lose the weight you gained during pregnancy and before returning to physical activity.
- Wait 6 – 8 weeks after your baby's birth to start weight loss. Your body needs time to heal after giving birth. Make sure you lose weight slowly. Ask your WIC Nutritionist for some tips on weight loss.
- Wait 6 – 8 weeks before returning to regular physical activity.

Losing the extra weight is important.

- Extra weight can lead to other health problems such as diabetes, heart disease and cancer.

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Breastfeeding Corner: **Breastfeeding and Returning to Work**

It may be hard for a mom to leave her baby when she needs to go back to work. A mom who is breastfeeding however, is lucky, because she will have a special connection to her baby even if someone else cares for her baby while she is away. A mother who is breastfeeding may also have a baby who is less likely to get sick than other babies who do not get breast milk; breast milk has some protective factors. Here are some tips to help make it easier for you when it is time to go back to work after you have your new baby.

- Plan ahead and talk to your employer in advance. Remind your employer the reasons breastfeeding is good for the company (i.e. without breastfeeding more sick time may be taken to care for a sick baby).
- Choose a caregiver who supports breastfeeding and supports you.
- If you will be away from your baby for several hours, learn how to manually express milk, or get a pump to protect your milk supply while you are at work.
- If you are enrolled in WIC tell your Peer Counselor when you will be going back to work so she can help secure a breast pump from the WIC office. WIC is able to loan out breast pumps.
- If possible, plan to pump every 3 hours you are away from your baby.
- Plan to nurse your baby just before you leave for work and as soon as you return. Be sure to tell your caregiver to plan feedings around *your* schedule.
- Use the milk you pump at work for feedings the next day.
You do not need a large amount saved up.
- Enjoy your baby every night and all the days you do not have to work. Remember nursing is not just about food but is also about being a mother.
- Have confidence in yourself and be proud of what a great mother you are.



Did you know? In New York State employers are required by law to give you time to pump at work (*NYS Labor Law, Section 206-c*). For more information about breastfeeding ask your WIC Nutritionist, ask your WIC Peer Counselor, or go to the NYS WIC Breastfeeding website at www.breastfeedingpartners.org.

Dear Wilma WIC,

Is it ok to have sugar every day during my pregnancy because I have a big “sweet tooth”?

Sincerely,
Sugary Shannon

Dear Sugary Shannon,

It is a good idea for everyone to limit the amount of foods and beverages with added sugar that we eat and drink. Sweet treats and sugary drinks like soda have a lot of calories but few vitamins and minerals that make us strong and healthy. Most added sugars in our diets come from sodas, sports drinks, juice drinks, cakes, cookies, ice cream, candy and other desserts.

Here are some ideas for cutting down on the sugar and making healthy choices:

- Serve smaller portions – a small amount of a treat can go a long way!
- Sip smarter – soda and other sweet drinks contain a lot of sugar and are high in calories. Sip water or fat-free milk if you are thirsty.
- Don't use sweets as a reward – then they will not be seen as better than other foods.
- Make fruit the everyday dessert – use your WIC fruit and vegetable check to try new fruits you find in the produce aisle.
- Make treats “treats”, not everyday foods – remember that moderation and variety is the key to a healthy diet.

Signed,
Wilma WIC

WIC News

- The WIC office will be closed Monday, November 12th for Veterans Day holiday, Thursday and Friday, November 22nd and 23rd for the Thanksgiving holiday, Tuesday, December 25th for the Christmas holiday and Tuesday, January 1st, 2013 for New Year's Day.
- Farmer's Market checks that can be used through November 15th. Please make sure that you use all of your six Farmer's Market checks by November 15th so that your family can enjoy locally grown fruits and vegetables this summer.
- Check out WIC on Facebook at www.facebook.com/HealthyFamiliesOnondaga. The WIC Program posts a weekly message on the Wall of our Healthy Families Onondaga Facebook page. Make sure you go to our page, read our posting 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.

Here's What's Cooking

Turkey and Sweet Potato Soup

Turkey, sweet potatoes, sage – it's Thanksgiving in a bowl! Half of the sweet-potato mixture is blended, thickening the soup ever so slightly and coloring it a pretty pale orange.

Ingredients:

- 2 Tbl. butter
- 1 onion, cut into thin slices*
- 1 ½ tsp. dried sage
- 1 pound sweet potatoes, peeled and cut into ½ -inch cubes*
- 1 ½ quarts low-sodium chicken broth
- 2 tsp. salt
- ¼ pound green beans, cut into 1/4 -inch pieces*
- ¼ tsp. black pepper
- 1 pound cooked turkey, cut into 1 ½ by ½ inch strips (approx)



Directions:

In a large pot, melt the butter over moderately low heat. Add the onion and sage and cook, stirring occasionally, until the onion is translucent, about 5 minutes.

Add the sweet potatoes, broth and 1 teaspoon of salt. Bring to a boil. Reduce the heat and simmer until the sweet potatoes are tender, about 10 minutes.

Transfer half the soup to a food processor or blender and blend. Return the blended soup to the pot and add the green beans, the remaining teaspoon salt, and the pepper. Simmer until the beans are just tender, about 8 minutes.

Stir in the strips of turkey. Cook until the turkey is heated through, about 2 minutes.

* WIC food

Source: *Quick from Scratch – One Dish Meals*

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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