



Stark Report

Onondaga County Health Department
WIC Program

Oct-Dec 2014

Pregnancy Facts: **Postpartum Nutrition**

You have delivered your baby and now you want to lose your baby weight. The good news is that women will drop a portion of weight gained in pregnancy during the first few weeks after delivery. It may take some time to lose the remaining weight. It is recommended to wait until six weeks postpartum to start a weight loss and exercise program.

Breastfeeding

Breastfeeding may help you to lose your pregnancy pounds. Making breast milk can burn many calories each day. A breastfeeding mother will need an extra 400-600 calories each day to nurse her baby and make breast milk. A diet that has a variety of your favorite healthy foods will make you feel better and give you more energy to handle the stresses and joys of being a new mother.

When you are breastfeeding, try to focus on healthy eating and ask your doctor whether you should continue taking your prenatal vitamins or a daily multivitamin. Drink plenty of fluids. Try to have a healthy snack or drink when you sit down to nurse your baby.

Formula Feeding

Women who are formula feeding also need to eat a healthy variety of their favorite foods. Eating a variety of foods from all of the food groups will help to replace the nutrients lost during pregnancy. Slowly return to exercise after your six-week postpartum appointment.

Healthy Eating Postpartum

After your baby is born, it is best to continue eating healthy foods. Choose whole grain carbohydrates, such as whole wheat breads and cereals, brown rice and whole grain pasta. Eat lean meats high in protein, such as chicken, lean beef and turkey. Include low-fat dairy products, such as low-fat milk, yogurt and cheese, and a variety of fruits and vegetables. Try to limit added fats, sugar and salty foods and make sure to drink plenty of fluids, especially water and low-fat milk.

Inside this issue:

Pregnancy Facts, cont.	2
Wilma WIC	2
WIC News	3
Upcoming Rabies Shot Clinics	4
Healthy Thanksgiving	5
Here's What's Cooking: Apple Salad	6



Before Your Next Baby

- Consider waiting a year or more before trying to have another baby. Pregnancy can be a strain on your body. Having children close together puts added strain on your body, nutrient stores and energy level.
- Don't restrict calories in an attempt to lose weight from your pregnancy. Low-calorie diets are low in important nutrients including calcium, iron and folic acid.
- Include extra folic acid every day through food and a multivitamin. It is important to get plenty of folic acid early in pregnancy.
- Do not smoke, drink alcohol or use drugs.
- Ask your doctor about over-the-counter medications you use or are planning to take.
- Schedule time for rest and relaxation when you can.

It is important to take good care of your body before, during and after pregnancy. Attend all scheduled appointments with your doctor. Remember that taking good care of yourself is just as important as taking good care of your baby.

Dear Wilma WIC,

I seem to feel sick at various times of the day and my friends tell me it's morning sickness. Is there anything I can do to help from feeling this way?

Signed, Sick Shannon

Dear Sick Shannon,

Even though the sickness can happen any time of the day, it is referred to as having morning sickness. It can affect women differently during their pregnancy and it usually begins to go away by 14-16 weeks gestation. It is a very normal part of pregnancy and is usually due to the hormonal changes, particularly the pregnancy hormone and the change in estrogen. Women who do not get enough rest or are under more stress may experience more severe morning sickness.

Follow these suggestions to help minimize your symptoms of nausea and vomiting:

- Go easy on spicy foods.
- Get fresh air if possible in your kitchen during cooking and at meal times.
- Drink beverages between meals, not with meals, and stay well hydrated.
- Limit fried/greasy/high-fat foods.
- Eat meals and snacks slowly.
- Choose foods that agree with your stomach and avoid those that don't.
- Take your iron and prenatal vitamins with food.
- Take advantage of the times you are feeling good and eat healthy foods.

Signed, Wilma WIC

WIC News

- The WIC office will be closed on Thursday, November 27th and Friday, November 28th for the Thanksgiving holiday and Thursday, December 25th for Christmas.
- Please make sure that you use all of your six Farmer's Market checks by November 30th. Your goal should be to use all six so that your family can enjoy locally grown fruits and vegetables. If you have a difficult time getting to the farmer's market, try to use all of your checks during one visit to the farmer's market or send a friend or relative to the market to cash the checks for your family.
- Join our group appointments at the WIC Program. Interact with your friends and neighbors and **reduce your waiting times at your next clinic appointment**. Please call the WIC Program at 435-3304 to schedule your group appointment.
- 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.

Upcoming Rabies Shot Clinics

Thursday, November 6, 5:00-7:00 pm

Beaver Lake Nature Center

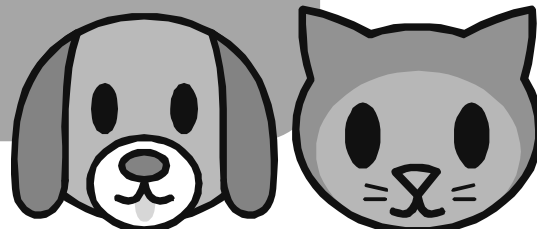
East Mud Lake Road, Baldwinsville

Saturday, December 6, 10:00 am-12 noon

SPCA, 5878 East Molloy Road, Mattydale

For more information call

435-3165



The Peer Counselor Program and other WIC Breastfeeding Services

The WIC Program is “The Nation’s Top Nutrition Program” because it has been shown over the years that mothers and children enrolled in WIC are healthier than their peers. It is also known that one of the most important things a mother can do for her new baby is to breastfeed. Breastfeeding gives babies a healthy start in life. Because it is so important, WIC does many things to help and support mothers so that they can reach their breastfeeding goals.

The Peer Counselor Program is a very popular breastfeeding service provided by WIC. Peer Counselors are mothers just like you who have had personal experience with breastfeeding. Your Peer Counselor can help you with breastfeeding basics. She can answer your questions and give you tips to help you work through your breastfeeding concerns. If you are pregnant and thinking about breastfeeding, or if you just need a little help with breastfeeding, you can ask for a Peer Counselor. Just ask your WIC nutritionist. Your Peer Counselor can meet you in clinic, you can talk to her on the phone or you can send her a text or email. As a mom herself, she will be there to listen to you and give you mother to mother support.



In addition to the Peer Counselor Program, WIC also does other things to support breastfeeding:

- Breast Pump Program
- Extra food for mothers who are fully breastfeeding
- Extra food for babies who are fully breastfeeding
- Breastfeeding website for WIC moms, www.breastfeedingpartners.org
- Registered Dietitian services
- Certified Lactation Counselor services
- Breastfeeding-friendly WIC clinic
- Ask for our “Breastfeeding Services” brochure!

For more information about breastfeeding or if you would like to learn how to become a Peer Counselor, ask your WIC nutritionist!

***Babies were born to breastfeed.
Always have been. Always will be.***

Healthy Thanksgiving!



Fast Turkey Fettuccine

Makes: 4 servings

- 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)*
- 1 cup skinless, leftover turkey
- 1 cup sharp cheddar cheese (shredded)*
- 2 tablespoons oil
- Black pepper

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 cooked zucchini, cooked turkey, tomato and cheese to cooked pasta; toss gently to combine. Season with pepper to taste.

Smashed Squash

- 1 package cut-up butternut squash *
 - 1 tablespoon margarine
 - 2 tablespoons brown sugar
 - Salt & pepper to taste
1. Cut squash in half. Remove seeds and rinse squash. Peel or cut skin off squash. Cut squash into chunks.
 2. Place squash in large kettle. Cover with water. Place kettle on stove and boil until squash is soft.
 3. Drain water off squash. Add margarine, brown sugar, salt and pepper to cooked squash.
 4. Mash together with large spoon or hand mixer.

6 servings (1/2 cup serving) – 61 calories, 2 grams of fat, 29% calories from fat and 1.5 grams of fiber in a serving.

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

*WIC Foods



Here's What's Cooking

Apple Salad

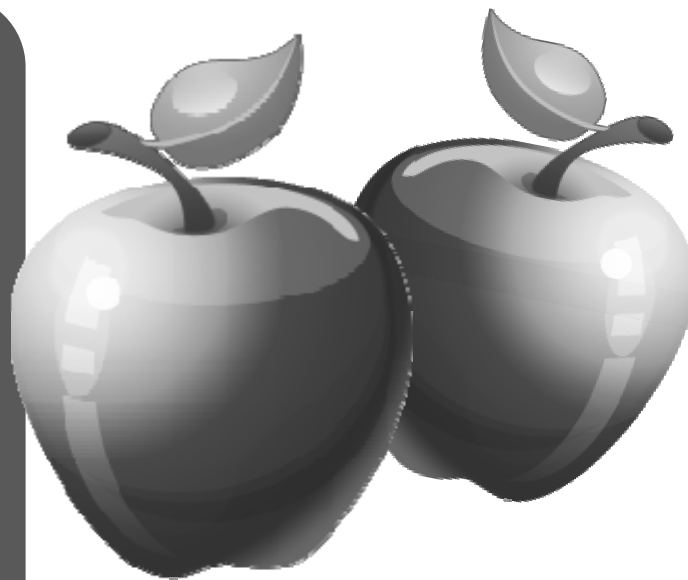
- 2 apples*
- 1 can (20 oz) crushed pineapple in juice, undrained*
- 1 package (3.4 oz) coconut cream instant pudding mix

1. Remove seeds from apples. Cut apples into small chunks.
2. Combine apples, pineapple and pudding mix together in bowl.
3. Place in refrigerator for one hour.



Variations

1. Add sunflower seeds or crushed cashews.
2. Try different flavor of pudding mix.
3. Banana cream.
4. Lemon or pistachio.
5. Add a few blueberries* or raspberries.*



*WIC Foods

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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