Pregnancy Facts:

Pregnancy Cravings

Food cravings are common during pregnancy and many women find themselves wanting sweet or spicy foods. Eating too much of what you crave can lead to problems, such as heartburn or extra weight gain.

To curb your food cravings:
- Work your cravings into your everyday eating.
- Find healthy choices.
- Have a glass of low-fat milk or seltzer water with a splash of a WIC approved juice.

If you are craving spice, add salsa.

For a touch of sweet, add citrus fruits and juices.

When craving salt, try some fresh veggies or whole wheat crackers with hummus.

Some pregnant women crave things that aren't food, and this is called pica. Examples of pica include cravings for ice, clay, laundry starch or dirt. Eating non-food items can be harmful to you and your baby. They can contain toxic ingredients. If you are craving something that is not a food, tell your doctor. Sometimes pica cravings may be related to some type of physical illness.

Dear Wilma WIC,

I am currently pregnant with my first child and I am feeling so many emotions. I am very excited to have a baby but I worry a lot. Sometimes I feel anxious and absolutely exhausted. Is it normal to feel like this?

Signed, Emotional Emily

Dear Emily,

Yes, it is natural to feel different emotions. You can feel delighted and still be worried about other things. Mood changes may occur, but if you feel they are severe, discuss this with your doctor. Exhaustion can increase from sleepless nights and not being able to find a comfortable position to rest. Eating a healthy diet is very important for your health and the health of your baby. WIC staff can also refer you to programs in your community to assist with any concerns you may have such as parenting classes, breastfeeding classes and more. Just ask, WIC staff are here to help.

Signed, Wilma WIC

Super Quick Beans and Rice  
Makes 4 servings

Ingredients:
1 (14.5 oz.) can Mexican stewed tomatoes*
2 T. taco seasoning
1 1/2 c. brown rice*, cooked
1 (15 oz.) can black beans*, drained and rinsed

* = WIC FOODS

Instructions:
1. In a medium pot, add tomatoes, taco seasoning, and cooked rice. Mix well.
2. Add black beans to pot and stir.
3. Heat mixture over medium heat for 10 to 15 minutes. Stir every few minutes.

Breastfeeding Corner

More families are making the choice to breastfeed as they learn about how important it is. However, there are still many myths that may be confusing to a new mom.

Myth: There is no way to tell if a baby is getting enough milk.

Truth: There are many ways to tell if your baby is getting enough milk.
- During a feeding, you may hear sucking and swallowing, and you may even see milk around your baby’s mouth.
- After a feeding your baby will seem relaxed.
- Throughout the day, your baby will have many wet diapers. In the first month your baby will also have several loose mustard-colored stools each day (after day 5).
- Your baby will gain weight.

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