



Stork Report

Onondaga County Health Department WIC Program Newsletter Spring 2018

Pregnancy Facts: Staying Hydrated During Pregnancy



Staying hydrated is very important for women both during and after pregnancy. Dehydration during pregnancy can lead to constipation, fatigue, and preterm birth. Normal fluid needs remain higher for a woman after birth.

Pregnant women should drink between 8 and 12 cups of fluids each day. This amount can be higher for women who are exercising. Three cups can be made up with the low-fat milk needed for healthy bones. Women should limit the amount of juice taken each day to one or two servings per day because the extra calories can lead to a high weight gain during pregnancy. Caffeine should also be used sparingly because it can affect women's sleep cycles. Plenty of water is best to meet your fluid needs.

Below are some tips to help women get their needed fluid intake every day:

- Fill a pitcher each morning with the amount of water you intend to drink
- Carry a water bottle when leaving the house
- Make ice cubes with juice to add some flavor to water
- Add sliced limes, lemons or oranges to your water for flavor
- Drink water with every meal and snack
- Freeze juices to make ice pops for a fun snack

**Don't forget to use
your WIC checks!**

Nutrition Education + WIC Checks =
Healthy Families



Call WIC if you cannot make your WIC appointment

• Please call our office at 315.435.3304 if your phone number or address changes

For every WIC appointment you must have your WIC ID or photo ID.



**WIC Clinic and Office
will be closed :**
Monday, May 28, 2018
Memorial Day Holiday

Visit us at
facebook.com/OnondagaWIC

Here's What's Cooking

Frozen Fruit Cup

Ingredients:

- 1 c. applesauce, unsweetened*
- 1 (11 oz.) can mandarin oranges, drained
- 1 (10 oz.) pkg. frozen strawberries, thawed*
- 2 T. orange juice concentrate, thawed*

Instructions:

1. In a medium bowl, combine all ingredients. Mix well
 2. Spoon into small freezer-safe containers
 3. Freeze at least 4 hours, or until firm
 4. Let sit at room temperature for 20 minutes before serving
- *WIC Foods



Dear Wilma WIC,

My friend told me that I should not eat lunch meat or soft cheese while I am pregnant. Is that true and why?

Signed, Lunchmeat Lisa



Dear Lunchmeat Lisa,
Your friend is right, it is not safe to consume those foods during pregnancy due to the risk of getting a serious infection from a bacteria called listeria. This food born illness, called Listeriosis, is a serious infection in pregnant women and can harm the fetus. During pregnancy be sure to avoid the following foods:

- Hot dogs/lunch meat (unless heated to 165 degrees F).
- Soft cheeses, such as feta, goat, queso
- Raw unpasteurized milk
- Raw or undercooked eggs, cookie dough, shellfish, seafood, sushi, and poultry



Be sure to wash your hands before eating or handling food, check expiration dates on foods and consume foods before "use by" date. Be sure to use a thermometer when cooking meats and reheat leftover meats to 165 degrees F. Check with your doctor if you have any of these symptoms: stiff neck, severe headache, and fever.

Signed, Wilma WIC