



Stark Report

Onondaga County Health Department
WIC Program

July-Sept 2011
Newsletter

Pregnancy Facts:

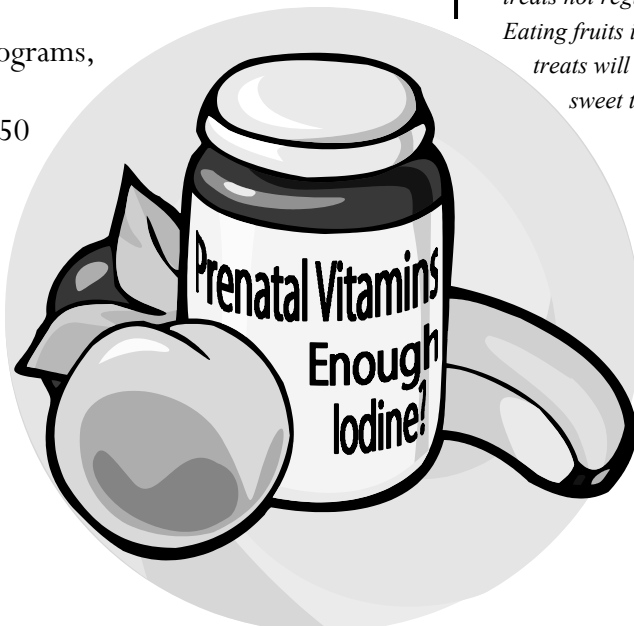
Does Your Prenatal Vitamin Contain Enough Iodine For Your Baby?

In recent years, it has been brought to the public's attention that not all prenatal vitamins contain enough iodine to support a healthy pregnancy. Iodine is a mineral needed to support healthy thyroid hormone production. Though iodine is added to table salt, a woman's need during pregnancy and while breastfeeding increases so it is usually necessary to take an additional supplement.

A fetus cannot produce the thyroid hormone during the first trimester. The mother must then provide enough for both her and the baby. This is not possible without enough iodine in the mother's prenatal diet. Low iodine levels in pregnancy can lead to an enlarged thyroid gland, or goiter, in the mother and is the leading cause of preventable mental disability in children worldwide.

The amount of iodine in prenatal vitamins is not mandated. This means that the government does not enforce vitamin companies to have a set amount of this mineral in their product. Women taking prenatal vitamins should take caution and read the labels on their pill bottles to ensure their vitamins contain enough iodine.

The daily recommended intake of iodine is 220 micrograms, and the American Thyroid Association (ATA) recommends prenatal vitamins that contain at least 150 micrograms. The amount of iodine can usually be seen on the back of the pill bottle. Keep in mind that potassium iodine, which is seen in some products, does not contain as much iodine as iodine alone. Some prescription bottles may not list nutrient amounts. Women taking these vitamins should ask their doctor about the amount of iodine they are taking.



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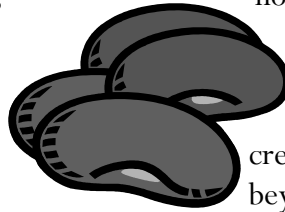
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Nutrition Tidbits:

Processed foods are higher in calories therefore if you eat too many it may cause extra weight gain. Those foods should only be occasional treats not regular snacks. Eating fruits in place of those treats will likely curb your sweet tooth.

Breastfeeding Corner: **Talk to Me! Breastfeeding-a 3D Experience**

Each year in August we celebrate National Breastfeeding Week. This is a big deal at WIC since WIC has become a key “go to” place for breastfeeding support and information. The theme for this year’s celebration is: Talk to Me! Breastfeeding-a 3D Experience. The reason this year’s theme was chosen is because people are used to looking at breastfeeding support as 2 dimensional. They see breastfeeding support in terms of time (from prenatal to weaning) and place (the home, hospital, etc.). However, if we add a third dimension—communication, the impact becomes much greater!



Communication is a key part of breastfeeding where new forms of communication are being channels to spread breastfeeding knowledge talk about breastfeeding. The lines of breastfeeding communication need to open up and they need to cross the paths of culture and gender. Also these lines must cross from the health care world to the business world. And finally, they need to cross generations. Parents and grandparents need to pass on a breastfeeding heritage to their children. promotion and support. In this age, created all the time, we need to use these beyond time and place. People need to

At WIC we see this happening. More moms have been making the choice to feed their babies breast milk. It is natural. And as more and more moms feed their babies the natural way, word spreads throughout the WIC community. Mothers see how normal breastfeeding is. People see how happy and healthy their babies are. Moms are proud because breastfeeding is a tribute to cultures around the world. It is not just about nutrition, but about also about a lifestyle choice.

For moms at WIC it is easy to learn about breastfeeding. Some of the breastfeeding services you can find at WIC are: breastfeeding coaching services (peer counselors trained to give you one on one support), breast pumps, breastfeeding literature (including a free book for any pregnant mom), mom’s groups, extra food in your food package, and access to a breastfeeding website designed specially with you in mind- www.breastfeedingpartners.org. You can ask your nutritionist to link you in with any of these services. You can also find out more about world breastfeeding week at www.worldbreastfeedingweek.org.

Remember...

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

At WIC, let us help you find the way.

Pregnant and Breastfeeding Women!

Did you know there is a Breastfeeding Support Group at WIC? Come join in!

What: A Breastfeeding Support Group

Where: The WIC Office, 375 West Onondaga Street

When: The 2nd and 4th Thursdays of each month, 10:30 a.m.-12:00 p.m.

Dear Wilma WIC,

Is it ok to have sugar every day because I have a big “sweet tooth.” What is the total amount I can have everyday?

Sincerely,
Sugary Shannon

Dear Sugary Shannon ,

There are natural sugars found in fruits and milk and there is also sugar added to foods, mostly processed foods like soda, candy, pastries, ice cream and cookies. It is ok to satisfy your sweet tooth but do it in moderation. The average American diet is packed with too much sugar, and nutrition experts agree that Americans need to cut back. Processed foods are higher in calories, therefore if you eat too many it may cause extra weight gain. Those foods should only be occasional treats not regular snacks. Eating fruits in place of those treats will likely curb your sweet tooth. If it does not, it is ok to have a treat every now and then but moderation is key!

Sincerely,
Wilma WIC



WIC News

- The WIC Program will be closed on Monday, September 5th for Labor Day.
- The WIC Program started issuing Farmers Market Checks on June 1, 2011. You can begin to cash your Farmer's Market checks beginning July 1, 2011 through November 15, 2011. Please ask WIC staff for your Farmer's Market check folder which has the current list of eligible Farmer's Markets available to cash your Farmer's Market checks. Remember to cash ALL of your Farmer's Market checks!!
- The Mobile Farmers Market will be in the West Onondaga WIC clinic parking lot every Wednesday from 2:00 p.m. until 5:00 p.m. starting on July 6, 2011 through September 28, 2011. This is a convenient way to use your Farmers Market coupons for delicious New York State grown fresh fruits and vegetables.
- All WIC infant formula checks with “Not-Good-Before” (NGB) dates of July 1, 2011, and later for Gerber® Good Start® Soy Plus formula will be replaced with Enfamil® Prosobee® formula. If your infant currently receives Gerber® Good Start® Soy Plus formula, talk to your WIC Nutritionist about this change.
- 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 bring everything you need 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.

Here's What's Cooking

Mozzarella Wraps

Ingredients

- ¾ cup (3 oz.) mozzarella cheese, diced*
- 2 Tbl. chopped *fresh basil or 1 tsp. dried basil
- 1 small red pepper, chopped*
- 1 Tbl. chopped green onions*
- 1 Tbl. chopped *fresh oregano or 1 tsp. dried oregano
- 1 tsp. olive oil
- ¼ lb. thinly sliced ham
- 16 asparagus spears or broccoli, steamed and chilled (about ¼ lb.)*
- 4 (8-inch) whole wheat tortillas*

*WIC Foods

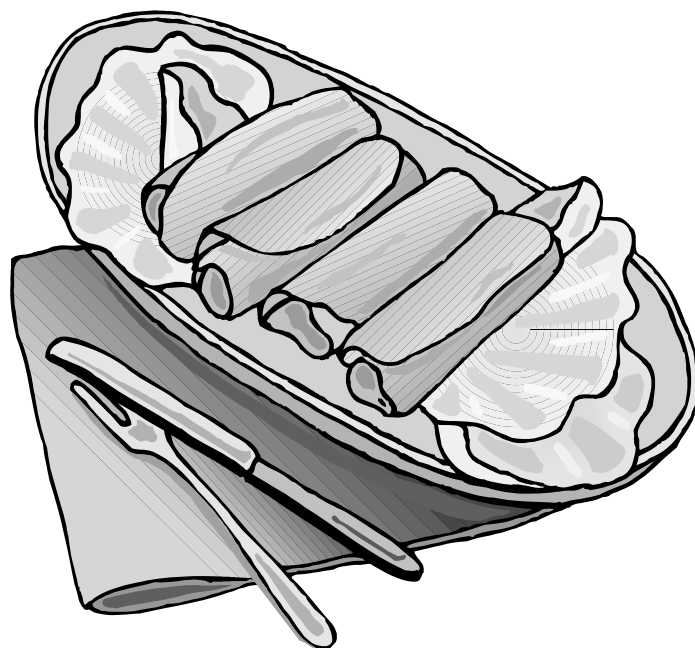
How to Prepare

1. Combine the first 6 ingredients in a medium bowl. Cover and chill 2 hours.
2. Arrange 1 oz. of ham and 4 asparagus spears or broccoli on each tortilla. Spoon about 1/3 cup cheese mixture over the vegetables and roll up.

Note: These wraps may be assembled up to 4 hours in advance, though the tortillas might get soggy if prepared too far in advance.

Makes 4 servings

230 calories per serving



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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