

# W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

## *Nutrition Spotlight:* **Taking Care of Your Child's Teeth**

Did you know that by 2-3 years of age, children will have most of their teeth? It is important to start taking care of your child's teeth sooner rather than later to prevent problems. Kids are at greater risk for problems than adults and starting good habits now will last with them a lifetime.

### *Why Should I Worry About My Child's Teeth?*

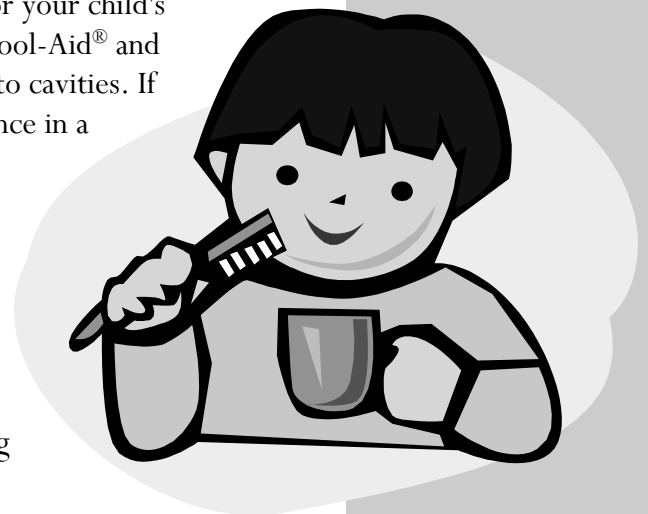
Unhealthy teeth may prevent your child from eating a healthy diet. Unhealthy teeth may affect their growth and can cause pain for your child. Signs of unhealthy teeth and gums include white or brown spots on the teeth and mouth pain.

Every child should see a dentist as early as their first birthday but no later than three years old. Parents should start good habits as soon as the first tooth arrives. Good habits include brushing your child's teeth twice a day using toothpaste no larger than the size of a single pea. Make sure your toothpaste has fluoride because fluoride helps build healthy teeth and gums!

### *How Does Diet Affect My Child's Teeth?*

Eating foods regularly that are high in sugar are not good for your child's teeth. Sticky foods such as candies, sweet beverages like Kool-Aid® and soda, and other sweet foods like cookies and cake can lead to cavities. If you are going to offer these foods, try to offer them only once in a while.

What about juice? Too much juice may lead to cavities as well. You should only give your child a maximum of 4-6 ounces of juice per day (approximately half a cup). If you choose to give more juice, try mixing it with water. Mixing the juice with water provides less sugar that could cause cavities later on. Also, only give juice in a cup. Giving juice in a bottle may lead to tooth decay.



### **April-June 2011 Inside this issue:**

<i>Nutrition Spotlight, Continued</i>	2
<i>WIC News</i>	3
<i>Breastfeeding Support Group!</i>	3
<i>What's Cooking: Strawberry Spinach Salad</i>	4

### **Nutrition Tidbits:**

- *Unhealthy teeth may prevent your child from eating a healthy diet.*
- *Too much juice may lead to cavities. Give your child no more than 4-6 ounces of juice per day (about half a cup).*

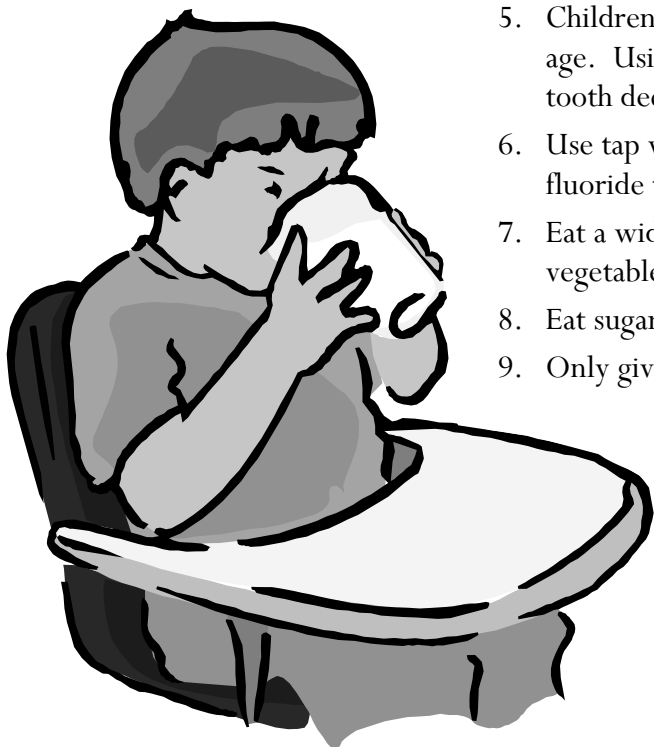
So what foods are good for your child's teeth? Eating a wide variety of foods such as fruits and vegetables, whole grains, meat and beans, and milk will help your child develop strong, healthy teeth. Milk and other dairy foods are especially important because these foods contain calcium. Calcium helps build strong and healthy teeth. Good sources of calcium include:

- milk and soy milk
- cereal and orange juice with calcium
- tofu
- yogurt
- pudding made with milk
- cheese
- broccoli
- green leafy vegetables like spinach, kale, and turnip greens

### *Helpful Tips for Building Strong Teeth:*

Make note of the good habits you already have in place and give yourself a pat on the back! Keep up the great work! For those you have not yet tried, talk with the nutritionist today about what more you can do to help your child build healthy teeth and gums.

1. Taking good care of your child's teeth starts with you! Be a good example for your child. They will most likely develop good habits if they see you doing the same.
2. Help your child brush his or her teeth at least twice a day with toothpaste. Most children will need help brushing their teeth until they are about 9 years old.
3. See a dentist at least every 6 months to make sure your child's teeth and gums are healthy and strong!
  4. Do not send your child to bed with a bottle. This could lead to tooth decay.
  5. Children should be weaned from the bottle by 12-14 months of age. Using a bottle for too long can increase your child's risk for tooth decay.
  6. Use tap water to brush your child's teeth. Tap water contains fluoride that helps build strong teeth and gums.
  7. Eat a wide variety of foods such as whole grains, fruits and vegetables, meat and beans, and milk.
  8. Eat sugary foods less often and water down juice.
  9. Only give sugary beverages like juice in a cup and use less often.



If you have any questions about taking good care of your child's teeth, ask a nutritionist today!

## WIC News

- 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.
- Some national brand juice manufactures have “downsized” their “100% juice” in refrigerated cartons from 64-ounces to 59-ounces. These brands include Tropicana® and Florida’s Natural® (but there may be others in the market place statewide). These “downsized” 59-ounce juices are **not** NYS WIC approved. Remember that the only allowable container sizes for WIC juice are specified on the NYS WIC Acceptable Foods Card and on the WIC checks.
- 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 verify everything you need to bring to your WIC appointment.

**TOBACCO MARKETING WORKS.**

**JUST ASK YOUR KIDS.**

The more tobacco marketing kids see, the more likely they are to smoke.

Protect our kids from tobacco marketing in stores

Learn what you can do at [TobaccofreeNYS.org](http://TobaccofreeNYS.org)



## Attention Pregnant and Breastfeeding Women!

**What:** A Breastfeeding Support Group

**Where:** The WIC Office, 375 W. Onondaga Street

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

# Here's What's Cooking

## Spring Fruits and Veggies

Spring brings the beginning of fresh fruits and vegetables. Enjoy Strawberries, Spinach, Green Leafy Lettuce and Asparagus. Spring vegetables are great sources of the nutrition that your family needs, such as vitamins A, C, K, folic acid, iron, calcium and fiber.

### Strawberries

- Top low fat yogurt, pudding or cottage cheese with sliced strawberries
- Blend strawberries, banana and yogurt for a smoothie
- Top angel food cake with strawberries
- Blend strawberries with apple juice. Freeze for a slushy. Eat with a spoon.
- Top breakfast cereal with sliced strawberries
- Slice strawberries on top of a peanut butter sandwich
- Eat fresh strawberries – a fun finger food

### Asparagus

- Snack on raw asparagus. Dip in a low fat ranch salad dressing.
- Cut asparagus into ½ inch pieces. Cook for a couple minutes in the microwave. Add to your favorite pasta or rice dish.
- Top cooked asparagus with a little shredded parmesan or cheddar cheese.

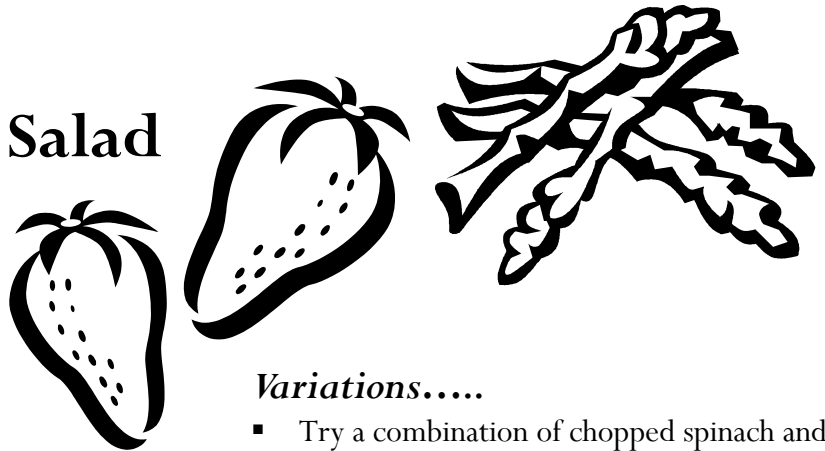
## Strawberry Spinach Salad

### Ingredients

- 4 cups fresh spinach
- 1 cup strawberries
- 2 tablespoons red onion
- Salad Dressing

### How to Prepare

1. Rinse and dry spinach leaves
2. Rinse strawberries. Remove tops and slice strawberries
3. Chop onion into thin slices
4. Add salad dressing. Toss salad to coat evenly with dressing and serve.



### Variations.....

- Try a combination of chopped spinach and chopped leafy lettuce
- Add sliced cucumbers
- Add sliced almonds or sunflower seeds
- Serve with your favorite low fat dressing (Vinaigrette, Catalina, French or Ranch)
- Serve this salad with grilled chicken, hamburgers, fish or shrimp

**Onondaga County Health Department WIC Program**

**375 West Onondaga Street, Room 12, Syracuse, NY 13202 • 435-3304**

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

[www.ongov.net](http://www.ongov.net)