UTAH DEPARTMENT OF HEALTH

WIC Flash

A Nutrition Newsletter for WIC Participants

Volume 1, Issue 1 Winter 2014

Breast Milk: Recommended by Doctors

As we have all heard by now "breast milk is considered to be the best nutrition for babies." One of WIC's policies is to encourage breastfeeding. Breast milk is considered to be the most nutritious food for babies. It gives your baby extra nutrients and antibodies, anti-allergens, growth factors, and special enzymes.

It's the most natural process and most cultures around the world see breast feeding as routine. It's good for both the mother and the baby. The American Academy of Pediatrics recommends at least one year of breastfeeding. A WIC participant satisfaction survey done in 2012, showed that about 60% were interested in breastfeeding.

Breastfeeding encourages mother—infant bonding. It is economical, less work, always available and needs no preparation.

Benefits of breast milk include fewer infections for the baby, healthy weight gain and growth, reduced risk of SIDS (sudden infant death syndrome), protection against viruses and illness. Along with these benefits, mothers also have many health benefits such as lowered risk of some types of cancer and anemia.

Feeding your Toddler: Nutrition Matters!

Toddlers can be picky eaters. At this age, they recently gained freedom to make their choices and want to use it by saying 'no' to almost everything we have to offer. But be patient and keep offering a variety.

Always make meal time fun and less stressful. If they see you eating on the go or in a hurry, they will associate meal time as less important. At least once a day sit together to eat as a family. During meal time they learn social skills, dining manners, making choices and decisions. This also fosters a good family relationship. Offer choices when it comes to vegetables and fruits. Healthy eating is very important in the toddler years as they are growing.

UTAH | WOMEN, INFANTS & CHILDREN

IN PARTNERSHIP WITH UTAH'S PUBLIC HEALTH DEPARTMENTS

Packing a Healthy Lunch for School

Do you hear the sound of brown paper rustling and lunch boxes being snapped open? Yes, it's the sound of lunch time in school cafeterias across the country.

School lunch time is a big part of your child's life. Healthy food will help your child focus better and do good work.

What to pack for lunch?

This meal should provide at least 1/3 of the daily nutrient intake for your child. Pack your meals the night before to avoid last minute packing with quick and easy prepackaged options or processed foods.

- Pack a variety. Include different colors, textures and types.
- Try different cuisines: make Asian today, tomorrow try Italian.
- Offer from all food groups. Grains, vegetables, fruits, meats and beans and dairy.
- Keep it low in sugar, avoid high fatty foods especially saturated fats (fats in animal products and processed foods)
- Avoid a lot of processed and prepackaged lunch boxes. They tend to be high is salt, saturated fats, high calorie and not nutrient dense.
- Include low fat milk or water for drinks. Kids do not need fruit punch and energy drinks. Give 100% juice as a treat once in a while
- Make sure to include fresh fruits and vegetables. Canned items tend to be either too salty or sweet.
- An occasional treat is okay. Make it a smaller portion. This could be cookies, pies, cobbler baked with fruit and whole grains or a whole grain granola bar dipped in chocolate.

Make school lunch fun!