

WIC WORKS Newsletter

Douglas County WIC Program

This institution is an equal opportunity provider

Douglas County Public Health
725 Elm St., Suite 1200
Alexandria, MN 56308

Easy Ways to Improve Your Family's Nutrition

1. Eat lots of brightly colored fruits and vegetables.

They are usually low in fat, and high in vitamins and minerals. Some of the newest studies say to aim for 9 servings of fruits and vegetables each day.

2. When you eat grains, choose whole grains most often.

They provide a variety of essential nutrients, especially fiber. The majority of Americans, young and old, do not get enough fiber in their diets each day.

3. Have snacks such as nuts, seeds, and dried beans/peas more often.

Nuts are less con-

tributory to heart disease because they contain a more heart-healthy fat called "mono-unsaturated" fat. Although nuts contain a fair amount of calories, they are low in saturated fat, and high in fiber. So, keep your portions under control and eat in moderation.

4. Include Omega-3 fat in your diet.

A lot of research shows that it is associated with a decreased risk of cancer, heart disease, inflammatory disease, depression, and much more. Omega 3 fat is found in flax, canola, walnuts, some forms of fish, and fish oil supplements (EPA/DHA). Check with your doctor to see how much Omega 3 fatty acids are right for you.

5. Consider a daily multivitamin.

Of course eating healthy foods is still the best. However, some studies indicate that many Americans

Nutrition Matters



are not getting enough of some vitamins and minerals with food such as Vitamin D. Pregnant woman, or woman who may become pregnant, continue to need additional folic acid, and iron daily. Check with your doctor to see what vitamin supplements might be right for you.

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Information adapted from an article written by Cathy Breedon PhD, RD,CSP,FADA Prenatal/Pediatric Specialist @ Merit Care Medical Center, Fargo, ND

BREASTFEEDING AND VITAMIN D FOR BABY

While breastfeeding is considered the ideal feeding method for infants and provides infants with necessary nutrients and immune factors, breast milk alone does not provide breastfed infants with an adequate intake of Vitamin D. Most breastfed infants can synthesize additional Vitamin D through routine sunlight exposure. However, the newest publications say this may not be enough. Vitamin D deficiency rickets among breast fed infants has been on the rise in the United States. Therefore, getting enough Vitamin D for your breastfed infant is important.

Vitamin D helps the body absorb calcium and phosphorus for the healthy development of bones and teeth. This is essential for the prevention of rickets. Rickets is a bone disease that could cause bowing of a child's legs, swelling of their wrists and ankles, and failure to thrive as well as poor weight gain. If a child or infant is not drinking formula or milk fortified with Vitamin D and not receiving adequate sunlight exposure, they may not be getting the recommended amount of Vitamin D according to the American Academy of Pediatrics and the Center for Disease Control. New research also suggests that pregnant and lactating women may



Sunny says "Vitamin D helps build strong healthy bones."

also be lacking in Vitamin D intake.

The American Academy of Pediatrics published guidelines for Vitamin D intake for infants. They are recommending that breastfed infants receive a liquid supplement of Vitamin D totaling 400 IU per day. It is still thought that infants that are formula fed get enough Vitamin D in the fortified formulas. However, this is not a good

reason not to breastfeed. Breastfeeding continues to be the optimal choice for infants. It is thought that a liquid supplement of Vitamin D should be started in the first few days of life for a breastfed infant.

There are several liquid Vitamin D supplements that are available over the counter at many stores nationwide. They can be also found and purchased on-line.

1. Gerber Vitamin Drops
2. Poly-Vi-Sol Drops
3. Tri-Vi-Sol Drops
4. Vi-Daylin ADC
5. Just D

Check with your MD or Dietitian to see if a Vitamin D supplement would be beneficial for you or your baby.

Keep Your Kids Active This Fall

Summer is always a busy time for most kids. Sometimes kids start to become inactive as the weather gets cool outside. However, activity is still very important for a child's well being. In fact it is a major factor in preventing child hood obesity. In the dietary recommendations for Americans, it is recommended that children get 60 minutes of activity on most days of the

week, all year long. The following are some ideas to keep your kids active this fall.

1. Encourage outdoor activity such as raking a pile of leaves then jumping in them.
2. Go on a scavenger hunt. Make



a short list of things for your child to find.

3. Go to the park, check if there is an "indoor" play area in your community.
4. Check out group activities that may be offered for your child in your area.

Recipe Box: Sweet and Salty Cereal Snack Mix

1 Box Life Cereal

1 Box Quaker Oat Squares

Or your favorite cereal

1 Jar dry roasted peanuts

1 Bag (6 oz) craisins, or 1 cup

Raisins

1 Bag mini pretzels

For a variation, add:

2 Cups Chocolate Chips.

1. Put all the ingredients in a large bowl.
2. Stir gently to mix

3. Store in an airtight container.

(be careful! Peanuts may cause choking in children 3 years and younger)

Recipe taken from the WIC cookbook "Healthy Families, food, facts, and fun."

Area Resources For Kid's Activities and Programs

Lakes area Recreation.
762.2868

YMCA,
Alexandria
763.9621



Douglas County Public Library
762.3013

Building Connections
Www.buildingconnectionseci.org

ECFE
Alexandria
762-3305

Brandon: 320-834-4084
Evansville: 218-948-2241
Kensington: 320-965-2724
Osakis: 320-859-2191

Douglas County WIC Program

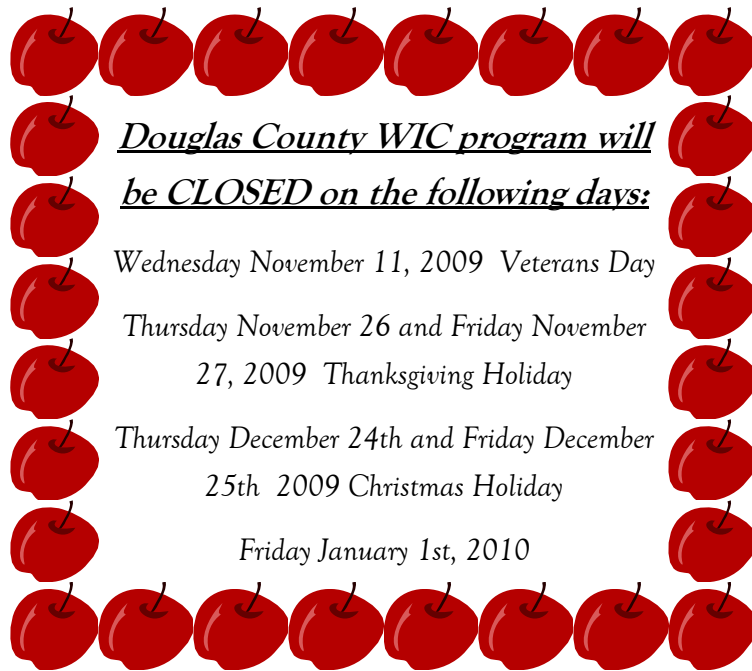
Douglas County Public Health
725 Elm St., Suite 1200
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Phone: 320.763.7805
Oct.—Dec. 2009



Serving Women,
Infants, and Children

WIC



*Douglas County WIC program will
be CLOSED on the following days:*

Wednesday November 11, 2009 Veterans Day

Thursday November 26 and Friday November
27, 2009 Thanksgiving Holiday

Thursday December 24th and Friday December
25th 2009 Christmas Holiday

Friday January 1st, 2010

What is the “Follow Along Program”

Follow Along is a free early childhood intervention program that is available in Douglas County.

What is it:

- A good way to learn about your child's health and development.
- A fun way to get ideas about “what to teach” and “at what age” to teach it.
- A simple way to ask questions about how your child is hearing, moving, seeing, playing, talking, learning, growing, and acting.
- An easy way to find out about other services you may want for your child.

How does it work?

- A Nurse may visit with you to tell you more about the program and find out more about your child.
- Questionnaires are sent to you when your child reaches different ages such as 4, 8, 12, 16, 20, 24, 30, and 36 months old. At each age you would answer questions on how your child is growing, playing, talking, moving, and acting.
- Sheets with fun activi-

ties to do with your child will also be sent to you.

- The results of the questionnaires will be shared with you. If there are any concerns, a nurse from the program will get in touch with you.



- At 36 months you will get information about the next step, early childhood screening.
- Contact a WIC employee for more information on this program.