

# Central District Health Department

**Women  
Infants  
Children**

## The WIC Informer

Back Issues of this publication are available on our website: [cdhd.idaho.gov](http://cdhd.idaho.gov)

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### Remember Whole Grains

Whole grains are good sources of B vitamins, iron and fiber. Examples are whole-wheat bread, oatmeal, and brown rice.



The fiber in whole grains helps us feel full longer.

As part of a healthy diet, whole grains may help reduce the risk of heart disease and prevent constipation.

Adults and children 2 years and older should eat at least 3 servings of whole grains each day. An adult serving of a whole grain is:

- 1 slice of whole-wheat bread
- 1 cup ready-to-eat whole-grain cereal (like oatmeal or Bran Flakes)
- ½ cup cooked brown rice, bulgur, barley, or wild rice

A child-size portion would be about ½ this amount.

In October 2009, WIC will be providing two choices of whole grains on WIC checks: whole wheat bread and corn tortillas. Only certain brands and sizes will be WIC-authorized.

### Recipe: Baked Ziti Pasta

In a casserole dish sprayed with PAM or equivalent, add 3 layers each of cooked whole wheat penne pasta, a mixture of part-skim ricotta cheese and shredded part-skim mozzarella cheese, and your favorite tomato sauce from a jar (or home-made).

Pour additional sauce over the 3 layers before topping with more shredded mozzarella and Parmesan cheese. Cover the casserole with foil and bake at 350 degrees for 30 minutes. Uncover and bake for 15 to 20 more minutes until the cheese is golden and bubbly.

Serve a green leafy lettuce salad on the side and you've got one amazing meal! (You can prepare this dish up to 3 days in advance and refrigerate it for a quick fix meal.)

We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out. **Thank you for your cooperation.**

The WIC Program is an equal opportunity provider and employer.



### In-Season Fruits & Vegetables - Spring (March-May)

Fruit/Vegetable	Vitamins	Fruit/Vegetable	Vitamins	Fruit/Vegetable	Vitamins
Artichokes		Cabbage	C	Rhubarb	
Asparagus	A & C	Mangoes	A & C	Spinach	A
Avocados		Pineapple		Strawberries	C

## Clinic Locations & Hours

### Ada County

Central District  
Health Department  
707 N. Armstrong Pl.  
Boise, Idaho 83704  
Tel (208) 327-7488  
Fax (208) 321-2243

#### Clinic Hours:

Mon 8:00-6:00  
Tues 8:00-6:00  
Wed 8:00-7:00  
Thur 8:00-6:00  
Fri 8:00-5:00

### Boise County

Contact Ada County Office  
to schedule an appointment  
Tel (208) 327-7488  
Fax (208) 321-2243

### Elmore County

Mountain Home  
Health Department  
520 E. 8<sup>th</sup> Street  
Mountain Home, Idaho 83647  
Tel (208) 587-4409  
Fax (208) 587-3521

#### Clinic Hours

Mon – Fri 8:00-5:00  
1<sup>st</sup> & 3<sup>rd</sup> Wed 9:00-6:00

### Valley County

McCall Health Department  
703 N. 1<sup>st</sup> Street  
McCall, Idaho 83638  
Tel (208) 634-7194  
Fax (208) 634-2174

#### Office Hours

Tues & Thurs 8:00 – 4:30

Cascade Medical Center  
3rd Tuesday of every month  
Contact McCall office to  
schedule an appointment  
Tel (208) 634-7194  
Fax (208) 634-2174

*Clinics closed on  
all government holidays*

## Breast Milk Composition Varies

By Cindy O'Neil, RD, LD



Colostrum is the first breast milk a baby receives when a mother breast feeds. Colostrum may be golden (or may be white or clear) colored and has been nicknamed “liquid gold” because of its color and its value to the newborn. The colostrum is secreted for the first three to five days after delivery and is high in IgA, an immunoglobulin, and other protective white cells. These substances boost the immunity of the baby.

Colostrum is lower in fat and lactose than breast milk of later weeks. This initial milk acts as a laxative and helps the baby eliminate the meconium (thick, black first stools). The digestion of colostrum coats the newborns digestive tract and forms a barrier to invasive bacteria.

By the end of the second week after delivery the mother produces mature breast milk. Breast milk varies in composition during a day and during an actual feeding. The initial milk in a feeding is lower in fat and quenches thirst. The amount of fat in the breast milk can increase by as much as five times during the actual feeding. The milk at the end of a feeding is richer in fat and may be more filling. In western societies the milk in the early morning generally has the lowest fat concentration of the day

The American Academy of Pediatrics recommends that babies should be exclusively breast fed for the first 6 months. Breastfeeding plus the addition of solid foods should continue until 12 months (and beyond) if both mother and baby are willing.

#### Sources:

<http://www.unu.edu/unupress/food/8F174e/8F174E04.htm>

<http://www.llli.org/FAQ/foremilk.html>

<http://www.pregnancytoday.com/articles/breastfeeding-basics/gold-rush-2680/#>

<http://www.pregnancy.org/print/6612>

# FOLATE

What is folate and why is it important? Folate is a B vitamin that occurs naturally in food. Folic acid is the man-made form of folate that is found in supplements and added to fortified foods. Folate plays major roles in the body and is crucial during pregnancy. The daily recommendation is 400 micrograms for women of child bearing age and all adults. The amount for children varies with age.

## Increase Your Folate!

- Top your favorite cereal with sliced strawberries.
- Toss fresh spinach and romaine lettuce for salads.
- Sauté asparagus, cauliflower, and broccoli with garlic and herbs for a flavorful side dish.
- Use dried beans and lentils to make a hearty chili.

## Food Sources

- Dried beans, lentils, and split peas
- Orange juice and pineapple juice
- Spinach and other dark leafy vegetables
- Fortified cereals and breads
- Asparagus, broccoli, cauliflower, Brussels sprouts, avocado, green peas, romaine lettuce, cantaloupe, and strawberries.



## Functions of Folate

- Produce and maintain cells in the body.  
This is very important during times of growth such as infancy and pregnancy
- Helps to make normal red blood cells and to prevent anemia.
- Needed to make DNA and RNA which are the building blocks of the body's cells.
- Helps prevent changes to DNA that may lead to cancer.
- Prevents serious birth defects, such as spina bifida, that occur during pregnancy when a woman is deficient.



## Basic Bean Soup

- 1 pound dry great Northern beans
- 8 cups water
- 12 baby carrots
- 1 cup chopped onion
- ½ pound chopped ham
- ¼ cup ketchup
- Salt and pepper to taste

In a large bowl, combine the beans with the water, cover and let soak overnight.

In a large pot over medium high heat, combine the soaked beans with water, carrots, onion and ham. Add more water to cover all, if necessary. Bring to a boil, then reduce heat to low and let simmer for 4 to 6 hours. Add ketchup just to get desired color. Season with salt and pepper to taste.

# Recipes

## EASY WINTER FRUIT SALAD – Serves 10

- 11 oz. can mandarin oranges, drained
- 20 oz. can crushed pineapple, drained
- 3 oz. pkg. instant vanilla pudding, fat and sugar-free
- 29 oz. can sliced peaches, drained
- 1 cup fat free milk
- 15 oz. can mixed chunky fruit, drained
- 6 or 8 oz. low-fat vanilla yogurt
- ½ cup maraschino cherries

In large bowl, combine drained fruit. In a small bowl, beat pudding, milk and yogurt. Pour over fruit. Chill 2-4 hours before serving.

Source: Iowa State University



## Roots of Reading

### Talk:

Babies are learning language from the first days of life. Babies build their vocabularies from the words of Mom, Dad and other family members. Parents who talk regularly to their infants and toddlers help them learn the words they'll need when it's time for them to join the conversation. Parents can enjoy "conversations" with their infants long before their first words. When your baby coos or babbles, talk back to her – she's likely to "talk" back to you. Before you know it you'll have a real conversation going. And your baby is soaking up your words all the while.



### Word Sounds:

Children who are good readers learn the link between the sounds in their language and the letters on the printed page. Children who can readily hear the sounds and rhythms of spoken words find this part of reading to be easy.

### Take Time to:

Include your child in the conversation. Comment on her activities or talk to her about what you're doing. Ask your child open ended questions so she can join in. Respond to your child's comments to extend the conversation.

### Take Time to:

Sing – nursery rhymes and songs are a great way to emphasize word sounds and rhythms. Games and songs that clap along with the words also help children hear the rhythm of language.

From Harriett Shakelee, PhD,  
Family Development Specialist, University of Idaho