



WIC Newsletter

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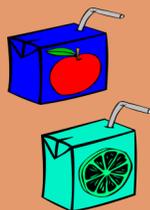


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What are your kids drinking?

While your WIC package does provide you with juice, juice should only be given in small amounts. 4oz of juice a day (half a cup) is all the juice your child needs and babies do not need juice. Too much juice can cause tooth decay, diarrhea and cause your child to gain too much weight. Never put juice in your child's bottle. If your child is thirsty, offer her or him water. After 6 months and once baby starts solids, you can offer small amounts of water in a cup.



Cold and flu season is around the corner so early vaccination is the best way for prevention. The CDC recommends everyone 6 months of age and older should get a flu vaccine by the end of October if possible. While infants 6 months and younger are too young to get vaccinated, those who care for infants should get vaccinated. Here are some everyday prevention actions to stop the spread of germs.

1. Wash your hands often with soap and warm water or use alcohol base sanitizer if soap is unavailable.

2. If you're sick, stay home! The CDC recommends you stay home at least 24 hours after your fever is gone.
3. Cover your mouth when coughing or sneezing.
4. Avoid touching your eyes, nose and mouth as germs can spread this way.
5. Try to avoid being in close contact with those who are sick.
6. Clean and disinfect surfaces of objects that may be contaminated with germs like the flu.

Minnesota Apples

Fall is here and that means apple season. Here is a list of Minnesota apples to try this fall.

Honey Crisp: University of Minnesota's best apple. Sweet-tart taste, juicy texture and explosively crisp.

Courtland: these apples have a slightly tropical flavor and are excellent for eating or cooking.

Zestar: is one of Minnesota's newest apples. Ripens in late August and has a delightful balance of flavors.

Regent: is one of MN newer high quality apples. It has a delightful balance of sweet and tart with firm crisp texture and is great for storage.



Apple Crisp

- 4 cups sliced, peeled apples (about 6-7 medium) (WIC dollars)
- 1/4 cup apple juice (WIC item)
- 1/2 cup quick oats (WIC item)
- 1/2 cup packed brown sugar
- 1/4 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 1/4 nutmeg (optional)
- 1/4 cup butter
- Vanilla yogurt (optional) (WIC item)

Preheat oven to 375 degrees. Place apples in 2 quart square baking dish. Add apple juice and sprinkle with 1/2 tsp cinnamon. Set aside. In a separate bowl for topping, combine oats, brown sugar, flour and 1/2 tsp cinnamon and nutmeg (if desired) Cut in butter with fork until mixture resembles coarse crumbs and sprinkle over fruit. Bake for 30 to 35 minutes until golden. Serve with vanilla yogurt, if desired.

Nutrition Values
Servings: 9
Calories 295

Protein: 3g
Carbohydrate: 48g
Fat: 12g
Sodium: 86mg





What is in your prenatal vitamins??

Nutrient needs during the life stages of pregnancy and lactation are increased. The requirements for most vitamins and minerals are higher during pregnancy and lactation. Your health care provider may recommend taking a daily prenatal vitamin but what kind you take is important too.

Gummy vitamins: It may be easier to consume a gummy vitamin rather than the large prenatal vitamin your provider prescribes, but gummy vitamins often contain lower levels of important nutrients needed. In some cases certain vitamins and minerals have been eliminated all together such as **Iron**.

Dietary supplements do NOT require approval by the U.S. Food and Drug Administration. Although the manufacturers are not supposed to make misleading claims, there are no official requirements regarding what constitutes a “prenatal” supplement. Companies that market “prenatal” vitamins say there is good reason their products do not contain iron and it says so

right on the label.: “May Appeal to Children”

Iron poisoning can be fatal to infants and children. Cases of iron poisoning in children and infants prompted gummy-makers to remove the iron from the sugar coated supplement.

The American College of Obstetricians and Gynecologists recommended iron supplementation for pregnant women because it is usually difficult to obtain enough of the mineral from diet alone. Iron deficiency is the most common nutritional deficiency worldwide.

Affecting primarily children, women of childbearing age and pregnant women. Our bodies use iron to produce hemoglobin, the protein in red blood cells that transports oxygen.

During pregnancy, that need increases. A pregnant woman needs more iron than non pregnant Women to maintain hemoglobin

levels and prepare for the birth of her baby. Look for these other vitamins and minerals when choosing your prenatal vitamins.

Calcium intake during pregnancy is important too. Making sure your prenatal vitamin contains calcium as some may only contain 10% of the daily value. Daily value for Calcium is 1000mg and calcium is best absorbed 300-400mg at a time. So look for 30% DV of calcium which equals to 300mg. Calcium may influence the risk for pregnancy-induced hypertension which occurs in 10% of pregnancies and is a major health risk for pregnant women and the fetus. (1)

Folic Acid or folate. Adequate amount of folic acid is critical for fetal growth and development. Preconception supplementation with folic acid has been shown to dramatically reduce the incidence of neural tube defects. (1) If you are planning to becoming pregnant, early supplementation with folic acid has been shown to dramatically reduce the incidence of neural tube defects.

Iodine Prenatal and other multivitamins marketed in the U.S. are not required to contain iodine. Iodine is a trace element needed for the production of the thyroid hormone. The U.S. Institute of Medicine recommends 220 µg daily during pregnancy and 290 µg during lactation, Mental retardation can occur in infants and children born to mothers who were iodine deficient during pregnancy. (2)

All in all.. Read your labels. You may be surprised to see what your prenatal vitamins contain or don't contain.

1. Victoria J. Drake, Ph.D ;*Micronutrient Needs During Pregnancy and Lactation*, Oregon State University, 2011
2. Sheila A. Skeaff , *Iodine Deficiency in Pregnancy: The Effect on Neurodevelopment in the Child*, 2011 Feb; 3(2): 265–273

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