



WIC Newsletter

Nicollet County, Minnesota

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Vitamin D

Vitamin D is often called the “sunshine Vitamin” because its made from the sun shining on our skin. Mayo Clinic says as little as 10 minutes of exposure is thought to prevent deficiency. In Minnesota, the sun is not strong enough to make Vitamin D for almost half the year and we often limit our time outdoors during winter months. Few foods are rich in vitamin D and most Americans are not able to get enough Vitamin D from their foods.

In 2010 **recommended** daily allowance (RDA) is 600 IU for those 1-70 years of age and pregnant or breastfeeding women, and 800 IU for those over 71 years of age. Breastfed children should start taking Vit D right after birth.

Talk to your provider if your child or infant needs to start taking a Vitamin D supplement.



Staying hydrated when the weather is hot and dry is a fact that most of us know and we feel the need to drink. But did you know our bodies have the same hydration needs even when the temperature dips, and stays, in single digits? So, are you getting enough fluids this winter? Our body loses water during cold weather the same way it does in warm weather – through regular bodily functions such as breathing, urinating and sweating.

How do you know if you are hydrated? Check the color of your urine, yellow urine indicates the need for more liquids and light yellow or clear urine means you are well hydrated. If you feel thirsty, have a dry mouth, are having trouble focusing, are light-headed, feel tired and have dry skin, you need to increase the amount of fluids you are in taking.

Staying hydrated during the cold of winter is as important as being hydrated when temperatures soar, so reach for that hot cup of tea and bowl of soup. Your

body will appreciate the warmth and the needed liquids. Fluids help control our body temperature and transport oxygen and other essential nutrients to our cells. This information alone should have us all reaching for a bowl of soup and or a mug of low-fat hot chocolate. every day.

Do babies need extra water? According to the Academy of Nutrition and Dietetics newborns need NO extra water, breast milk or formula generally will supply enough. If you child is sick with diarrhea or vomiting, always check with your pediatrician about replacing fluids and never offer an infant juice unless doctor recommended.



Chicken Noodle Soup

- 2 Chicken breasts (boneless or bone in)
- 6 cups of water
- 1 chicken bouillon cube
- 2 cups of carrots (fresh or canned) WIC
- 1 cup of celery WIC
- 1 can of corn (optional) WIC
- 2 cups of whole grain wide egg Noodles WIC
- 1 tablespoon of Italian seasoning
- 1/2 teaspoon pepper
- 1/2 teaspoon parsley

1. Put chicken, water and bouillon in large stock pot and bring to hard boil. Lower temp and simmer for 15-20 minutes. Remove chicken but keep water. Cool chicken in refrigerator
2. Add parsley, Italian seasoning, pepper, celery and carrots to the pot of hot water.
3. Remove chicken and cut into bite size pieces. , if used bone in chicken, remove bones and skin and discard and diced chicken to pot and bring to boil.
4. When water is boiling, add noodles. Cook according to package. Add salt to taste.

**Serve with crackers. Soup freezes well for a cold or sick day. Enjoy!!

Make half your grains whole grains!!

Whole grains help:

- Protect against many types of cancer and other diseases
- Decrease risk of heart disease
- Control weight
- Keep bowel habits regular

When grains are refined, the bran and germ are removed. Many important nutrients are lost.

Examples of whole grain foods:

Brown rice

Barley and bulgur

Whole grain crackers

Whole cornmeal

Whole grain oats, oatmeal

Whole grain bread, pasta and tortillas

Grow a healthy family! Eat whole grains!

Ways to add whole grains:

Choose whole grain cereals.

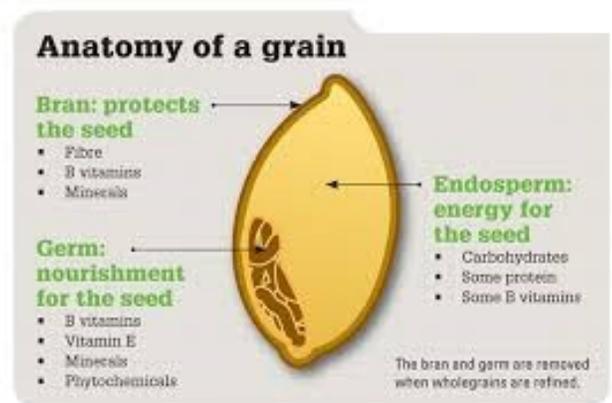
Choose whole wheat bread instead of white bread.

Replace up to ½ of the white flour with whole wheat flour in your recipes.

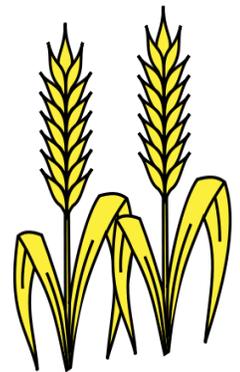
Add brown rice to a casserole or soup.

Choose whole grain pasta.

Buy corn or whole grain tortillas instead of flour tortillas.



****Look For the word "whole" listed as the first ingredient.**



My Grain Goal is: