



The WV WIC Program Promotes Breastfeeding

WIC NOTES

WVDHHR/Bureau for Public Health/WV WIC Program

Food for Thought for the Holiday Season



By Deborah Fredericks, Nutritionist at Shenandoah Valley WIC

Don't wait until the first of January to undo the holiday damage and turn over a new leaf. Start now before the additional calories and pounds come on!

Here are some tips on how to be healthy during the holidays and continue throughout the year.

1. Watch your portions. Eat the same thing, but eat less.
2. Divide the inner portion of your plate into 4 quarters. Fill one quarter in with meat, 1 quarter fill in with starch and fill the last two quarters with vegetables. Do not have seconds.
3. Watch what you are drinking. Check out the calories on those sodas. Cut back on the sodas and drink more water. Cutting back or cutting out sodas will help you lose weight. Water, water and more water.
4. If salad is available at dinner, eat it first. Watch the salad dressing just a little, or eat it plain.
5. Plan activities for after those holiday feasts, go for a walk or a hike. Play a game of touch football, or kick ball or something that is fun for all!
6. Eat at least three meals, even Thanksgiving Day. Don't skip a meal or two so that you can eat whatever you want at dinner. Eat throughout the day, so you won't overeat at dinner.
7. Plan activities throughout the holiday season. This is a wonderful time to take advantage of the family gatherings and both adults and the kids will like it too.
8. When you are doing your holiday shopping, park further away and make several trips to the car with your purchases. This is a great way to increase your activity.
9. When you are traveling, shopping or away from home, pack your lunch or pack healthy snacks and bring water. Being prepared will help to prevent unhealthy junk food eating.

Think about creating a healthy lifestyle right this very minute for yourself and remember don't wait until January 1. Do it now and you can have a head start to 2006!

New Baby Scales at WIC !

By Stephanie Whitney, State WIC Nutritionist



As a breastfeeding mother myself, there is always a concern is my baby getting enough milk. This concern is not new. Some mothers stop breastfeeding for this very reason because they don't have a way to find out how much nutrition their child is receiving from the breast.

In order to help relieve this concern, WIC clinics now have a Baby-Weigh Scale® in each office. With your WIC nutritionist, you can have your baby weighed on the scale and then weighed again after breastfeeding. This is a great way to ensure that your baby is getting enough milk so you can continue to breastfeed without worry. I love it, and I am so glad that WIC is now able to assist mothers with this very important concern.

Ask your WIC nutritionist today about the BabyWeigh® scale!

Scalloped Tomatoes

- 2 1/2 cups can stewed tomatoes, drained (reserve liquid)
- 1 medium-size green bell pepper, chopped
- 1 small onion, chopped
- 1/4 teaspoon salt
- 1/8 to 1/2 teaspoon black pepper
- 1 tablespoon brown sugar
- 1 bay leaf
- 1 tablespoon butter or margarine
- 2 tablespoons flour
- 1/2 cup bread or cracker crumbs



Directions:

- Preheat oven to 350 degrees. Combine the tomatoes, bell pepper, onion, salt, black pepper, brown sugar, and bay leaf in a medium size bowl. Spoon into a 1 quart baking dish.
- Melt the butter or margarine; stir in the flour until smooth. Add 1/2 cup of reserved tomato liquid. Pour over the tomato mixture. Top with bread crumbs. Bake, uncovered, for 35 to 40 minutes. Remove the bay leaf before serving.

~From the ADA Cooking Healthy Across America

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Bureau for Public Health,
Office of
Nutrition Services, 350
Capitol Street, Room 519, Charleston, WV 25301

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- 4 large potatoes (2 pounds)
- 8 cups of ice water
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 1/4 teaspoon of salt
- 1 teaspoon of white pepper (can use black pepper)
- 1/4 teaspoon of allspice
- 1 teaspoon of hot pepper flakes
- 1 tablespoon of vegetable oil

Cooking instructions:

- Scrub potatoes and cut into long strips
- Place potato strips into ice water; cover; and chill for 1 hour or longer
- Remove potatoes and dry strips thoroughly
- Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in a plastic bag
- Toss potatoes in spice mixture. Brush potatoes with oil. Place potatoes in a nonstick, shallow baking pan
- Cover with aluminum foil and place in a 475 degree oven for 15 minutes
- Remove foil and continue baking uncovered for an additional 15 to 20 minutes or until golden brown
- Turn fries occasionally to brown on all sides

OVEN BAKING MAKES THESE FRENCH FRIES

LOWER IN FAT AND STILL CRISP

SERVES 5 ~ 1 CUP EQUALS 238 CALORIES

~~Recipe from the Healthy Heart & Soul Recipe Book /South Carolina
Department of Health and Environmental Control ~~

Delicious Oven French Fries

