



West Virginia Women, Infants and Children

WIC Notes



OCTOBER, NOVEMBER,
DECEMBER 2006

Give the Best Gift of the Season



**Now is the time
to teach your
child good eating
habits for
the rest of his life.**

Research shows that lifelong eating habits and tastes are learned early. Unfortunately, many West Virginia babies are not getting this important early training -obesity, with all of its resulting health problems is on the rise.

Did you know?



- Breastfeeding helps your baby appreciate the flavors of all the foods you eat, and exposure to fruits and vegetables early sets the stage for more variety later.
- Babies are born knowing how much they need to eat to grow and thrive.
- Babies are born with a protective instinct to be afraid of new foods; exposing your child to a new food 10 times actually increases acceptance of that food.
- Early physical activity contributes to early brain development and learning.
- Because a child's stomach is small, it fills up quickly. Remember, for children up to 2 years old, a serving is just 1/4 to 1/3 of an adult serving.
- 4 out of 5 children have less than five servings of fruits & vegetables per day.

Keeping up the good work.

Once you've gotten your baby used to the idea of fruits and veggies, keep it up. He may want salty and sweet snacks, but you're still the one in control—your child's nutritional future is literally in your hands.

Here are some ideas for making sure your toddler continues to eat right.

- *Serve pureed bananas as French toast dip.*
- *Serve diced pears with cereal.*
- *Stir pureed plums into plain yogurt.*
- *Mix pureed carrots into scrambled eggs.*
- *Stir spinach into spaghetti sauce.*
- *Top plain cooked pasta with pureed peas.*
- *Mix diced green beans into mashed potatoes.*
- *Stir soft, bite-sized veggies into mac'n cheese.*
- *Shred an apple to top a waffle.*
- *Stir diced peaches into hot cereal.*
- *Top a baked potato with any pureed baby food.*
- *Try applesauce as a dip for cheese cubes.*

Fruit Salad

- 4 navel oranges, peeled and cut
- 2 tangerines, peeled and sliced with the seeds removed
- 2 pink grapefruit, peeled and cut
- 3 apples, peeled and thinly sliced
- Red grapes



1. Combine all the fruit in a large bowl. For an elegant dessert, serve in individual parfait glasses.
2. Add yogurt on top for added calcium!



Ghoulishly Great Ideas for Halloween Parties & Trick-or-Treating

If it were only at Halloween, we wouldn't be concerned about the candy. But it's not just at Halloween. It's candy and other treats all too often—*breakfast candy* (sugary cereals), *liquid candy* (soda), and *fruit candies at lunch* (fruit snacks/gummies & roll-ups).

have multiple celebrations: at school, at friends' houses, at after care, and in the community. And then there's trick-or-treating.

There's more to Halloween than candy. There's dressing up, having fun with friends, playing games, and doing crafts. With so many celebrations throughout the year, it's important to enjoy each one without going overboard.

Celebrating Halloween healthfully isn't about giving up all the treats. It's about bringing them into balance, especially since kids often

Pumpkin Dip

(from the Dannon Institute)

Mix the following Ingredients:

- 3 tablespoons canned pumpkin
 - 1 cup low-fat vanilla yogurt
 - 1 tablespoon orange juice concentrate
 - 1/2 teaspoon of cinnamon
 - 1 tablespoon maple syrup
- Dip in with graham crackers

Pumpkin Muffins

Preheat oven to 400 degrees.

Sift together:

- 1 3/4 cups half whole wheat and half all purpose flour
- 3/4 teaspoon salt
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg

Beat in a separate bowls:

2 eggs

Add to the eggs:

- 2 tablespoons vegetable oil
- 3/4 cup low-fat milk
- 1 cup canned pumpkin

Combine the wet and dry ingredients with a few swift strokes (don't over mix). Fill greased muffin cups two-thirds of the way full and bake for 20-25 minutes. Makes a dozen muffins.



Healthier Trick-or-Treating Giveaways

For younger kids, try small toys like:

- Temporary tattoos or stickers
- Small plastic spiders or ghosts
- Super bouncy balls
- Colorful pencils, erasers, or pencil toppers
- Spooky plastic rings or false teeth
- Bracelets or hair accessories



For food treats, try:

- Lunch- or snack-size bags of pretzels or crackers
- Individual packages of raisins
- 100% juice boxes

For candy, try:

- Sugar-free gum
- Fat-free candy like fruit snacks/gummies, *SweeTarts*, *Smarties*, *Twizzlers*, *Tootsie Rolls*, or *Skittles*
- Lower-fat chocolate candies like *York Peppermint Patties*, *3Musketees*, or *Junior Mints*



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



Fall Edition 2006 WIC Notes