NewsWIC

WISCONSIN WIC HERE FOR YOU

Fond du Lac County Health Department **Spring 2014**

Aim for 0 Sugary Beverages

We all know about eating healthy foods, but what do we know about the beverages we drink? Many beverages are high in sugar and calories, artificial sweeteners, and are low in nutrients. We don't usually think about those things as we're drinking that favorite soda or sports drink. The amount of sugar and calories can add up fast and lead to tooth decay, becoming overweight or obese. Also, the more sugary drinks we drink, the less room we have for healthier drinks like milk and water which help our bodies grow and perform at their best.

High sugary drinks include things like Kool-Aid, sports drinks, soda, flavored waters and juice drinks (like Capri Sun). Advertisers make them sound like they are 'healthy' but they are not. Even juices, which are a healthy choice, are high in natural sugars and calories and can be just as unhealthy as sugary drinks when drank in amounts above recommended serving size.

Check out the chart below:

Drink	Size	Calories	Sugar
Water	8oz	0	0 tsp
1% Milk	8oz	100	3 tsp
100% Juice	8oz	110	6 tsp
Kool-Aid	8oz	90	6 tsp
Sports Drink	20oz	125	9tsp
Juice Drink	8oz	150	10 tsp
Soda	12oz	100	10 tsp
Small	22oz	260	16 tsp
Med.	32oz	380	25 tsp
Large	44oz	525	34 tsp
Lemonade/ Sweet Tea	20oz	210	13 tsp

For 'kids' of all ages, water, fat-free or low-fat milk are the healthiest choices to drink. The goal is to consume 0 sugary drinks and drink more skim or 1% milk and water. (Children under the age of 2 should continue to drink whole milk). Water is calorie-free and helps to increase acceptance of low flavor, no sugar beverages as thirst quenchers. (The desire for a sweet drink is a learned taste from drinking sweet things).

Parents can be a good example by drinking milk & water with your kids, and make milk and water the norm. Start with a goal to drink at least 1 cup of water each day, give kids fun straws or cups to use and give stickers to them when they meet that goal. Add lemon, lime, orange slices or other fruits to water to add a little flavor and a splash of color.

On the back is a recipe you might want to try.

Berry Spritzer

1 cup berries, any kind, fresh or frozen
4 cups sparkling water
4 lemon or lime slices (if you like)

1) Put the berries in a bowl and use a fork to mash them and break them up until they're mushy.

2) Divide the berry mash among 4 glasses and top each with 1 cup sparkling water. Add a lemon or lime slice, if you like, and serve right away.

FDL County Immunizations

If you have insurance through an employer, you should see your doctor for immunizations. **If you have BadgerCare, vaccines are available at the Health Department on the 2nd Monday of each month from 3:00-5:00 PM.** Please call before coming to make sure vaccines are available. If you have any questions, please call 929-3085 or toll free 800-547-3640.

Clinics will have a Spanish interpreter available also.

Change in your WIC Appointment

The WIC office sees each participant every 6 months for a health assessment and nutrition education. However, now you will only need to bring in proof of income and residency one time per year for each person enrolled. But just a reminder, anytime there is an increase in household income, please give us a call to make sure you are still income-eligible.

Please always bring along your WIC folder, this is required for proof of identity which is still required at each WIC visit

Breastfeeding Corner

Breastfeeding in the New Millennium

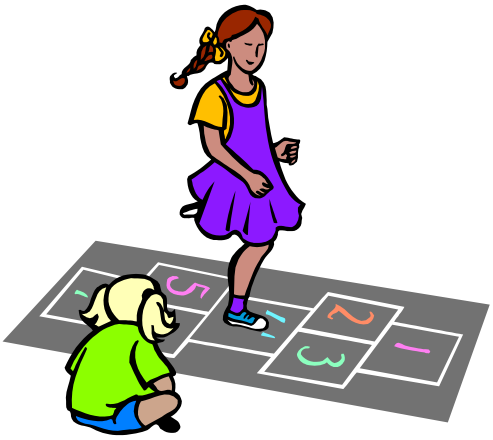
Women naturally seek support and a sense of community with other women when they become a new mother. Online breastfeeding sites allow women to get information and connect with other moms when they need to…at any time of the day or night. Some sites offer mother-to-mother support groups that provide an opportunity for women to connect with one another for encouragement and advice.

https://www.facebook.com a quick search under breastfeeding support can help you find new breastfeeding friends.

https://kellymom.com is a favorite with breastfeeding moms. It is easy to navigate and offers both breastfeeding and parenting advice.

http://www.bestforbabes.org is a good site to check out before the baby is born.

http://www.breastfeedingmadesimple.com gives women some powerful reasons to choose breastfeeding and has advice for some common challenges women face today.



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