The WIC Wire

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AAP Recommends Whole Diet Approach to Children's Nutrition

- In a new policy statement, the American Academy of Pediatrics urges schools and families to take a broader approach to nutrition, considering children's whole diet pattern – rather than the amount of sugar, fat or specific nutrients in individual foods.

  "A good diet is built on highly nutritious foods from each of the main food groups," said Robert Murray, M.D., FAAP, lead author of the policy statement, "Snacks, Sweetened Beverages, Added Sugars, and Schools," published in the March 2015 Pediatrics (released online Feb. 23). "No ingredient should be banned. A small amount of sugar or fat is ok if it means a child is more likely to eat foods that are highly nutritious."

  Since 1995, steady improvements have been made in school meal programs. Schools are serving meals with more lean meats, lower fat milks, and more fruits, vegetables and whole grains. National standards now limit the type of foods and drinks that are sold in schools. As of 2014, 92 percent of school districts reported meeting U.S. Department of Agriculture school meal standards released in 2012.

  There remains an opportunity, however, to improve the nutritional quality of food brought from home, which is often lower in nutrition and higher in calories, according to the policy statement. The AAP recommends a five-step approach parents and schools can take in selecting food for packed lunches and social events:

- Select a mix of foods from the five food groups: vegetables, fruits, grains, low-fat dairy, and quality protein sources, including lean meats, fish, nuts, seeds and eggs.
- Offer a variety of food experiences.
- Avoid highly processed foods.
- Use small amounts of sugar, salt, fats and oils with highly nutritious foods to enhance enjoyment and consumption.

Offer appropriate portions. "Children, like adults, often want their own preferred flavors and textures during meals and snacks," Dr. Murray said. "It's no secret that brown sugar on oatmeal, or salad dressing with cut vegetables, can make these healthy foods more palatable to children, and increase their consumption. This is not a license to give kids anything they want; we just need to use sugar, fat and sodium strategically."

Right fuel for your workout

April Stevens and Minhee Kang, BYU dietetics interns

Having the right kind of meals or snacks before, during, and the after the exercise can really boost your exercise experience. There are some variations depending on individuals and the duration and the intensity of specific activity, but there are some common truths that apply for pre- and post-workout.

Understanding three fuels for activity

Carbohydrate is the main fuel for activity. It provides 4 kcals/gram. Carbohydrate is found in grains, fruits, milk , yogurt and vegetables.

General diet – consume 45-65% of calories as carbohydrate
Pre-activity – choose a high carbohydrate meal, with minimal fiber
Post activity – choose a snack or beverage with carbohydrate to replenish stores.

Protein is needed for muscle strength but it is not a major source of fuel during activity. Protein provides 4 kcals/gram. It is found in meat, poultry, fish, egg, peanut or nut butter, nuts and seeds, cheese, milk, yogurt, beans, and tofu.

General Diet – consume 10-35% of calories as protein
Pre-activity – small amount of protein, but not too much
Post- activity – snack or recovery beverage with protein (protein drinks or low fat milk) to replenish and build stores.

Fat is used only minimally for energy during activity. Its metabolism is slower compared to carbohydrate. More fat will be used during longer activities. Fat provides 9 kcals/gram.

General diet – Consume 20-35% of calories as fat
During activity – none is needed
After activity – fat in regular meals will be enough

Hydrate your body

It is important to hydrate before, during, and after activity. Drink 1-2 cups of water an hour or two before activity. When your body is hydrated, it helps the heart more easily pump blood through the blood vessels to the muscles. It also helps the muscles work efficiently. Generally, drinking plain water during activity that lasts 45 minutes or less is fine. However, if the activity lasts longer than 45 minutes, drinking some type of sports drink will provide extra carbohydrates and electrolytes, along with proper hydration.

Time to fuel your body

Ideally, you should fuel your body about 1 to 3 hours pre-workout, depending on how your body tolerates food. Here are some examples of pre-activity meals.

- Peanut butter sandwich, banana, water
- Bagel, jelly, milk
- Spaghetti with red sauce, small amount of parmesan cheese

Within 15 to 20 minutes post exercise, eat a light snack with mixed protein and carbohydrate. Chocolate milk or a commercial beverage with both protein and carbohydrate also helps muscle repair and recovery. Eat a regular mixed meal 3 to 4 hours after.

Mathematica Conducts First Study of WIC Agencies' Breastfeeding Policies and Practices

The psychological, economic, and overall health benefits of breastfeeding, for both infants and mothers, are well documented. However, many barriers to breastfeeding exist, including cultural norms, lack of family support, employment and lack of health services, particularly among disadvantaged and low-income populations. In an effort to overcome those barriers, breastfeeding promotion and support is a core component of the nutrition services provided by the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) to low-income women and children up to five years of age.

A new In Focus and Research Recap video from Mathematica Policy Research's WIC Breastfeeding Policy Inventory Study (WIC BPI) for the U.S. Department of Agriculture, Food and Nutrition Service, sheds light on the comprehensive range of policies and practices that WIC agencies use to promote breastfeeding. The first study to examine WIC agencies' breastfeeding policies, the WIC BPI surveyed 90 state-level agencies and nearly 1,800 local WIC agencies. Mathematica found the following:

- Nearly 80% of local WIC agencies had at least one staff member with a breastfeeding credential.
- Two-thirds of local WIC agencies operated a peer counseling program to provide breastfeeding support. Peer counseling has been shown to be one of the most successful approaches to encourage mothers to breastfeed.
- Nearly all local agencies collected information about WIC participants' breastfeeding initiation, duration, and exclusivity, but only about half collected information about intensity.

The WIC BPI lays the groundwork for future research on how agencies' breastfeeding policies and practices evolve over time and which practices are associated with better breastfeeding rates for different populations. Helping the USDA understand WIC agencies' current breastfeeding measurement capabilities can contribute to the design of future breastfeeding reporting systems.

Food Package/Food Rule Related Breastfeeding Education Procedures.

Ensure the mother receives support from WIC staff with breastfeeding training, a peer counselor, lactation specialist, or other health care professional who can adequately address the mother's concerns and help her continue to breastfeed.

Criteria may include, but not limited to, when a mother may need additional support:

i. Mother expresses concerns about breastfeeding
ii. Mother reports pain or discomfort with breastfeeding
iii. Mother expresses statements that are not indicating confidence with breastfeeding
iv. Mother is asking for artificial baby milk
v. Mother does not think her baby is getting enough breast milk or that she is producing enough breast milk

Nicole Reames-Benefit Delivery and Program Integrity Coordinator

Nicole has worked for DTS for 3 years working with Department of Health Department of Natural Resources, Department of Agriculture and Food, and Department of Alcoholic Beverage Control directors.

Prior to working at the state she was with higher education for 7 years (Weber State University and University of Utah). She has managed projects and has looked at processes for efficiency. She has created and implemented training programs and organized conferences from inception to completion.

Hobbies:

- Quilts and teaches quilting classes
- Being outside with friends and family
- Love the mountains
- Reading a good book
- Gardening
- Spending time with family
- Playing cards and board games
- Cooking and Baking

Updated Breastfeeding Materials for WIC Staff, Participants and Community Partners

Supplemental Food Programs Division (SFPD) makes available three new *Loving Support* Makes Breastfeeding Work brochures on the WIC Works Resource system for WIC staff, participants and community partners. The brochures feature new photos and updated information.

Two of the brochures focus on the benefits of WIC peer counselors.
(1) *Moms Helping Moms: Meet Your WIC Breastfeeding Peer Counselor;* and
(2) *WIC's Circle of Care for Breastfeeding Mothers: How Peer Counselors Help.*

Available at http://lovingsupport.nal.usda.gov/wic-staff/peer-counseling.

(3) The third brochure *Building Breastfeeding-Friendly Communities* highlights how community partners can collaborate with WIC to create an environment that encourages mothers to initiate and continue breastfeeding.

Available at http://lovingsupport.nal.usda.gov/community-partners.

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Utah WIC Program
Box 141013
Salt Lake City UT 84114-1013
www.health.utah.gov/wic

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Christina Perry, Editor