The WIC Wire

UTAH DEPARTMENT OF HEALTH

Utah Department of Health • WIC Program

VOLUME 9, ISSUE 7 JULY 2015

Like Us On facebook

INDEX

6 Foods That Help You Sleep Better 2

New Education Materials 3

Food-Co-ops 4

Recipe

6 Foods That Help You Sleep Better

Nearly 60 million Americans – more than the population of Italy – wake up tired and irritable every morning due to lack of sleep, according to the National Sleep Foundation. Aside from feeling cranky and lethargic, not getting enough sleep can cause serious health problems, including cardiovascular disease, depression, cognitive impairment, diabetes, and even weight gain.

The good news is that small changes in your lifestyle and diet can have a tremendous effect on the quality of sleep you get each night. So we rounded up some of the top foods that can help you catch those Zzz's. Just remember, if you experience chronic sleepless nights that impair your mood or ability to function in any way, you should make an appointment to see your primary care physician.

Oatmeal with milk and honey

When To Eat: 90 minutes before bedtime
How Much: 1/2 cup cooked oatmeal, 1 cup milk, 1 teaspoon honey

Heart-healthy oatmeal may already be your breakfast of choice, but it might be time to flip flop your routine. Oats are one of the few foods that contain melatonin, a.k.a. the "Dracula of hormones," which helps you fall asleep each night by relaxing the body after the sun sets. Melatonin production decreases as we age, which is why more seniors suffer from insomnia and why it's important to combat sleeplessness by eating melatonin-rich foods.

Add some warm milk, which contains melatonin and tryptophan – the amino acid found in turkey that makes us sleepy – and stir in a teaspoon of honey, which is a natural relaxant – and you've got a perfectly healthful bedtime treat to help lull you off to dreamland.

Bananas with almonds

When To Eat: 90 minutes before bedtime
How Much: 1/2 medium banana and 23 almonds (approx. 1 ounce)

Chock full of potassium, which stimulates slow-wave sleep (a.k.a. deep sleep) according to new research, and sleep-inducing magnesium, bananas are the veritable superstars of sleep! Couple them with almonds also loaded with magnesium and tryptophan, and you've got a delicious snack that will help you get to sleep and stay asleep.

Tart cherry juice

When To Drink: One glass in the morning and one glass two hours before bed
How Much: 8 ounces

Similar to oats, sour cherries contain the highest amount of naturally-occurring melatonin compared to any other food. In fact, research from the Journal of Medicinal Food shows that drinking a glass of tart cherry juice before bed can combat age-related insomnia by helping your body drift off to sleep.

Rice and beans

When To Eat: With dinner or at least 4 hours before bedtime
How Much: 1/2 cup cooked rice and 1/2 cup cooked beans

Legumes, like cow peas and lentils, are rich in magnesium, folic acid, potassium, and B vitamins, all of which help regulate your circadian rhythm. Adding a high glycemic carbohydrate, like Jasmine rice, will help you fall asleep faster thanks to a sugar spike and subsequent fall. In other words, the rice will help you hit the hay, and the legumes will keep you asleep throughout the night

Cheese and crackers

When To Eat: At least 30 minutes before bedtime
How Much: 2/3 ounce cheese and 2-3 small crackers

If you're looking for a light snack, a few bites of cheese coupled with whole-grain crackers can help manage sleep cycles by boosting serotonin and melatonin levels. Even though they're in the same family, cheese doesn't induce shut-eye quite like warm milk, but its high calcium and tryptophan content help the body de-stress and relax while stimulating melatonin production.

Research conducted by the British Cheese Board even found that eating cheese may induce vivid dreams. What's more, the type of cheese you eat may determine what kind of dream you have. For example, cheddar lovers' more likely dream of celebrities, while smelly Stilton fans experience more bizarre and wacky dreams.

Sweet potato with dark, leafy greens

When To Eat: At least 90 minutes before bed
How Much: 1 medium sweet potato and 1/2 cup cooked greens

When sweet potatoes and dark, leafy greens – like Swiss chard and spinach – combine, they create a potassium powerhouse that will help your body get that super restorative deep sleep it needs to stay active during the day.

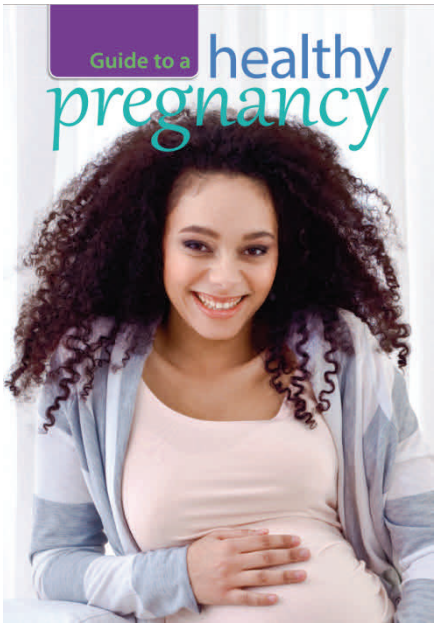
Article from the Utah Department of Health Wellness Council

Coming Soon...New Education Materials!

By Paola Vélez, MBA, RDN, CD

The Nutrition Education Committee works on your behalf to provide current, culturally sensitive, and visually appealing nutrition education handouts for our participants. Our current committee members are: Angela Evans from Salt Lake County, Jennifer Hopkins from Bear River, Teresa Martinez from Southeastern Utah District, Kristen Lemon from Utah County, and Paola Vélez from the State WIC Office. Members, excluding the committee chair, can serve on the committee for 2 consecutive years. If you are interested in participating, please contact your agency WIC Director. We will be looking for 2 – 3 new members starting October 1, 2015.

Over the past few months, the Nutrition Education Committee has been working on developing several new handouts, as well as acquiring rights and licenses to use handouts from other state WIC programs. Some of our handouts have been originally created by interns. A special thanks to Amanda Douglas, at the State WIC Office, for providing graphic design skills for our in-house developed materials. On the next UCI order, look for new titles, including: “Guide to a healthy pregnancy”, “Milk: Which type should your family drink”, “Transitioning your child from whole milk to 1%”, “Breastfeeding: Making enough milk”, and “Help me be healthy”, among others. We hope you like and use these new educational materials!



Food Co-ops

Food co-ops are a great way to cut your food bill by pooling buying power to buy fresh, healthy food. Co-ops are often organized into weekly or monthly orders, but also exist as more traditional retail stores.

Bountiful Baskets Food Co-op offers weekly orders across the state of Utah with pick-up times on early Saturday mornings. They do not accept food stamps at this time. http://www.bountifulbaskets.org/

The Community Food Co-op of Utah offers monthly orders with Saturday morning pick-up locations across the Salt Lake Valley. They also have warehouse sales every Monday from 3:30-6:30pm (no pre-order required). Food stamps accepted! https://thecommunitycoop.org/

The Utah Co Op is a retail store in Murray open for shoppers on Thursdays (11-2pm) and Friday and Saturdays (11-6pm). They accept food stamps and offer all sorts of deeply discounted groceries including cheese, breads, and drinks. http://www.utahcoop.org/

Black and White Bean Salad

Ingredients

1 Cup of 100% Vegetable Juice

1 tablespoon of vegetable oil

¼ teaspoon onion powder or 1 small onion, minced

1 can (15.5 once) black beans

1 can (15.5 once) navy beans

1 sweet red, yellow or orange pepper

1 cup of frozen corn.

(optional)2 tablespoons of diced Chilies.

METHOD:

1. In a 2-quart bowl , mix juice, oil, and garlic
2. Drain and rinse beans in a sieve or colander
3. Clean and chop pepper and onion
4. Add beans, pepper, onion, and corn juice mixture.
5. Stir and combine
6. Refrigerate at least 2 hours or over night.

UTAH | WOMEN, INFANTS & CHILDREN

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

WIC Wire is published monthly by the State Office of the Utah WIC Program.

Christina Perry, Editor