The WIC Wire

UTAH DEPARTMENT OF HEALTH

UTAH | WOMEN, INFANTS & CHILDREN

Utah Department of Health • WIC Program

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January is National Birth Defects Prevention Month

Birth defects are common, costly, and critical. Every 4½ minutes, a baby is born with a major birth defect in the United States. Become an active participant in National Birth Defects Prevention Month by joining the nationwide effort to raise awareness of birth defects, their causes and their impact.

The theme for 2016 is "Making Healthy Choices to Prevent Birth Defects – Make a PACT for Prevention." We know that not all birth defects can be prevented. But, we also know that women can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before and during pregnancy.

Plan ahead

- Get as healthy as you can before you get pregnant.
- Get 400 micrograms (mcg) of folic acid every day.

Avoid harmful substances

- Avoid drinking alcohol and smoking.
- Be careful with harmful exposures at work and home.

Choose a healthy lifestyle

- Eat a healthy diet that includes fruits, vegetables, whole grains, low-fat dairy, lean proteins, and healthy fats and oils.
- Be physically active.
- Work to get medical conditions like diabetes under control.

Talk to your healthcare provider

- Get a medical checkup.
- Discuss all medications, both prescription and over-the-counter.
- Talk about your family medical history.

Women and their loved ones can participate and **Make a PACT for Prevention** and take these important steps toward a healthy pregnancy. Share your own tips for healthy pregnancy using #LivingMyPACT on social media.

The Utah Birth Defects Network, in collaboration with many other state and federal organizations, are working together to raise awareness of birth defects and encourage women to make a **PACT** for prevention. Learn more about the effect you can have on birth defects at https://drive.google.com/folderview?id=0B-b_OEJISwRlZEJ5Vlh2aXI0Tm8&usp=sharing.

If you have any questions, please contact Amy Nance, Program Manager for the UDOH Birth Defects Network, at 801-883-4661 or aenance@utah.gov.

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Yogurt: A Powerhouse for Strong Bones

Written by: Kaeleena Perkins, USU Dietetic Intern

Did you know that yogurt is one of humanity's oldest processed foods? All throughout the world yogurt is used in a variety of ways and provides important nutrients for strong bones and healthy bodies. Yogurt is packed with calcium, vitamin D, protein, potassium, and B vitamins. Live, active bacteria are also found in yogurt and are referred to as "good bacteria." The "good bacteria" help keep the digestive tract active and healthy!

How much yogurt should I eat?

Yogurt is a part of the dairy food group. The USDA has set recommendations specific to this food group, which can be found below. One cup of yogurt counts as one cup of dairy.

Age	Daily Recommendations
2-3 years old	2 cups
4-8 years old	2 1/2 cups
9 years and older	3 cups

What about the sugar content of yogurt?

I bet if you have ever looked at the nutrition label on a yogurt container, you may have wondered if the sugar content was too high. The amount of sugar listed on the nutrition label includes both naturally-occurring and added sugars. Lactose is a naturally-occurring sugar that is found in yogurt. Plain yogurt has approximately 12 grams of naturally-occurring sugars. Added sugars are found in flavored or fruited yogurt and can add an average of 14 grams of sugar. The American Heart Association recommends limiting added sugars to 6 teaspoons per day for women and 9 teaspoons per day for men. (There is approximately 4 grams of sugar in one teaspoon).

Navigating the yogurt aisle

Trying to decide which yogurt to purchase can be a daunting task when looking at all of the available options. Here are a few tips to help you, next time you are at the grocery store!

- Choose plain yogurt and add your own toppings, such as fresh fruit, granola, and cinnamon. By staying away from flavored or fruited yogurt you can help eliminate added sugars.
- Choose low-fat or fat-free options; this can help lower saturated fat and calories.
- If you are looking for an extra boost of protein, Greek yogurt might be a great option for you. Typically, Greek yogurt has double the amount of protein of traditional yogurt. However, it usually contains less calcium, so check the label to see if calcium has been added back in.

Extra Tips and Tricks

- Mix in the liquid that sometimes pools at the top of the yogurt container. This liquid is the whey portion of the yogurt, which contains a majority of the calcium.
- Yogurt has less lactose than other dairy products and can be a good option for those who are lactose intolerant.

New Year, New Handouts!

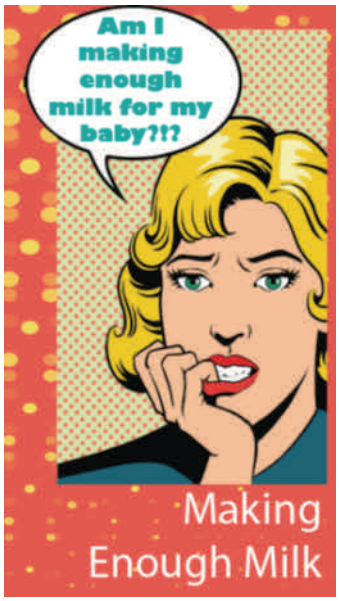
Paola Vélez, MBA, RDN, CD

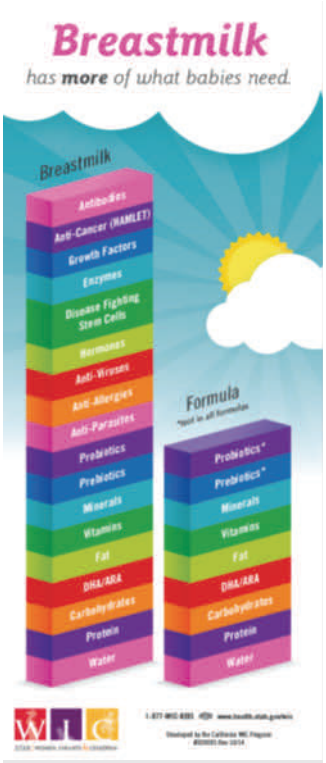
New handouts are coming in January 2016! The Nutrition Education Committee brings you contemporary nutrition education materials. With your January UCI deliveries you will notice some new and improved handouts for your participants. You will also notice that we have said good-bye to other handouts. The new handouts have been posted on SharePoint for you to view and print as needed. The new handouts include: Breastmilk vs formula, Food chaining, Help me be healthy, Making enough milk, and My child is not gaining enough weight.

For CPAs who wish to use the "Food Chaining" handout, there will be a training posted on SharePoint that expands on the Food Chaining concept. A special thank you to Linda Richey, from the Utah County WIC Program for providing the training. Linda has offered to provide in-service training, if requested.

As of January 1, please recycle the following handouts: Breastmilk vs formula (old version), Help me be healthy (old version), Cost of not breastfeeding, Feeding your baby the first year, Healthy tips for active play, Healthy tips for picky eaters, How will I feed my baby, It's never too early to prevent diabetes, WIC food packages support breastfeeding, and Your kids need calcium.

We hope you and your participants enjoy using the new handouts. For questions or comments, please contact Paola Vélez at 801-273-2930. Images for the new handouts are pictured below. Enjoy!





FOOD CHAINING

LEARNING TO EAT NEW FOODS

USDA Nutrition Service Standards

Standard 3-5 – Nutrition Staffing and Training

Obtaining Nutrition Education Hours

Each CPA is required to get 12 hours of nutrition education each year. CPAs who are not RDs must keep a log of these hours. Ways to get these hours include:

1. Local agency nutrition in-services (given quarterly)
2. Any conference/course/workshop that is approved for CEUs by the Academy of Nutrition and Dietetics
3. Nutrition related workshops or lectures sponsored by Universities, hospitals or other credible organizations
4. Time spent completing WIC nutrition training modules
5. Any State agency sponsored nutrition/breastfeeding/conference/workshop

CPAs are also required to complete a 45-hour lactation training course. There are many online options available and in April 2016, the State WIC office will sponsor a live training in Salt Lake City to help staff complete this requirement.

In-services

The local agency must provide nutrition in-services to all their CPAs/CAs at least quarterly. These in-services should be evaluated using the form on SharePoint (WIC Forms/Nutrition and Nutrition Education Forms/ Nutrition Inservice Evaluation) or another approved form.

Each local agency is also responsible for providing one annual breastfeeding in-service for all staff.

Refer to the P&P for further details: Nutrition Services-Breastfeeding/Nutrition Education and Counseling/ Staff Training.

If any local agency wishes to have a state WIC staff member provide an in-service, contact Phyllis Crowley.

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