Fall 2014

Frederick County WIC

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FrederickCountyMD.gov/WIC

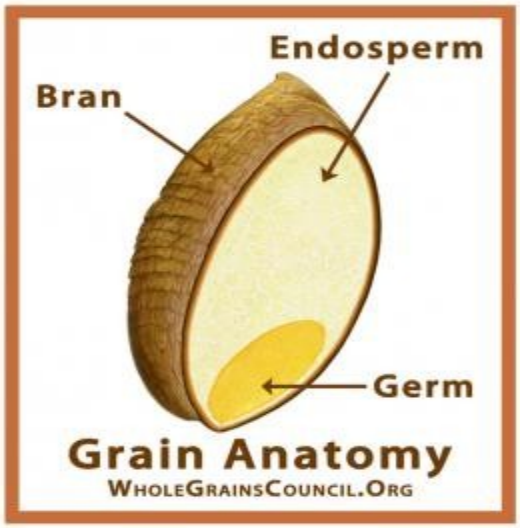
Fiber is Our Friend

Fiber is an important part of each person's diet. Fiber refers to carbohydrates that cannot be digested. It is found in plants we eat like, fruits, vegetables, beans, and whole grains. Fiber helps to maintain a healthy digestive system by moving food through the intestines and adding bulk to the stool. It is an important part of maintaining a healthy weight. Fiber can also help to prevent many diseases like type 2 diabetes, obesity, heart disease, and colorectal cancer.

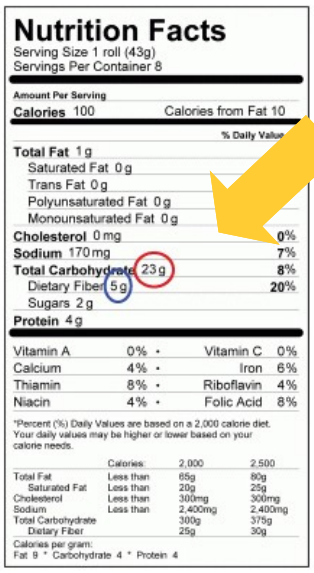
Children ages 1-3 need about 19 grams of fiber per day. Children over age 4 and adults need at least 25 grams of fiber per day. To learn the exact amount that you need, visit MyPlate.gov.

High Fiber Foods

- 1 cup beans-kidney, black, lima- 15 grams
- 1 cup oatmeal– 4 grams
- 1 cup lentils– 15 grams
- 1 slice whole wheat bread– 2 grams
- 1 cup brown rice– 2 grams
- 1 cup fruit-blueberries, strawberries, apricots, apples with skin, pears– 3-5 grams
- 1 cup vegetables-baked potato with skin, broccoli, peas– 4-6 grams



A whole grain has 3 layers , the bran, the germ, and the endosperm. To be considered a whole grain, it must have all three layers. When eating a "refined grain" we are only eating the endosperm. The germ and bran are removed along with a lot of important nutrients and most of the fiber. Aim to make 1/2 your grains whole grains.



Nutrition Facts
Serving Size 1 roll (43g)
Servings Per Container 8

Amount Per Serving		
Calories 100	Calories from Fat 10	
		% Daily Value
Total Fat 1 g		
Saturated Fat 0 g		
Trans Fat 0 g		
Polyunsaturated Fat 0 g		
Monounsaturated Fat 0 g		
Cholesterol 0 mg		0%
Sodium 170 mg		7%
Total Carbohydrate 23 g		8%
Dietary Fiber 5 g		20%
Sugars 2 g		
Protein 4 g		

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
Thiamin	8%	Riboflavin	4%
Niacin	4%	Folic Acid	8%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4

For Whole Grains, Color Does Not Count—Read food packages to find fiber

Read food labels:

Fiber is a type of carbohydrate, so we look under carbohydrates for dietary fiber.

- 3 grams or more per serving = a good source of fiber
- 5 grams or more per serving = an excellent source of fiber

Look at an Ingredient List:

To get more fiber in your diet, work to include whole grains in place of refined grains.

Make sure the first ingredient listed is a whole grain– using the word "whole" (whole wheat flour, whole oat flour, whole grain rice).

Some ingredients can be tricky– multigrain, stone-ground, 100% wheat or bran does not necessarily mean whole grain.

Find the Whole Grain Stamp:

If you see the stamp, you know you have a whole grain. Remember that companies are not required to use the stamp, so check food labels if you don't see the stamp.

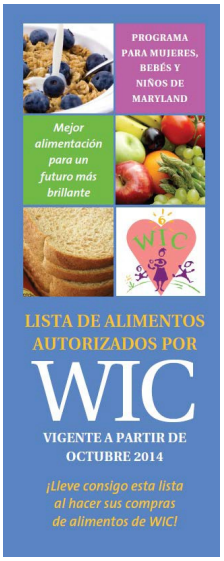
Frederick County WIC Welcomes New Breastfeeding Peer Counselors

WIC now offers support to breastfeeding moms through two breastfeeding peer counselors. Each of the peer counselors have breastfed their children and look forward to helping moms meet their breastfeeding goals. Here is some information about WIC's new staff.

Kristin Hagy joined the WIC program in April 2014. She has four children ages 12, 9, 7, and 5. Kristin breastfed all four of her children for at least one year. She decided to become a peer counselor with WIC because she understands the importance of the support and guidance from someone with experience breastfeeding. Kristin said her husband and her sister-in-law were part of her support system when she was breastfeeding. She remembers the issues she had getting started with her first baby, and she hopes to help other moms avoid some of those same issues, or help them through any problems. With her first child, Kristin could never get her to latch the right way, but she did have plenty of milk. She decided to hand pump for one year, making sure her baby had the best start!

Pictured are Frederick County WIC Breastfeeding Peer Counselors, Kristin Hagy (left) and Evelyn Pacheco (right).

Evelyn Pacheco also started her job with WIC in April 2014. She decided to become a WIC peer counselor because she loves babies and she has a lot of breastfeeding experience! Evelyn has breastfed 4 of her 5 children for 1-2 years. She said she decided to breastfeed because, "that is just what you do with your baby". She said there is no way to explain the bond you feel when you are feeding your own child and there is something special about being the only person able to provide what they need. When Evelyn decided to breastfeed for the first time, she said that there was not a lot of support or anyone teaching about breastfeeding. She likes that women now have that support available from professionals in the community. Her support system was her mother and her husband. Evelyn did not have any major problems breastfeeding. She did have one baby that refused to take a bottle, so her husband had to feed him breast milk from a spoon if she was away from the baby. (Way to go dad!) Evelyn speaks English and Spanish, so she looks forward to helping WIC moms in multiple languages!



Updates to the WIC Foods List—October 2014

Starting October 1, 2014 an updated Authorized Foods List will be available. Both the 2013 and 2014 Foods Lists will be honored at the grocery stores until January 1, 2015. Here is a summary of the changes.

- Canned bean sizes changed to 15-16 ounce cans instead of 14-16 ounce
- Cereals added—General Mills Multi-Grain Cheerios, Corn Chex, and Rice Chex
- Silk Original Soy milk refrigerated added in half-gallons
- Listed allowed brands of breads and rolls individually instead of "store brand if available". This means you are not required to buy the store brand for breads and rolls.
- Removed 3 tortilla brands: ChiChi's Whole Wheat, Don Pancho Whole Wheat, and La Banderita Whole Wheat
- Infant fruit and vegetable checks will now list ounces instead of number of jars

Reminder

You must buy store brands if available in the following categories:

Milk, eggs, cheese, beans, peas, lentils, peanut butter, canned fish, brown rice, infant fruits and vegetables, and infant meats