Spring 2015
Frederick County WIC Program
350 Montevue Lane
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301-600-2507
www.frederickcountymd.gov/WIC

WIC Newsletter

Road Map to a Healthy Heart

As parents, we are always taking care of the people around us and spend less time taking care of ourselves. In order to care for those around us, it is important for us to be healthy as well. Heart disease is the number one cause of death among both men and women. We can improve our heart health through lifestyle changes and start our children off on the right track to a healthier heart by being role models. Here are some small changes that can help keep your heart healthy.

- Cook with olive oil or vegetable oils instead of butter or lard
- Bake, steam, or broil foods instead of frying
- Eat low-fat dairy
- Eat more fresh foods and less packaged foods
- Compare food labels of packaged foods. Choose items that have lower amounts of sodium and fat.
- Eat more fiber from fruits, vegetables, whole grains, and beans
- Make more meals at home so that you can decide how much salt to use in your food
- Move every day! Get your heart pumping by being active in whatever way you enjoy.
- Try to eat less than 2300 mg of sodium every day (approx. 1 tsp.). Eat less than 1500 mg per day if you are high risk. Talk with your doctor about which number you should aim for.

Know Your Numbers

Every time you visit the doctor the nurse checks your blood pressure. Usually they tell you the value and if it is normal, no one mentions it again during the visit. Normal blood pressure is 120/80 or less. If your blood pressure is equal to or greater than 140/90 you may be told you have hypertension more commonly known as high blood pressure. High blood pressure increases your risk of heart disease and stroke. Pay attention to the numbers your nurse tells you and take some steps to make changes if the numbers are high. Here are some simple changes you can make:

- Replace the salt you add to food with herbs, spices, lemon or lime juice for flavor
- Limit alcohol to one drink per day for women and 2 drinks per day for men
- Practice stress relieving techniques such as yoga, meditation, and gardening

Lentil Taco Recipe— a heart healthy taco night!

Ingredients

- 1 teaspoon vegetable oil
- 1 small green pepper, chopped
- 1 small onion, chopped
- 4 garlic cloves, minced
- 1/2 teaspoon red pepper flakes (optional)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon basil or parsley
- 2/3 cup tomato paste
- 3 cups water
- 1 1/2 cups dry lentils
- 1/4 cup raisins
- pepper to taste

Directions

1. Heat the oil in a sauce pan over medium high heat until shimmering. Add onion and green pepper and cook for 5 minutes, stirring occasionally.
2. Add garlic, red pepper flakes (if using), cumin, chili powder, basil, and tomato paste. Cook for 1 minute, stirring constantly.
3. Add 3 cups of water, lentils, and raisins. Simmer for 40 minutes or until lentils are tender. Add more water if necessary.
4. Serve with corn tortillas or over brown rice.

Makes: 6 Servings

Nutrition Information:
(Amounts in 1 serving)
Total Calories- 200
Total Fat- 6 g
Protein– 8 g
Carbohydrates– 34 g
Dietary Fiber– 8 g
Saturated Fat– 0 g
Sodium– 270 mg

Adapted courtesy of- What's Cooking USDA Mixing Bowl

In Need of a Breast Pump?

Are you returning to work or school and would like to pump milk for your baby? WIC may be able to help by lending you a breast pump. WIC has a limited supply of electric and manual pumps. To help build your milk supply pumps are not given until your baby is over one month old. After this time a pump is great to use for the times you will be away from your baby. Pumps can be given two weeks before you return to work or school. This gives you the opportunity to learn to use the pump and store a small amount of milk.

If your baby needs to stay longer at the hospital, a more powerful electric pump can be offered through WIC, after meeting with our lactation consultant.

Breast pumps may also be provided by your health insurance, so remember to check with them.

If you would like more information about breast pumps offered through the WIC Program, please call for an appointment, 301-600-5092.

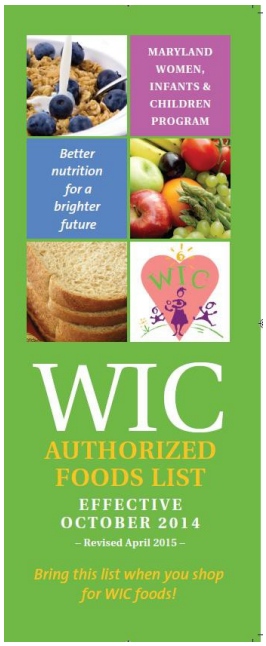
WIC Breastfeeding Staff

- Raini Blakeslee, RN, IBCLC—
  301-600-4951
- Nicole Miller, CLS
  301-600-5092
- Evelyn Pacheco, peer counselor
  301-600-4953
- Kristin Hagy, peer counselor
  301-600-4949

Foods List—Revised April 2015

A revision to the October 2014 WIC foods list will be in effect on April 1, 2015. Below is a summary of the changes. Please ask a WIC staff member for a copy of the complete revised list.

- **Fruit and Vegetable Check** -
  - -All types of potatoes can be purchased as long as they do not include any breading, butter, sauce, fat, or oil. This includes fresh, frozen, and canned potatoes. Examples include: sweet, white, red-skinned, and gold potatoes.
  - -Canned fruits and vegetables cannot be purchased as pouches or smoothies.
- **Breads and Rolls** -
  - **-Added breads and rolls:** Schmidt Old Tyme 100% Whole Wheat Bread, ShopRite 100% Whole Wheat Bread, and Stern's 100% Whole Wheat Bread, Stern's 100% Whole Wheat Rolls
  - **-Removed breads and rolls:** Safeway 100% Whole Wheat Bread and Nature's Own 100% Whole Wheat Rolls
- **Tofu –**
  - -Container size is 16 ounce only now
  - **-Removed:** Azumaya Lite Extra Firm, House Soft (silken), and Nasoya Extra Firm, Firm, Cubed, Soft, Lite Firm, and Lite Silken
- **Milk –**
  - -Super skim or ultra skim milk is no longer allowed



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