



Frederick County WIC  
350 Montevue Lane  
Frederick MD 21702  
**301-600-2507**  
www.frederickcountymd.gov/WIC

# WIC Newsletter

## Check the Menu

Whether you are celebrating a special event or taking a night off from cooking, eating out can fit into a healthy lifestyle. Foods eaten away from home tend to have more calories, fat and sodium. Starting soon, more restaurants will be posting calories on their menus and menu boards. This information will be helpful as balancing calories is a key part of managing your weight. You won't have to guess how many calories are in your meal since the information will be easy to find.

Restaurants are making it possible for you to make more informed eating choices. If you want to know more details beyond calories, restaurants will also provide nutrition facts if you ask.



Calories listed on the menu will help you choose a meal that's right for you. If you choose a higher calorie meal while eating out,

adjust what you eat by having fewer calories at your next meal and increasing your activity. Menus will have a helpful message posted to remind you that "2000 calories a day is used for general nutrition advice". Since you may need more or less calories based on your age, gender and activity, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

Another simple way to use calories is to compare menu items. Look for foods and drinks that are lower in calories. For example, if you want a sandwich for lunch, compare two sandwiches and choose the one with fewer calories.

## Where will I see Calories?

- Sit-down and fast-food restaurants
- Foods bought at drive-through windows
- Take-out and delivery foods, like pizza
- Foods you serve yourself from a salad or hot food bar
- Food bought at a movie theatre or amusement park
- Foods on display at a bakery or coffee shop
- Some vending machines

### Choosing healthier kids' meals

New resources are available to help you choose healthier kids' meals when eating out. Nutrition experts have teamed with restaurants to create the Kids LiveWell program. The Kids LiveWell program works with restaurants to offer nutritious menu items. Kids LiveWell meals include a mix of lean proteins, fruits, vegetables, whole grains and low-fat dairy. Their website has easy to find nutrition facts, all in one place. Visit [www.healthydiningfinder.com/kids\\_livewell](http://www.healthydiningfinder.com/kids_livewell) to see the healthier kids' meals restaurants are now offering.



New!  
Kids LiveWell  
mobile app

## Savor the Flavor

This March we invite you to “Savor the Flavor of Eating Right” as we celebrate National Nutrition Month®. Want to know if you are savoring the flavor of your meals? Take this quick quiz to find out.

1. Do you notice the smell of your food?
2. Do you chew slowly and pay attention to the taste of your food?
3. Do you turn off the TV and avoid using your phone while eating?

If you answered “yes” to all three questions, great job on savoring the flavor! You are mindful and focus on your food. Mindful



eating can help you know when you are hungry and when you are full. Paying attention to when you feel full will keep you from overeating, which can lead to unhealthy weight gain. If you answered “no” to any of the questions, try taking time to

enjoy your food. Be aware of the color, smell, texture and taste of your next meal.

## eWIC is Coming To Maryland

Maryland WIC is planning to switch to a debit- type card for WIC benefits. This means no more paper WIC checks! No signatures or folders will be needed at the register, just your eWIC benefit card and PIN.

Families will have one eWIC benefit card. This means no separate checks for each family member. You will no longer be required to buy large amounts of food at one time. You can buy foods in any amounts within the 30 days. For example, you will no longer have to buy milk the same time you buy cheese, juice, bread and cereal. You could buy a gallon of milk at one time and buy the rest of your foods at any other time within the 30 days your benefits are available.

Frederick County WIC staff is excited for this change and hope it will make getting WIC foods easier for you and your family. Planning will take some time as this is a large project for the whole state of Maryland. Frederick County WIC families should see eWIC some time in 2017.

## Keep up your energy level

As a breastfeeding mom, you will need around 400-500 more calories each day. You can get these calories during meal or snack times. Keep up your energy level by eating a variety of healthy foods and staying hydrated. Try this quick and tasty black bean quesadilla recipe.

### **Black Bean Quesadillas**

Serves 4

- 1 15-ounce can black beans, rinsed
- ½ cup shredded Monterey Jack cheese
- ½ cup salsa, divided
- 4 8" whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

1. Combine beans, cheese and ¼ cup salsa in a medium bowl. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2–4 minutes total. Move to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

Source: Adapted from *EatingWell*