



Nutrition Topics for WIC Participants and Families

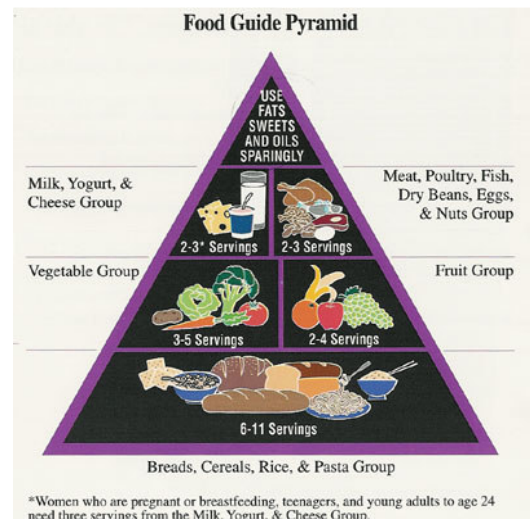
After You Deliver

- EAT RIGHT FOR GOOD HEALTH
- EAT FOODS CONTAINING FOLIC ACID EVERY DAY
- IMMUNIZE AGAINST DISEASE
- AVOID TOBACCO, ALCOHOL AND OTHER DRUGS



01 EAT RIGHT FOR GOOD HEALTH

- Use the Food Pyramid Guide and labels to plan meals and snacks for you and your children.
- No one food supplies all the vitamins and minerals needed for good health.
- Eat a wide variety of foods from each of the five major food groups in the Food Guide Pyramid every day.
- Adult serving sizes are stated for the Food Guide Pyramid. Slightly smaller serving sizes are fine for preschool-age children, but they still need 2 cups of milk a day.
- Your local clinic or program staff can explain the number of servings you and your children need.



02 EAT FOODS CONTAINING FOLIC ACID EVERY DAY

Folic acid is:

- also called folate or folacin
- a B-vitamin everyone needs for good health
- especially important for all young girls and women of child-bearing age (ages 11-45) to protect their unborn babies

You need folic acid:

- throughout your child-bearing years
- to have a healthy baby
- at least 1 month before becoming pregnant

- during the early weeks of pregnancy
- so your unborn baby's brain and spine will form properly
- to build red blood cells

How much folic acid do I need?

- 400 micrograms per day

How do I get the folic acid I need?

- by eating the number of servings of foods in the Vegetable Group, the Fruit Group, and the Bread/Cereal/Rice/Pasta Group recommended by the Food Guide Pyramid, or
- by taking a daily vitamin pill that contains the recommended amount of folic acid

Important reminders

- Ask your health care provider about the need for a daily vitamin pill containing folic acid, especially if you are thinking about having a baby or become pregnant.
- Eating right, including foods that are good sources of folic acid, is still important even if you take a daily vitamin pill.

What Foods are important sources of folic acid?

- Ready-to-eat breakfast cereals
- Enriched bread and cereal grain products
- Whole-grain breads and wheat germ
- Citrus and other fruits and their juices
- Green leafy and other vegetables
- Cooked dry beans/peas or lentils
- Cooked liver or giblets
- Nuts and seeds

03

IMMUNIZE AGAINST DISEASE

What does "immunize" mean?

- Immunizations, vaccinations, and vaccines, including those taken by mouth, are all terms commonly used for "shots".

Who needs shots?

- Shots are not just for babies. Older children, teenagers, and adults need them too.

- Breastfeeding helps protect babies from infections. But, breastfed babies still need their shots on time.
- Everyone needs shots on time to help protect against disease.

When are shots needed?

For babies:

- Babies should get their first shots shortly after birth.
- At least three visits for shots are needed before the first birthday.

For children, teenagers, and adults:

- One or two additional visits for shots are needed before the second birthday.
- Other shots are needed when a child starts school.
- More shots are needed by older children, teenagers, and adults, too.
- If you want to become pregnant, be sure that your own shots and those of your children are up to date.

For everyone:

- Ask your health care provider or your local clinic or program staff for a shot schedule.
- Keep a shot record for each of your children and yourself.

Are shots safe?

- Yes, shots are safe. Serious reactions are very rare.
- Sometimes there are mild reactions, such as a fever or soreness, redness, or swelling where the shot was given.
- Any reactions to shots usually go away after a few hours or days.

How much do shots cost?

- Many places offer shots free or at low cost.
- Ask your local clinic or program staff where you can save money on shots.

Where should you go for shots?

- local health departments or clinics
- most doctor's offices
- some health fairs

AVOID TOBACCO, ALCOHOL, AND OTHER DRUGS

Why is using drugs harmful?

Tobacco

- Smoking tobacco increases your risk of lung disease
- Using smokeless or spit tobacco increases your risk of gum disease, mouth sores, cancer, and high blood pressure.
- Breathing second-hand smoke is called "passive" smoking. It is harmful to everyone, especially young children. It increases one's risk of lung problems, cancer, and respiratory tract infections.

Alcohol

- Alcohol is harmful if used too often or in large amounts. It can damage your liver and other organs of your body.

Other drugs

- Using street drugs even once can harm your body and brain and possibly kill you.
- Sniffing, inhaling, or drinking common household cleaning products even once also can be fatal.
- Using medicines other than as directed can be harmful or fatal.

All drugs

- Using tobacco, alcohol, and other drugs can cause you to become "hooked" or dependent on them for life.
- If you are thinking about having a baby or becoming pregnant, using tobacco, and other drugs, including some medicines, can harm your unborn baby.
- If you are breastfeeding, using tobacco, alcohol, and other drugs, including some medicines, can affect your breast milk and harm your baby.

Protect your children from drugs

- If you are breastfeeding and use tobacco, alcohol, or medicines, check with your health care provider about how to safely breastfeed your baby.
- Set a good example for your children by not using tobacco, alcohol, or other drugs.
- Sit with your children in non-smoking areas in restaurants and other buildings.
- Make "no smoking" a rule inside your home for family and friends.
- Ask others not to smoke around you and your children.

- Store household cleaning products and medicines out of the reach of your children.
- Talk to your children at a young age about why using tobacco, alcohol, or other drugs is harmful.

Protect yourself from drugs

- Reducing or stopping your use of tobacco, alcohol, or other drugs is best. Your local clinic or program staff can tell you where to get help.
- Ask your family and friends to support your decision not to use tobacco, alcohol, or other drugs.
- Check your local phone book for listings of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). Also, under the "smoking" listings of your local phone book, you may find contacts on how to stop smoking.