



West Virginia Women, Infants and Children

April, May and June 2007

Because WIC Cares...

Everyone needs to get plenty of food high in calcium to build strong bones and teeth. Dairy foods are a major source of calcium. Dairy foods also contain lactose.

After eating foods with lactose in them, some people may have

- gas
- feel sick to their stomach
- swelling in their stomach

Your doctor can tell you if your problems are caused by lactose intolerance.

When someone has lactose intolerance, WIC can provide Lactose free or Lactose reduced milk. Lactose free and Lactose reduced milk are available in the following sizes:



Quart = 32 ounces



3 Quart container = 96 ounces



Half Gallon = ounces



64 Gallon = 128 ounces

If you get Lactose free or Lactose reduced milk on your WIC drafts, you may find the following chart helpful when you spend your WIC drafts at the store.

Lactose-Reduced or Lactose-Free Milk Conversion Chart

4 quarts =	2 half gallons =	1 gallon
6 quarts =	3 half gallons =	1 ½ gallons
8 quarts =	4 half gallons =	2 gallons
10 quarts =	5 half gallons =	2 ½ gallons
12 quarts =	6 half gallons =	3 gallons

If you have questions about Lactose Intolerance or spending your WIC drafts, please ask your WIC Nutritionist at your local WIC office.

The Incredible, Edible Egg



There are many first times during your baby's first year of life. Like the first time she smiles or the first time she tries solid foods. Many parents wonder when their baby can try their first bite of egg. Egg yolks can be introduced after 6 months of age, but a baby should wait a year on the protein-rich whites because she may be allergic to them. In fact, if you think your baby is at high risk for allergies, you may want to wait to give her egg whites until she's 2. Most egg allergies are caused by the egg white rather than the yolk. If there is a history of egg allergy in your family or your child has any food allergies, check with your baby's health care provider before introducing any new foods to her diet.

Changes to WIC Approved Food List

Effective May 1, 2007, a new WV WIC Program Food List will allow shredded cheese in addition to sliced and block packages. Other changes are the addition of Kellogg's Rice Krispies, Quaker Cinnamon Oatmeal Squares and Post Honey Bunches of Oats Cinnamon Clusters. However, General Mills Country Corn Flakes will no longer be allowed.

A Parents' Guide to Infant Safe Sleep

Adapted from the "Infant Safe Sleep Checklist" developed by the WV Office of Maternal, Child and Family Health

Help keep babies safe while they sleep.

Sudden Infant Death Syndrome (SIDS) is the leading cause of infant death.

Follow these tips to reduce the risk of SIDS.



Safe Sleep

- Never sleep with your baby.
- Always put a healthy baby on their back to sleep.
- Do not switch baby from the back to the stomach or side.
- Do not put a baby in a crib with another baby.



Create a Safe Sleeping Place

- Use a safety-approved crib with a firm mattress and a tight fitting sheet.
- Do not use sofas, chairs, pillows, waterbeds or an adult bed.
- Remove toys, stuffed animals, fluffy blankets and pillows.
- Wedges and bumper pads are not needed.
- Keep cigarette smoke away from the baby.



Keep Baby Comfortable...Not Too Hot

- Do not over-bundle or over-wrap the baby. Use a light blanket tucked along the sides and end of the mattress.
- Do not cover baby's face with blankets
- Dress the baby in layers that can be removed.
- Set the room temperature at 68 to 72 degrees.



Inform Child Care Staff and Sitters

- Review this information with all baby's caregivers.
- Get a written note from the doctor if the baby must sleep on the stomach or side for medical reasons.



Give Awake Babies Supervised "Tummy Time"

- For them to exercise, play and explore surroundings place them on a blanket with several toys just out of reach.



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