

WIC Notes

April, May and June 2008

Eat Right, Be Healthy



Whether your family is enjoying a home-cooked meal or eating out at a restaurant, it's important to eat nutritious foods. Here are some simple ideas for keeping your family happy and healthy!!

Eating fruits and vegetables everyday is the beginning of a healthy diet. Here are some of the spring season fruits and vegetables available in your local farmer's market or grocery store.

Spring Shopping List

Apricots	Artichokes
Asparagus	Avocado
Beets	Broccoli
Cabbage	Carrots
Cauliflower	Collards
Fava beans	Fennel
Kale	Lettuce
Mango	New Potatoes
Okra	Pineapples
Peas: Green Peas, Snow Peas, Sugar Snap Peas	
Radishes	Rhubarb
Ramps and Green Onions	
Strawberries	Spinach



Tips for Eating Out

We all enjoy eating out, but restaurants often serve meals that are high in calories and low in nutrition. Fortunately, you can make smart choices at restaurants. Remember these tips the next time your family eats out.

1 THINK SMALL.

Have a regular-size hamburger and a small order of French fries. Or share a large dish with someone. You'll save calories and money!

2 CHOOSE GRILLED FOODS.

Grilled meats and plain hamburgers may be better choices than fried foods. Ask for sauces on the side.

3 LOAD UP ON VEGGIES.

Order a fresh side salad or veggies instead of fries or chips. And ask for dressings and sauces on the side.

4 ORDER MILK INSTEAD OF SODA.

Low fat milk contains important vitamins and minerals, like calcium and vitamin D. And it tastes great!

5 ENJOY A SLICE.

Order a cheese pizza with veggie toppings. Have some now, and take the rest home for tomorrow.

6 HAVE FUN!

Look for restaurants that are near playgrounds. That way your kids can enjoy a fun workout before or after their meal.

Fresh Fruit Kebabs

Kids will eat more when the food looks like fun. For a great presentation, take fruit chunks and skewer them on a toothpick. Another option is to make these kebabs with fruit and alternating pieces of cheese, hard salami, or cubed turkey breast. Fully cooked tortellini also can be skewered. To protect little mouths, use blunt toothpicks or thin coffee stirrer straws. If you are using soft foods and are serving these at home, you can use uncooked spaghetti as skewers. But don't send them to school because the pasta will go soft.

- * Apple (dipped in diluted lemon juice to keep from discoloring), cheddar cheese, and celery
- * Banana, chicken, and jicama
- * Carrot, ham, and radishes
- * Turkey breast and mandarin orange
- * Snow peas, water chestnuts, and roast pork
- * Cherries (remove the pits), salami, and cantaloupe
- * Grapes, pineapple cubes, and strawberries
- * Watermelon, honeydew melon, and beets

- * Grapefruit sections, orange pieces, and peaches
- * Cucumber, chicken, and red pepper
- * Honeydew melon and smoked ham
- * Zucchini, mild pepper jack cheese, and figs

WV WIC is here to Help You Help Your Family.

Raising a Healthy Eater

Research states serving over-sized portions, just like tightly policing what children eat, can hinder a child's ability to develop healthy eating habits. To help kids avoid developing portion distortion, parents can use these tips:

1. Encourage your children to take appropriate portions of food at the table.
2. Be a role model for your child. Make sure your own portions aren't too hefty.
3. Resign from the "clean plate" club. Allow children to stop eating when they are no longer hungry.
4. Allow children to serve themselves whenever possible. Encourage small "first portions," reassuring children that they can have "seconds" if still hungry.
5. Encourage children to eat slowly and take "small bites."
6. Dodge dining-out downfalls: Limit eating out to one to two times a week.
7. Avoid the "super-size" syndrome. Keep fast-food orders "regular" or "small," suggesting a healthy dessert like low-fat ice cream or frozen yogurt to those whose hunger persists. Also downsize take-out and sugary, snack-food purchases.



Encourage children to eat slowly and take "small bites."

**From ages 1 to 2, your child should drink whole milk.
After age 2, switch to low fat milk to reduce the amount
of fat in his diet, but check with your pediatrician first.**

Crunchy Fish Dippers

1-1/2 lb. firm white fish fillets, such as cod, halibut, or tilapia, cut into 1-inch-wide strips
2 eggs, beaten
4 cups POST HONEY BUNCHES OF OATS Cereal, finely crushed
1 cup barbecue sauce

PREHEAT oven to 375 degrees. Dip fish in eggs, turning over to evenly coat both sides. Coat fish evenly with cereal.
PLACE in single layer in 13" x 9" baking pan sprayed with cooking spray.
BAKE 25 minutes or until fish flakes easily with fork.
POUR barbecue sauce into a small bowl. Serve as a dipping sauce with the fish.



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Spring 2008 Edition WIC Notes

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