

WIC News

Savor
the Flavor
of Eating
Right



Celebrate National Nutrition Month®

We love March here at Texas WIC since it is National Nutrition Month®! This year the Academy of Nutrition and Dietetics' theme is "Savor the Flavor of Eating Right." It "encourages everyone to celebrate the full experience that food brings to our lives. The traditions, flavors, and social aspects of food are just as important as what we eat." <http://www.nationalnutritionmonth.org/nnm/>

In the spirit of celebrating National Nutrition Month®, we asked our staff, both at the local and state agencies, to share the recipes that bring them joy and health. See all of the delicious dishes on pages 4-9.

March 9 is Registered Dietitian Nutritionist (RDN) Day. RDNs are essential to WIC's mission and play a key role in upholding WIC's credibility and effectiveness as the nation's premiere public health nutrition program. For staff who are interested in becoming RDNs, check out the "Ten Things to Know About the Texas WIC Dietetic Internship" on page 10.

We aimed to include something in this issue for everyone. On page 12, we

share strategies for overcoming barriers to weight loss. On page 16, we discuss baby-led weaning, a new feeding trend that focuses on introducing solid foods to infants. Lastly, be sure to check out our article on Texas Home Visiting on page 14, an assistance and education program that can be of great benefit to many of our participants.

I hope you all find a special way to celebrate National Nutrition Month® this March. It's not just about food, it's about you and your impact in making "eating right" a fundamental part of our participants' lives and the diverse communities throughout our state.



From the Texas WIC Director

- Lindsay Rodgers, MA, RD, LD

in this issue



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Savor the Flavor of Eating Right



As Lindsay mentioned, this year's theme for National Nutrition Month® is Savor the Flavor of Eating Right. When thinking about all of the things that surround this theme: traditions, pleasures, great flavors, and social experiences — we decided who better to ask than our WIC staff. We asked you to tell us what foods provided not only a pleasurable and social experience for you, but were also easy, healthy, and tasty. The response we received was overwhelming! Below you'll find our top 10 recipes, enjoy!

Salsa de Fancy

RECIPE BY FANCY JORDY, IBCLC, BREASTFEEDING COORDINATOR FOR LA 058 IN LUFKIN

"Love this recipe; the garlic really pops."

Ingredients

- 1 large can of diced tomatoes
- ½ to 1 head of garlic, depending on how much you like
- 1 small or ½ large onion
- 4-6 serrano peppers depending on how hot you like it. (Leave seeds in for very hot.)
- 1 bunch cilantro
- 2 teaspoons olive oil
- Tortilla chips

Preparation

1. Wash all veggies well.
2. Sauté onion, peppers, and garlic in olive oil. When tender and fragrant, add tomatoes.
3. Cook for 3 minutes to heat well.
4. Pour into blender with cilantro. Blend to desired consistency and salt to taste.
5. Dip with tortilla chips.

Makes about 10 to 12 servings. Keeps well in the fridge in a tight container for 4-5 days. Can also be frozen in small batches for a quick and tasty treat later.



Creamy Cilantro-Avocado Dressing

CONTRIBUTED BY SANDRA DENNEY, MS, RD, LD, LOCAL AGENCY 007 IN DALLAS

"This recipe, adapted from Eating Well website with a change in ingredient amounts, is creamy without all the extra saturated fat and sodium."

Ingredients

- 1 small ripe avocado
- 1 cup packed fresh cilantro
- 2 green onions, chopped
- 1 cup nonfat plain yogurt
- 2 cloves garlic, quartered
- 2 tablespoons lime juice
- 1 teaspoon salt
- 1 teaspoon sugar

Preparation

Place avocado, cilantro, green onion, yogurt, garlic, lime juice, sugar and salt in a blender; blend until smooth.

Tip: Cover and refrigerate leftover dressing for up to 3 days.

Makes 8 servings



Mango Salsa

RECIPE COURTESY ELLIE KRIEGER FROM www.FOODNETWORK.COM

CONTRIBUTED BY GRETCHEN STRYKER, MPH, RDN, NUTRITION ED.

COORDINATOR, LOCAL AGENCY 39 IN TYLER

"Yum, salsa! Yum, mango! They are a winning combination!"

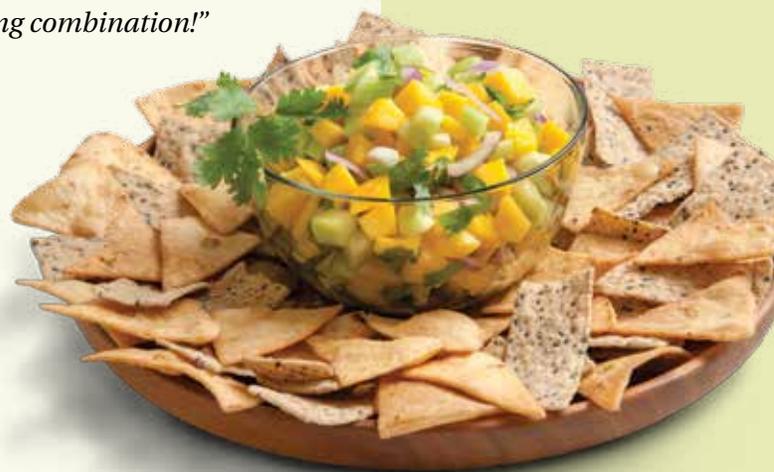
Ingredients

- 1 mango, peeled and diced
- 1/2 cup peeled, diced cucumber
- 1 tablespoon finely chopped jalapeno
- 1/3 cup diced red onion
- 1 tablespoon lime juice
- 1/3 cup roughly chopped cilantro
- Salt and pepper

Preparation

1. Combine the mango, cucumber, jalapeno, red onion, lime juice and cilantro and mix well.
2. Season with salt and pepper, to taste.

Makes 4 to 6 servings



Green Pea Guacamole

Adapted from www.wholefoodsmarket.com

CONTRIBUTED BY NIKKI MORROW, IBCLC, ASSISTANT WIC DIRECTOR, LOCAL AGENCY 31 IN TEMPLE

"This recipe makes a large batch of homemade guacamole, yet is less expensive and with fewer calories than traditional guacamole. Use dehydrated vegetables to get the crunch of a chip with the guiltless pleasure of a vegetable."

Ingredients

1/3 cup roughly chopped cilantro
1 bag frozen green peas, thawed
1 avocado, peeled, pitted, and roughly chopped
4 green onions, sliced
3 gloves of garlic
4 tablespoons lime juice

Preparation

Set aside 1 tablespoon cilantro, and transfer the rest of the cilantro to a food processor. Add remaining ingredients and puree until smooth.

Transfer to a serving bowl, garnish with reserved cilantro, and serve.

Once you make it and try it, you can alter the amounts of some of the ingredients to fit your taste buds.

For variety, add jalapeño to the puree or top with chopped tomato.

Makes 12 servings



Vegetable Tian

CONTRIBUTED BY MARY McCAFFITY, POLICY & SPECIAL PROJECTS COORDINATOR, WIC STATE OFFICE,

"Adapted from The Comfort of Cooking blog, this recipe is an easy and delicious way to eat more veggies. You can use the vegetables in the quantities listed below or mix it up based on what you have on hand."

Ingredients

1 tablespoon of olive oil
1 large yellow onion, cut into strips
2 garlic cloves, minced
1 medium zucchini, thinly sliced
1 medium yellow squash, thinly sliced
1 medium baking potato (or 2 smaller potatoes), thinly sliced
3 tomatoes, thinly sliced
Dried basil
Grated parmesan

Preparation

1. Preheat oven to 400 degrees F. Lightly coat a small casserole dish or pie plate with nonstick cooking spray. Set aside.
2. In a medium skillet, heat olive oil. Add onion and garlic and cook until soft and slightly brown. Spread the onion and garlic mixture to cover the bottom of the dish or pie plate.
3. Arrange the sliced vegetables in an alternating pattern. (ex: zucchini, squash, potato, tomato, repeat).
4. Sprinkle basil over the top of the dish. Bake covered with foil for 30 minutes.
5. Remove from oven and uncover dish. Sprinkle with grated parmesan cheese. Bake uncovered for 20-30 minutes.

Makes about 5 servings



Chickpea Salad

CONTRIBUTED BY MARTHA DOMINGUEZ, LOCAL AGENCY 07
IN DALLAS

“This recipe is easy, healthy, and only takes 10 minutes to prep.”

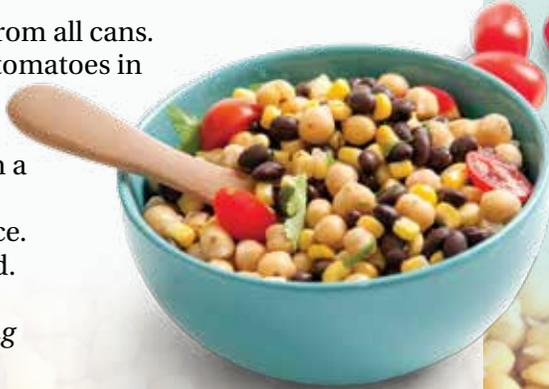
Ingredients

- 1 15-ounce can of black beans
- 1 15-ounce can of garbanzo beans
- 1 15-ounce can of corn
- 1 pint of cherry tomatoes
- 2 tablespoons chopped cilantro
- 4 tablespoons lime juice
- Salt

Preparation

1. Drain juice from all cans.
2. Slice cherry tomatoes in half.
3. Mix everything in a large bowl.
4. Add lime juice.
5. Salt if desired.

Makes 12 serving



Collard Greens with Almonds

CONTRIBUTED BY MELISSA MOUTON, MS, RDN, LD,
DIETETIC INTERNSHIP DIRECTOR, WIC STATE OFFICE

“This recipe is extremely quick and easy, tastes wonderful, and is very healthy.”

Ingredients

- ¼ cup slivered almonds
- 1 large bunch collard greens (about 1 pound), rinsed
- 2 tablespoons seasoned rice vinegar
- 1 small garlic clove, minced or pressed

Preparation

1. Toast the almonds in a small dry skillet over medium heat for 1 to 2 minutes, until golden. Remove from the skillet and set aside.
2. To remove the stems from the collard greens, work with one leaf at a time. Hold the stem end in one hand and strip the leaf away from the stem with the other hand.
3. Layer 5 collard leaves on a cutting board, roll them into a tight cylinder (like a cigar), and slice them crosswise into strips. Repeat until all of the leaves are sliced.
4. Pour 1 inch of water into a large saucepan and bring to a boil over high heat. Add the collard greens, cover, and steam for 4 minutes. Drain and transfer to a bowl.
5. Whisk together the vinegar and garlic in a small bowl until blended. Pour vinegar mixture over the collard greens just before serving and garnish with roasted almonds. Serve hot. Add additional vinegar to taste.

Makes 6 servings



Vegetable Gumbo

CONTRIBUTED BY DAVID RAYMOND, BRANCH MANAGER, QUALITY MANAGEMENT, WIC STATE OFFICE

“This dish has a rich and complex flavor, and can be adjusted to meet anyone’s need for spicy deliciousness! It’s quick to make, and relatively inexpensive as well.”

Ingredients

3 tablespoons vegetable oil
3 tablespoons all-purpose flour
1 small onion, chopped
1 green bell pepper, chopped
2 stalks celery, chopped
3 cloves garlic, chopped
3 tablespoons water
¼ tablespoon Kosher salt and freshly ground pepper
1 tablespoon soy sauce or Worcestershire sauce
1 teaspoon paprika (preferably smoked and hot)
2 cups low-sodium vegetable broth
1 pound kale, stemmed and chopped
1 10-ounce frozen package of black-eyed peas*
Brown rice, for serving (optional)

Preparation

1. Heat the vegetable oil in a large pot over medium-high heat.
2. Add the flour and cook, stirring, until golden, about 3 minutes. Add the onion, bell pepper, celery, garlic, 3 tablespoons water, and 1/4 teaspoon each salt and pepper.
3. Reduce the heat to medium, cover and cook, stirring occasionally, until the vegetables soften, about 8 minutes.
4. Add the soy sauce and paprika and cook, stirring 30 seconds. Stir in the vegetable broth, scraping up any browned bits from the bottom of the pot, then cover and bring to a boil.
5. Add the kale and black-eyed peas to the pot.
6. Reduce the heat, cover and simmer, stirring occasionally, until tender, about 15 minutes.
7. Season with salt and pepper.
8. Serve with the rice, if desired.

*Or if you want...1 cup dry black-eyed peas, soaked, drained and cooked (add about 90 minutes to prep time).

Makes 4 servings





Jody Blake's Chicken Stir Fry

CONTRIBUTED BY JODY BLAKE, IBCLC, LOCAL AGENCY 39 IN SULPHUR SPRINGS

"It is a tasty, pretty easy meal. You can use your leftover whole-wheat pasta!"

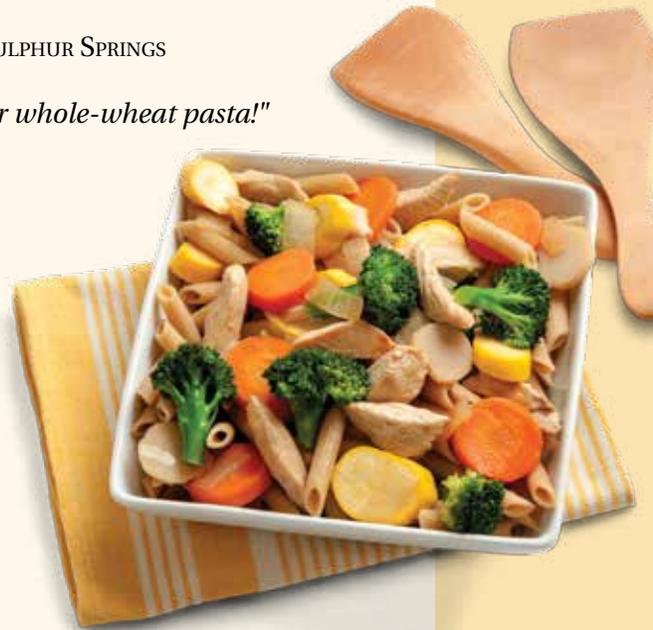
Ingredients

- 2 chicken breasts cut into ½ inch pieces
- 2 medium squash, sliced
- 2 carrots, peeled and thinly sliced
- 2 cups broccoli, cut into florets
- 1 onion diced
- 1 10-ounce can of water chestnuts, drained
- 2 tablespoons olive oil
- 1 tablespoon garlic minced
- 1 cup chicken broth
- 2 cups cooked whole-wheat pasta

Preparation

1. In a large skillet sauté diced chicken with olive oil until no longer pink.
2. Add squash, carrots, broccoli, onion, and garlic.
3. Cook 5 minutes.
4. Add pasta, water chestnuts, and chicken broth and cook 5 minutes on low.

Makes 3-4 servings



Vegetable Soup

CONTRIBUTED BY REGINA PALMER, SUPERVISOR IV, LOCAL AGENCY 07 IN DALLAS

"The vegetable soup helps keep my family healthy especially during the winter months."

Ingredients

- 1 pound ground turkey
- 1 16-ounce package frozen mixed vegetables
- 6 Roma tomatoes
- 3 small white potatoes
- 1 19-ounce can of tomato sauce
- ½ cup water
- Salt and pepper

Preparation

1. Brown the ground turkey, drain.
2. Place frozen vegetables in a pot with 1/2 cup of water, cook on high. Bring to a boil, then cover and cook for 5 minutes on medium heat, stir occasionally.
3. Peel and cube the potatoes.
4. Cut tomato into cubes.
5. Add meat, potato, tomato sauce, and tomatoes to veggies (onion, celery, and bell pepper are optional).
6. Simmer soup for 15 minutes to thicken.
7. Season with salt and pepper to taste and serve with cornbread, crackers, or tortillas.

Makes 10-12 servings



Ten Things to Know About the Texas WIC Dietetic Internship

by Ann Sullivan, MPH, RDN, LD and Leslie Bagby, RDN, LD, CNSC
Texas WIC Dietetic Internship Coordinators

1 We “home-grow” RDNs for Texas WIC! The Texas WIC Dietetic Internship is a program designed especially for qualified WIC employees who want to become Registered Dietitian Nutritionists (RDNs). After completing the 1220-hour supervised practice program, interns are eligible to take the national registration exam for dietitians and become RDNs.

2 The WIC Internship is a jam-packed 7-month program. From January through August, interns get hands-on experience at area hospitals, school foodservice settings, pediatric facilities, food banks, senior centers, community agencies, and more. During these rotations, they complete assignments and work with dietitians who teach and train them to be top-notch, entry-level RDNs.

3 There is a 4-month fall preparation period prior to the January start date. Starting each September, selected applicants begin an intensive preparation period while still working full-time at their WIC Agency. This is a chance to show they’ve got what it takes to be a Texas WIC Dietetic Intern and build confidence in their clinical and food service knowledge.

4 Melissa Mouton, MS, RDN, LD is the new Internship Director. Melissa is enjoying her new role as director, and she’s dedicated to transforming our interns into exceptional dietitians! Previously, Melissa worked as a WIC Clinical Monitor in the DSHS Quality Management Branch, and she has valuable experience in clinical dietetics, academics, research, and private practice.



Melissa Mouton

5 Leslie Bagby, RDN, LD, CNSC, and Ann Sullivan MPH, RDN, LD are the Internship Coordinators. Leslie and Ann round out the team and help with the day-to-day coordination. Leslie enjoys sharing her clinical expertise and knowledge of nutrition support with interns, while Ann’s background in public health is invaluable to the program’s emphasis on nutrition education.

6 Texas WIC Interns keep their WIC jobs (and their paychecks!) The interns leave their agencies in January to train at their various rotation sites, but they are still paid employees with their local agencies. Also, WIC interns sign a contract saying they’ll stay at their WIC agency for a 2-year period after graduating from the internship.

7 It’s a competitive program. In selecting WIC interns, we consider each applicant’s grades, work experience, references, personal statement, most recent coursework, geographic area, bilingual skills, and more. We look for the best of the best!

8 Our graduates rave about the program. We hear nothing but praise from former interns. As one graduate noted, “The WIC internship was the best professional experience of my life. It was time-consuming and took dedication, but it was worth every moment. I am proud of my accomplishments, the program, and the wonderful friends I made.”

9 You can learn more online! All the details about the internship and the application process are available at <https://www.dshs.state.tx.us/wichd/interns/intern-brochure.shtm>.

10 The application deadline for the 2017 class is June 1st, 2016. Submit your application, and perhaps YOU will be selected as a Texas WIC Dietetic Intern!

WIC WELLNESS WORKS

by Debbie Lehman, Ph.D., R.D., L.D.
WIC Nutrition Evaluation Specialist

Results of the Local Agency Wellness Inventory and What's to Come

Your voices were heard...

CONTRIBUTED BY DEBBIE LEHMAN, WIC WELLNESS COORDINATOR

In October of 2015, 67 local agencies completed the worksite wellness inventory conducted by WIC Wellness Works and the University of Texas at Austin Health Innovation and Evaluation team (UT). We'd like to share the summary with you. Your voices were heard!

Based on these responses, the state agency and UT will be creating an agency wellness recognition program. We believe this tool will help your agency justify and enhance wellness among WIC staff. As part of the program, you'll be given guidance on how to address worksite policies and support to help your clinics create a healthier working environment.

You'll also have on-demand access to "Lunch and Learn" wellness presentations, including Mindful Eating, Motivation and Exercise, Positive Thinking, Sugar Smarts, and more. You'll continue to receive challenges, individual activities, clinic activities, and educational reinforcements and tips for wellness in the upcoming year.

Percentage of Agencies with Environmental Supports

- Local administration that supports wellness, 94%
- Approved funding for staff wellness activities and incentives (e.g. OPMG grant money), 63%
- Clinic wellness coordinators at most clinics, 61%
- Agency-wide recognition of employees who participate in wellness activities, 60%
- Mission statement that incorporates staff wellness, 43%
- A wellness committee, 37%
- A wellness library offering books, DVDs, brochures, or other wellness resources, 34%

Percentage of Agencies with Physical Activity Supports

- Sufficient exercise space available, 82%
- Safe place for recreational walking nearby, 82%
- Support of employee exercise or physical activity breaks during work time, 77%
- Visual reminders to promote employees to be physically active, 68%
- Incorporates physical activity or movement in staff meetings, 55%

Percentage of Agencies with Healthy Eating Supports

- Discourages sweetened beverage consumption, 73%
- Visual reminders to eat healthy foods (posters, electronic reminders, etc.), 68%
- Requires that most food and beverages at meetings and events be healthy, 52%
- Requires more than 50% of vending machine options be healthy, 31%



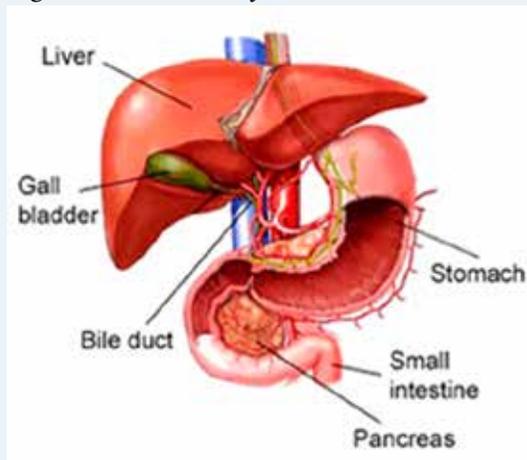
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Amazing Human Body 101: Love Your Liver

CONTRIBUTED BY DEBBIE LEHMAN, PhD, RD AND WIC WELLNESS COORDINATOR

This article is the first in a series about the organs in our body and what they do. The study of the human body and its functions is called physiology. When we understand and appreciate how our bodies work, it can be more motivating to follow a healthy lifestyle. Although we may not hear much grumbling from our liver, it's one of the hardest working organs in our body. It's astonishing what the liver does without us ever taking notice. It's no surprise that the word "live" is found in the word "liver." One of the largest and most complex organs in the body (the chemical factory of the body), it sits on the right side of your belly and is protected by your rib cage. The gallbladder sits under the liver, along with parts of the pancreas and intestines.

Figure. The location of the liver



What Does the Liver Do?

1. Clean/detoxify

The liver has many functions. One is to "clean" the blood as it comes out of the digestive tract. Bacteria and other foreign particles and chemicals are removed by the liver. This keeps us safe from toxins and helps fight infection. It is also the site for breaking down medicines (drug metabolism).

2. Metabolize and synthesize

Many nutrients obtained during digestion are broken down or converted into more useful forms

as they pass (in our blood) through the liver.

The liver makes about half of the body's cholesterol — the rest comes from eating foods with cholesterol. Most of the cholesterol made by the liver is used to make bile (a greenish-yellow sticky fluid that aids in digestion of fat). The liver secretes bile, which is stored in the gallbladder. The remaining cholesterol is used to make important hormones and to become part of cell membranes.

The liver also makes proteins needed by the body, such as proteins needed for blood clotting and maintaining fluid pressure in our blood.

3. Storage

Sugar (glucose/energy) is stored in the liver as glycogen, and the liver cells can release energy during long periods of time without food, like when we are asleep. The liver also stores some of our vitamins and minerals.

How Can I Keep My Liver Healthy?

According to liver experts, it's more about not doing things that harm your liver than eating things to help your liver. Here's the best way to "do no harm."

• Don't drink too much alcohol.

No more than one drink/day for women and no more than 2 drinks/day for men. Alcohol damages liver cells and leads to scarring (cirrhosis) of the liver. Cirrhosis is a deadly disease.

• Keep your weight under control.

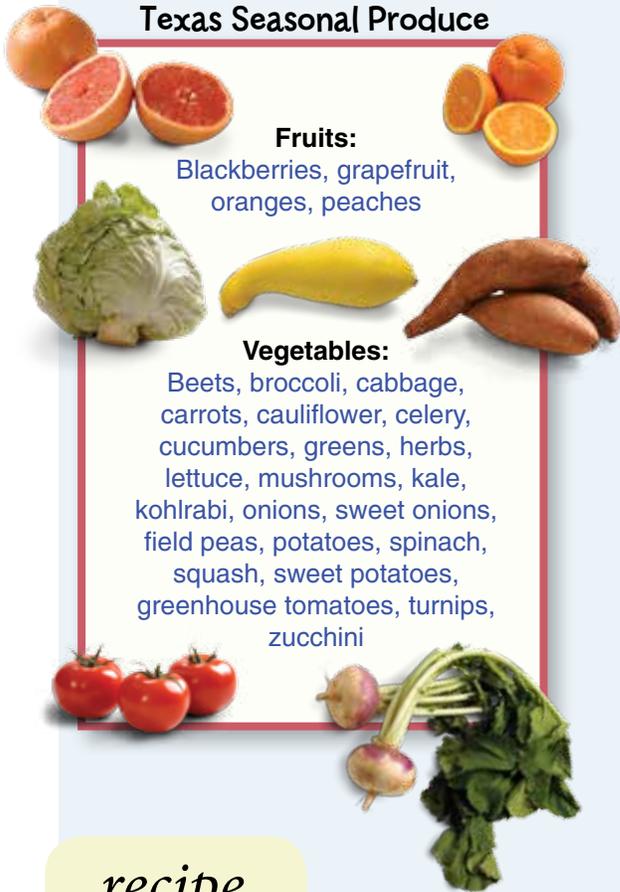
A healthy diet and exercise, to keep at a healthy weight, helps protect against non-alcoholic fatty liver disease, which can lead to cirrhosis.

• Take medicines safely.

Some medicines can cause liver damage when combined with alcohol or other medications – be sure you check with your doctor if you take medicine. Also, large amounts of acetaminophen (e.g. Tylenol) can harm your liver. This is found in cold medicines and other pain relievers.

(continued on WWW — Insert D)

Texas Seasonal Produce



Fruits:

Blackberries, grapefruit, oranges, peaches

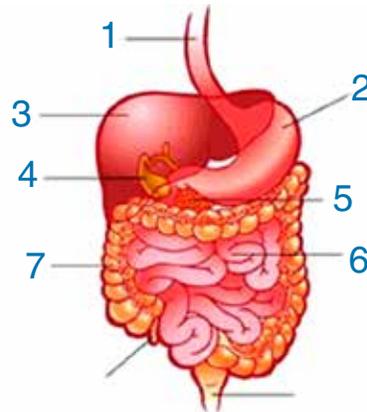
Vegetables:

Beets, broccoli, cabbage, carrots, cauliflower, celery, cucumbers, greens, herbs, lettuce, mushrooms, kale, kohlrabi, onions, sweet onions, field peas, potatoes, spinach, squash, sweet potatoes, greenhouse tomatoes, turnips, zucchini



Mind Games

Test Your Anatomy and Label the Parts of the Digestive System



Answers: 1. Esophagus, 2. Stomach, 3. Liver, 4. Gall bladder, 5. Pancreas, 6. Small intestine, 7. Large intestine, 8. Appendix, 9. Rectum

recipe

Mixed Greens Salad with Strawberries, Feta, Pecans, and Red Wine Vinaigrette

Makes 4 servings

Ingredients

- 1 (4-5 ounce) container of 50/50 spring mix and baby spinach
- 1 pint strawberries, washed and sliced
- ½ cup crumbled, low-fat feta cheese
- 2 ounces pecans (plain or honey roasted), chopped
- ½ cup red wine vinaigrette

Preparation

Place mixed greens in large bowl and top with sliced strawberries, feta, and pecans. Drizzle with vinaigrette and toss to coat lightly. Refrigerate and serve within 30 minutes.

Nutrition Information Per Serving:

210 calories, 17 g total fat (3 g saturated fat), 17 mg cholesterol, 228 mg sodium, 10 g carbohydrate (4 g dietary fiber, 5 g sugar), 5 g protein

*Use a low-fat red wine or raspberry vinaigrette to lower total calories and fat.





Results of the Wellness Inventory

(Continued from WWW - Insert A)

Percentage of Agencies with Stress Management Supports

- Provides space away from the work area for breaks, 89%
- Has a formal employee grievance procedure, 82%
- Organizes social events for employees, 61%
- Offers employees time for stress management during the work day, 57%
- Visual reminders to prompt employees to manage stress in positive ways, 42%

Percentage of Agencies Offering Wellness Activities in the Last 12 Months

- Safety programs (i.e. accident prevention, security policies, etc.), 64%
- Health eating challenges, 61%
- Weight loss challenges, 60%
- Stress management activities, 52%

- On-site physical activity programs, 49%
- Tobacco cessation programs, 34%
- Alcohol awareness programs, 15%

Top 3 Biggest Challenges to Providing Worksite Wellness Activities at Agencies

- Lack of time, 84%
- Lack of interested employees, 52%
- Little to no budget, 43%

Top Ranked Wellness Activities Agency Staff Would Like to See

1. Lunch and learn wellness presentations
2. Agency-wide physical activity challenges
3. Organized walking groups
4. Exercise DVDs to be used during breaks
5. Team building initiatives
6. Healthy recipe contests

Amazing Human Body 101: Love Your Liver

(Continued from WWW — Insert B)

- **Learn how to protect against Hepatitis.**
Hepatitis A comes from eating or drinking foods that have the virus. Get vaccinated if you plan to travel to parts of the world anywhere hepatitis outbreaks are common.
Hepatitis B and C virus come from blood and body fluids. Get tested for hepatitis if you think you may have been exposed.
- **Don't breathe in or touch chemicals.**
Cleaning products, insecticides, and chemicals in cigarettes can harm the liver. Avoid direct contact with these.
- **A note on "detoxifying" herbs or compounds.**
Keep an eye on herbs that are marketed for cleansing your liver. Many of the claims have not been tested and could potentially cause harm.
- **Coffee?**
Some research has shown that drinking coffee

could protect against liver damage. Good news if you like a cup of joe.

Give yourself a pat on the back for taking time to learn about your liver and be sure to check the next issue of Texas WIC News for another physiology feature. In the meantime, eat your fruits and veggies, keep it lean with protein and low-fat dairy, and eat your "whole wheat" grains.

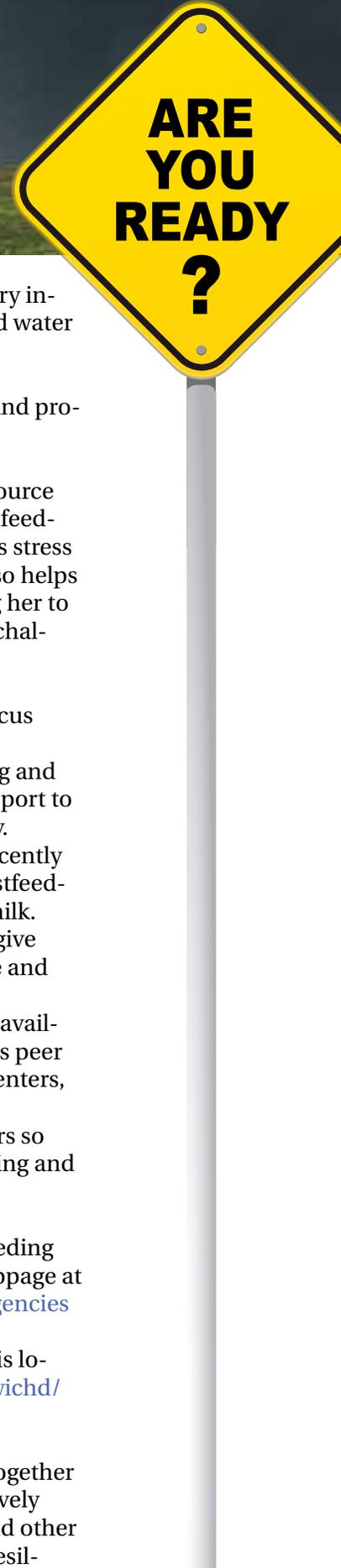
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- <http://www.webmd.com/digestive-disorders/picture-of-the-liver>
- <http://www.liverfoundation.org/abouttheliver/liverhealth/>

Share your wellness success stories for a chance to be spotlighted in Texas WIC News and inspire other WIC staff! Contact your State Wellness Coordinator, Debbie Lehman, at Debbie.Lehman@dshs.state.tx.us or 1-512-341-4517.

America's PrepareAthon! National Day of Action Begins April 30

by Tiffany Brown, RD, LD, WIC Certification Specialist Program Coordinator &
Faith Njoroge, MS, Breastfeeding Promotion Nutritionist



America's PrepareAthon (<http://www.com-munity.fema.gov/>) is a grassroots campaign for action to increase community preparedness and resilience to withstand disasters. Most individuals and communities are not prepared to deal with the consequences of emergencies such as local power outages, hurricanes, wildfires, floods, and tornadoes. America's PrepareAthon's focus is to educate individuals on what they can do to prepare for a disaster.

This year consider taking action by doing any of the following:

- Participate in, or plan, activities in your community.
- Practice a drill or have a discussion about preparedness.
- Promote activities, events, and best practices with national preparedness community members. Register an event at www.ready.gov/prepare.
- Sign up for local alerts and warnings. You can check your mobile device to see if you get free Wireless Emergency Alerts by visiting www.ctia.org/WEA.

For example, Houston observes May 1 as its official preparedness day and names it May Day, where individuals, companies, and groups come together and promote preparedness. <http://www.maydayhouston.org/>

Helping Women, Infants, and Children during an emergency

Texas WIC has a disaster plan that primarily focuses on restoring WIC services to current participants and applicants as soon as possible during a disaster. In the event of an emergency, there is the potential that many more applicants would be eligible to receive WIC benefits due to displacement resulting from the after-effects and/or loss of employment.

Additionally, infants and young children account for a large percentage of deaths in emergency situations because they are most at

risk for diarrheal diseases and respiratory infections from exposure to contaminated water and unsanitary conditions.

WIC can help save lives by supporting and promoting breastfeeding!

Breastmilk provides a secure and safe source of food and water for the infants. Breastfeeding helps keep infants warm, and lowers stress levels to calm traumatized infants. It also helps reduce a mother's stress levels, allowing her to focus on her baby and coping with the challenges ahead.

Immediately after an emergency, the focus should be to:

- Identify women who are breastfeeding and provide them with education and support to sustain and increase their milk supply.
- Encourage and assist mothers who recently stopped breastfeeding to restart breastfeeding if possible, or use donor human milk.
- Support and encourage women who give birth during the emergency to initiate and continue breastfeeding.
- Provide information and contacts for available lactation support services such as peer counselors, WIC Lactation Support Centers, and lactation consultants.
- Provide information to first responders so they know how to support breastfeeding and understand why it is so important.

For additional information on infant feeding during emergencies, visit the USBC webpage at <http://www.usbreastfeeding.org/emergencies>

The Texas WIC Program's Disaster Plan is located at: <http://www.dshs.state.tx.us/wichd/gi/administrative.shtm>.

It takes an entire community working together to prepare, respond, and recover effectively from the destructive forces of nature and other emergencies. Building and sustaining resilience is a shared responsibility.

Why Am I Not Losing Weight?

by Jessi Cano, RD, IBCLC,
Nutrition and Breastfeeding Specialist



You hear it all the time: “I’m working really hard, I’ve tried everything, and I’m still not losing weight!” With so many weight-loss plans, diets, gadgets, and gimmicks out there, it’s hard to know what works and what doesn’t work. The truth is, there’s no magic bullet to weight loss, but there are some general rules of thumb that can help put you on the right track to long-term success.

Exercise

I had a friend that was blown away when he looked at the calorie content of his favorite meal at his favorite fast food restaurant. He was training for a half-marathon and knew how many calories he burned on average during his long runs. He was pretty upset to learn that it would take MORE than a half-marathon to burn off the number of calories he was eating when he’d go out and “treat himself” for his hard work in training. This is a common misconception. People think because they’re exercising, they can eat more, or eat what they want. Truth is, exercise is an important part of a healthy and well-functioning body, but may not be the easiest way to lose weight. It’s typically much easier to remove a few hundred calories from your diet than it is to burn them through exercise. You don’t want to have to run 13 miles every time you have a burger and fries!

The National Weight Control Registry, a database that tracks people who have had weight loss success, reports that of those who have lost

weight and kept it off for a year or longer, one percent did it through exercise alone, 10 percent through diet alone, and 89 percent did it through a combination of both diet and exercise. A combination of both is clearly the best option for most people to lose weight and keep it off.

It’s a great idea to include your family in your exercise routine whenever possible as well. For one thing, playing with your children or grandchildren makes exercise not feel like work. Also, the number one reason that people report not exercising is due to a lack of time. If you’re centering your family time around being active, you’re not only getting in that exercise that your body needs, you’re establishing healthy habits for your children’s futures as well.

Be Prepared

You’ve heard the quote “Failing to plan is planning to fail.” As we try to lose weight, it’s easy to become a victim of circumstance, constantly being surrounded by unhealthy options, with healthy food alternatives not always available. You can set yourself up for success through planning ahead, instead of hoping there will be healthy options available where you’re going. This includes packing snacks and lunch for work or school, visiting a restaurant’s website ahead of time to figure out what your order will be, and going into parties and social events with a game plan (having a snack ahead of time, contributing a healthy food for the buffet

table, knowing how many snacks/drinks you'll have, etc.).

Another part of setting yourself up for success is to avoid mindless eating. Instead of eating straight from the package, serve yourself a portion and put the rest away. Also avoid eating in front of the TV or computer where you may end up eating more than you mean to because you're focused on something other than eating the food in front of you.

Set your kids up for success as well. Plan and pack healthy meals and snacks for the whole family. Teach young children what foods are "sometimes foods" (those that should not be eaten regularly) and what foods are great options for snacks. Get your whole family involved in meal planning and preparation. Kids are much more likely to eat a meal that they took part in planning and/or creating.

Be Aware

Even the best of intentions to eat healthy and lose weight can unknowingly be derailed by a lack of reliable information. Conflicting messages about what's healthy, and what's not, add to the confusion. Give yourself a head start by learning about basic nutrition, and including your family in the learning process. Get information on how to read labels, what proper portion sizes look like, and what roles certain nutrients play in your overall health. A great resource for reliable information about these and other diet and exercise topics is www.choosemyplate.gov.

You can get too much of a good thing. A big part of being aware is becoming conscious about not just what, but how much, you're eating. One way to avoid eating too much is to journal, at least for the first few weeks of your weight loss efforts, EVERYTHING you put in your mouth. Just the act of journaling will often change your mind about eating something. Seeing it on paper can be really helpful in identifying what habits you may not have even known you had, and which ones you can work on. Be sure to write down those bites of the meal that you're taste-testing while cooking. A hungry cook could easily eat a meal while preparing it before ever sitting down to eat.

And, even if you're eating all healthy, nutritious

foods, if you're eating way too many of them, your body is still going to struggle at losing weight. Writing down what AND how much (including drink sizes) can really be eye-opening, especially for people who are struggling to identify why they're not losing weight even when they feel like they're doing all the right things.

Hidden calories can be a common offender too. Are you drinking your calories? Yes, you just have a cup of coffee every morning, but what's in it? Are you adding creamer, sugar, etc.? What about condiments and salad dressings? Being aware of EVERYTHING you eat, including the ingredients that go into those items, can help pinpoint what changes may still be needed.

Conclusion

Next time you ask yourself, "Why am I not losing weight?" take another look at your approach to losing weight. Are you setting yourself up for failure by not keeping a journal, relying too much on exercise and not watching what you are eating, not planning ahead when going out to dinner or a party, or not being aware of hidden calories?

Tips:

- **Nothing is off limits** – Don't deprive yourself of anything. If you tell yourself you'll NEVER have chocolate again, it could be a challenge to think of anything BUT chocolate, which can often lead to a binge and resulting guilt afterward. Allow yourself a pre-determined amount at a pre-determined time and stick with it.
- **Water** – Water is such an important part of a healthy body. We often mistake thirst for hunger and instead of drinking when our body sends us the message to do so, we eat. If you're feeling hungry at a time that you don't feel like you should be eating, drink a large glass of water and give yourself 20 minutes or so. You'll find the cravings will often pass without giving in to them.
- **Avoid the clean plate club** – Don't eat it just because it's there. Practice serving yourself smaller portions on smaller plates, and also practice listening closely to your body. It can take a while to learn the difference between FULL and satisfied. You should eat until you feel satisfied, not until you're uncomfortable or FULL.

Texas Home Visiting:

Good People, Great Parents, Stronger Communities, and Brighter Futures

by Monique Hennington
Texas Home Visiting
Communications Specialist



Home Visiting Basics

The class of 2028 just entered kindergarten. Are they ready for the future ahead? Early childhood development programs like Texas Home Visiting help build brighter outcomes for our youngest Texans. Texas Home Visiting is a parent/child support program delivered to the parents' door or convenient location. Our program lets parents know how important they are to a child's learning and well-being. Our vision is that all Texas children will reach their full potential in nurturing family and community environments.

Home visiting provides parents with tools and resources for parenting such as how to build children's early learning, support for pregnant mothers, and breastfeeding information, tips on how to soothe a crying child, information about

taking care of more than one child, getting children prepared for kindergarten, and parent support for job readiness and/or continuing education. Eligible parents with children ages five and under can access services locally in more than 40 Texas counties. Texas Home Visiting is free and voluntary for participants.

"We help good people be great parents," said Sarah Abrahams, director of the office overseeing the program. "Raising children can be challenging. Home visiting helps children receive a good start in a stable home and community."

Texas Home Visiting not only helps parents and children participating in the program, but also assists to build strong communities for all children in the community.

“The entire family can benefit as a result of the home visiting program, which also fosters community connections to resources otherwise not easily accessible,” Abrahams said.

Evidence-based Curriculum

Texas Home Visiting uses three programs that have been proven to help children and families. You can help your clients find a Texas Home Visiting program provider locally. Each home visit lasts about an hour and focuses on supporting parents to be great at what they do.

The programs are:

Nurse-Family Partnership

Nurse-Family Partnership is a program that helps first-time mothers succeed. Parents enroll, a specially trained nurse visits during pregnancy and until the baby turns 2 years old.

Parents as Teachers

Parents as Teachers, or PAT, is for any family expecting a child or with children up to kindergarten. PAT teaches parents about child development and gives parenting support. The program includes home visits, monthly group meetings, developmental testing, and a resource network for families.

Home Instruction for Parents of Preschool Youngsters

Home Instruction for Parents of Preschool Youngsters, or HIPPY, is for families with children ages 3, 4, or 5. HIPPY helps parents be their child’s first teacher by providing the tools and skills to work with children in the home.

Parent Empowerment

So you may be asking what happens at a home visit. At each visit, home visitors talk to the parent about pregnancy or the child’s growth and learning. The activities will depend on the child’s age and parent interests and might include:

- Getting the home ready for the baby.
- Eating right and taking care of health during pregnancy.
- Helping the mom deliver a healthy baby.

- Ways to calm an upset child.
- Helping to keep children healthy.
- Keeping children safe at home and outside.
- Getting the child ready for school.
- Feeding and healthy food suggestions.

Home visitors will also work with parents to set realistic goals for what they want the future to look like for their family. Many home visitors see families that may need help with finding a job, continuing education, and managing stress. Home visiting unveils positive resources that lead families to feel empowered about their situations.

Parent Testimonials

“The program has helped prepare me for motherhood. I still have a lot to learn and they continue to teach me more techniques and ways to become a better mother. They are always just a call away when I need them even if it’s just a question. I trust that I am in good hands with this program.” –TANIA

“Being a first time mother I have many questions and concerns about my baby girl. I can always count on my nurse to help me find the best solutions to all of my concerns.” –HALEY

“My children have learned things in a new way. I also think their experience has helped them to think critically and outside of the box. The work helped them feel successful and like scientists. I also enjoyed teaching my children the information. I felt empowered by the experience.” –CLAIRE

Identities have been changed to protect privacy.

How participation works

Visit our website www.TexasHomeVisiting.org for a list of locations. Clients can contact their local home visiting provider for details on participation. Texas Home Visiting’s partner in home visiting and early childhood development is Project Healthy Outcomes Through Prevention and Early Support (HOPES). More details on the HOPES program and a list of service counties are available at <http://www.helpandhope.org>

Baby-Led Weaning



By Angela Gil, RD, LD
Nutrition Education Consultant

There is a new way parents are choosing to feed their baby called Baby-Led Weaning (BLW). BLW began in the United Kingdom and is growing in popularity among new parents in the United States.

What Is Baby-Led Weaning?

BLW refers to a method of introducing solids to a baby, around 6 months of age, by providing a variety of table foods, usually whatever the family is eating at their meals. The name does not mean the baby is giving up breastmilk or formula for food. The name simply refers to introducing solid food without purees, jarred baby food, or spoon feeding food to the baby. All solid foods are offered as larger pieces so the baby can hold the food herself in her hand and self-feed at her own pace. She controls what goes in her mouth. According to Colorado WIC,

proponents of BLW believe that this method can reduce picky eating, increase acceptance of vegetables, reduce stress around mealtime for parents and children, and even reduce obesity.

Why Are Parents Choosing to Do Baby-Led Weaning?

Parents decide to introduce BLW versus the traditional method for a variety of reasons. Parents believe that BLW encourages the baby to self-feed from the start. Since the baby is very involved in feeding herself, she controls how much she eats and what she eats without any pressure from a parent and the baby will stop feeding herself when she is full. This method also ensures that the baby eats the same foods as the rest of the family so the whole family can sit and enjoy the meal together without a parent feeding the baby.

Parents believe that offering whole fresh foods is a better way to go than the traditional jarred or homemade pureed baby foods.

What Are the Guidelines for Following Baby-Led Weaning?

BLW begins around 6-months-old, which is in line with our current feeding recommendations concerning the introduction of solids. The baby should have a chewing reflex and be able to bring objects to her mouth with precision. The baby should be interested in eating solid food and maintain sitting in a straight position with control of her head without any slumping. Additionally, there must be no developmental delays when using this feeding method.

BLW guidelines:

- Baby should not be left unattended when using this method. The parent needs to be present at all times watching the baby as she eats. Do not hurry or distract the baby.
- Breastmilk or formula should continue to be offered as the major source of nutrients.
- Offer nutritious large pieces of foods that the baby can hold herself, typically in a “stick shape,” such as a large chunk of banana, chunk of avocado, steamed sweet potato, or a tender piece of broccoli that the baby can grab with her hand. The baby will bring the food to her mouth to taste, lick, suck, and bite as she is able. This is a learning experience for the baby.
- As the baby gets older and has developed her pincer grip, smaller pieces of food can be offered.

Special Considerations Regarding Baby-Led Weaning

Premature babies or babies with developmental delays or other oral or motor problems should not follow BLW. Parents should also be aware of the types of foods that are considered choking hazards such as hard, sticky, or tough foods. It is possible for an infant to start gagging on a food while eating so the parent should know the difference between choking and gagging and know what to do in the event the child starts choking.

For those infants considered not at risk for the development of food allergies there are no restricted foods except for cow’s milk (until after

one year of age). However, keep in mind that if offering many new foods, the parent may not know which food caused an allergic reaction. As always, parents should not offer raw or under-cooked meats, eggs, poultry or fish, honey, or any other foods that may contain toxins or other harmful substances.

Most importantly, appropriate nutritious foods must be offered. Some caregivers may lack awareness of this. Some babies may only be offered fruits and vegetables which may not be enough to meet the baby’s energy and nutrient needs. On the other hand, the caregiver may be offering too many foods high in salt or sugar like chips, fast foods, and other highly processed foods which are not the type of foods recommended by BLW. The caregiver should also make sure the baby’s iron and zinc needs are being met early on and continued. Caregivers following BLW may require guidance around the types and amounts of iron- and zinc-rich foods to offer their babies that are texture- and age-appropriate to ensure adequate intake of these key nutrients.

WIC and Baby-Led Weaning

USDA has not given guidance of how to address BLW among the WIC population. Currently, there is limited scientific research to support the claims made by BLW advocates. However, there is some agreement with a few of WIC’s current infant feeding guidelines.

If a participant expresses interest in using this method of feeding her baby, acknowledge the participant and her desire to feed her baby healthfully. Whether the family decides to try BLW or a more traditional spoon-fed method, be sure parents are offering their child a variety of foods they can consume safely and that meet dietary guidelines.

Resources:

Cameron SL, Heath LM, Taylor RW. How feasible is Baby led Weaning as an approach to infant feeding? A Review of the evidence. *Nutrients*. 2012

<http://www.mdpi.com/2072-6643/4/11/1575>

Baby-Led Waning: A Fuss-Free Way to Introduce Solid Foods. Available online: www.rapleyweaning.com (accessed on January 27, 2016).

by Eaton Wright, B.S., NUT
Nutrition Expert

Hello, Eaton here to talk with y'all about making mealtimes easy. Or better yet, sensibly manageable. But first, I'd like to take a moment to thank my wife, Mrs. Always B., for sitting in for me while I was sharpening my cooking skills at the steak knife convention.

Now, on with the topic of easy-breezy mealtimes. "Easy" in the Wright household means serving a variety of nutritious foods, keeping things low-key, and focusing on family fun. That also means no phones, electronic devices, or TV, and no battles. Unfortunately, for everybody else, easy doesn't apply to dad's singing of show tunes at the table. Let's get on with the quiz.



Quiz:

1. True or False – Children often rebel against regular, structured mealtimes.
2. Which of the following is not a parent's responsibility?
 - a. Choosing and preparing food
 - b. Making mealtime pleasant
 - c. Showing children through example
 - d. Knowing the words to "Tomorrow"
3. True or False – It is the parents' responsibility to make their child eat even if their child is not hungry.
4. Which type of parenting style helps children learn independence and self-control?
 - a. Authoritarian
 - b. Authoritative
 - c. Permissive
 - d. Uninvolved

Answers:

1. The answer is False. Young children thrive in a world that offers consistency — that includes mealtime. When children wake up, they want to know that breakfast is going to be available. Same goes for lunch, snacks, and dinner. Inconsistent eating schedules may lead to grazing throughout the day, and grazing often creates picky eaters!
2. The answer is D. It's a little known fact, Eaton gave up a promising singing career with his band *Tone Def* to write articles for *Texas WIC News*.
3. The answer is False. Though it may stress parents, it's the child who chooses whether to eat and how much at mealtime. This means giving up control and trusting them when they say I'm not hungry. Make sure your child knows it's ok not to eat now if not hungry, but the next time food will be available will be at the next snack or meal time.
4. The answer is B. Authoritative. As the parent, you take the leadership role by setting limits, enforcing rules, and being responsible for what, when, and where food is offered. Your child is given autonomy to decide whether to eat and how much to eat.

By focusing on the parent-child division of responsibility — the what, when, where, how much, and if at all — mealtimes can be easy and enjoyable. That is unless Eaton breaks out in, "The sun will come out tomorrow!"

Source: Ellyn Satter's Division of Responsibility

About the author: Eaton Wright is a certified NUT based in Austin, Texas.



Texas WIC Nutrition & Breastfeeding Conference
Hilton Austin / July 18–20, 2016

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