

WIC FOR YOU

Texas Department of Health

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TRUE? FALSE? Myths about Nutrition and Food

True or False?

Fathers can't share in feedings when mothers breastfeed infants.

False. Fathers can help moms breastfeed by:

- helping mom and baby get in the right position to nurse
- burping baby
- massaging mom's shoulders while she nurses
- giving mom something to drink while she breastfeeds
- bringing the baby to mom in bed when the baby wakes to feed at night
- taking care of older children while mom nurses the new baby
- cooking meals to give mom a break
- * cleaning house so mom can rest
- holding and comforting the new baby so mom can relax
- * feeding the baby a bottle of pumped breastmilk when mom is away.

True or False?

Adults don't need milk.

False. Adults do need milk and milk products because the calcium in milk helps keep their bones from breaking as they get older. Milk products like cheese and yogurt also have a lot of calcium. During pregnancy, women need milk to help their unborn babies form strong teeth and bones. Children need milk for their bones to grow and get strong. If you can't drink milk, ask someone at the WIC clinic about other ways to get calcium.

True or False?

Starchy foods like bread, pasta, pinto beans, peas and potatoes can make you gain too much weight.

False. Eating two or three servings of starches at each meal will not make you gain weight. It's what you add to starchy foods that can cause a big weight gain. High-fat toppings like butter, cheese, gravy, or margarine add lots of calories. When you eat bread or potatoes use only a small amount of butter or margarine. Add very small amounts of sauce or cheese to noodles or beans. Your body needs starchy foods for energy and vitamins so be sure to include them at each meal. Ask your WIC nutritionist for help with meal plans and serving sizes for starchy foods.



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Ask WIC.

Q I have always heard that healthy, nutritious food costs a lot. Is this true?

A No. An apple or a banana costs less than a candy bar. A quart of real fruit juice costs no more than a quart of soda. And the soda has no vitamins. A quart of fat-free milk has much less fat than a quart of whole milk. Yet they can cost the same price. Cooked dried beans cost much less than cooked meat. Beans give you protein, iron, and less fat than the same amount of meat. People who eat healthy foods may also spend less money on medicine or doctor visits.

True or False?

Babies should have at least one bowel movement each day.

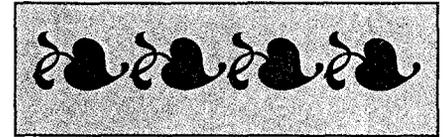
False. Some babies have only one BM, or bowel movement, every two or three days and this is normal. It does not mean they are constipated. Constipation is when a baby has a hard, dry BM that is very hard to pass. A normal BM is soft and moist no matter how many days since the last BM.



These things **can** cause hard, dry BMs.

- switching the baby from breastmilk to formula
- not getting enough breastmilk or formula
- drinking formula made with the wrong amount of water
- eating solid food before 4 to 6 months old

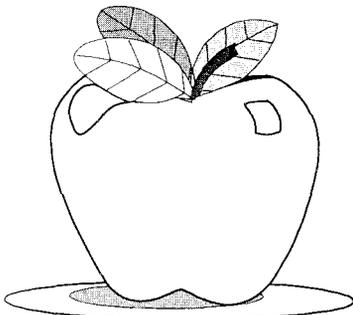
Some people think that infant formulas with iron cause hard, dry BMs. Doctors who study babies can't find any proof that the iron causes constipation.



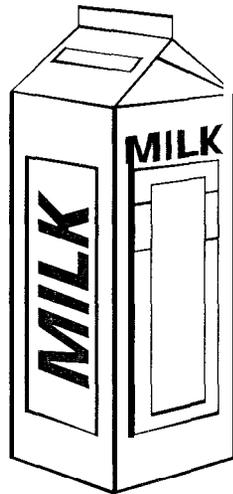
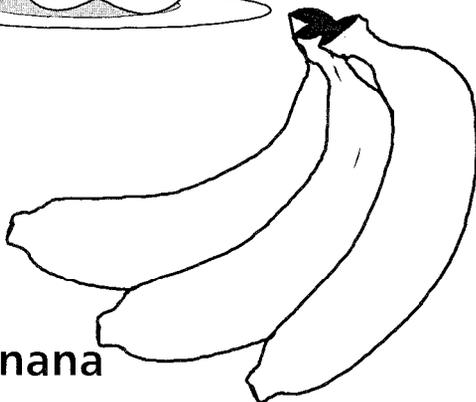
JUST FOR KIDS

Circle or color three of the six foods that you like best. Show them to your mom when you go to the store.

Apple



Banana



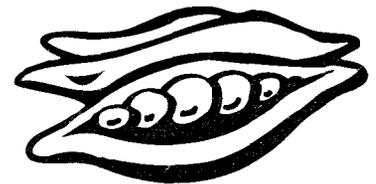
Milk



Cheese



Peas



Carrots

