

## Southern-Style Healthy Chicken



Instead of fried chicken, try this low-fat chicken recipe.

2-3 pounds chicken pieces  
3 cups crushed cornflakes  
1 cup all-purpose flour  
1 teaspoon paprika  
1 teaspoon salt  
1 teaspoon pepper  
1 cup low-fat buttermilk

1. Peel skin from the chicken and trim visible fat.
2. Place chicken and buttermilk in a zip-style plastic bag or a bowl; refrigerate 15 minutes, turning the chicken once.
3. Heat the oven to 400° and line a flat pan with aluminum foil; spray with cooking spray.
4. Place cornflakes, flour and spices in blender. Cover and blend on medium speed until cornflakes are crumbs; pour into bowl. (If you don't have a blender, crush cornflakes with rolling pin.) Mix flour and spices.
5. Take chicken out of buttermilk and place in cornflake mixture. Roll chicken pieces in mixture until covered.
6. Place coated chicken on pan.
7. Spray lightly with cooking spray.
8. Bake 30-50 minutes.

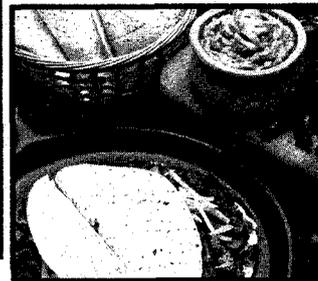
For a balanced meal, serve with broccoli, rice or potatoes, and a glass of reduced-fat milk. Have fruit for dessert.

# WIC FOR YOU

Texas Department of Health

Volume 9/Issue 1

## Good Nutrition Helps Prevent Disease



**Did you know that healthy habits and good nutrition can actually lower your chances of getting diseases such as cancer, heart disease and diabetes? Here are some things you and your family can do to live healthier and maybe even longer.**

If you smoke cigarettes or chew tobacco, STOP! Smoking cigarettes causes lung disease, heart disease and cancer and the smoke can make others around you sick.

Eat lots of fruits and vegetables. Choose at least five fruits and vegetables a day. Pack a fruit in your child's lunch and serve fruits and vegetables at every meal.

Choose lower-fat foods such as reduced-fat milk. Cut down on lard, oil, butter and heavy desserts, sausages, cold cuts and fried foods. Eat more chicken and fish, and grill, broil or roast them.

Eat high-fiber foods such as whole-wheat breads, grains, and cooked, dried beans. Pinto, kidney, and navy beans are great sources of fiber and many other nutrients.

Maintain a healthy weight. If you are overweight, talk to your WIC nutritionist about healthy ways to start losing weight.

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Stay active. Try to be physically active for at least **30** minutes most days each week. Increase your activity level by taking the stairs, working in the yard or riding your bicycle. Enjoy physical activities with your family such as swimming, bicycling and playing sports.

### Does Anyone in Your Family Have Diabetes?

If anyone in your family has diabetes, you are at a higher risk for the disease yourself. To help prevent diabetes, eat healthy foods, get regular physical activity and don't become overweight. Have your blood sugar checked regularly.

# Ask WIC?

**Q** I'm thinking about breast-feeding, but I need to go back to work when my baby is 2 months old. Should I still breastfeed?

**A** Yes! Even if you're planning on going back to work, you can still breastfeed your baby.

Before you return to work:

- Start pumping and storing breastmilk in the freezer at least two weeks before you go back to work. Store in small amounts, 2-4 ounces per bottle.
- Get baby used to a bottle. Have another person give the first bottle between 2 and 6 weeks of age.
- Stay home as long as you can and, if possible, go back to work a little at a time.

When back on the job:

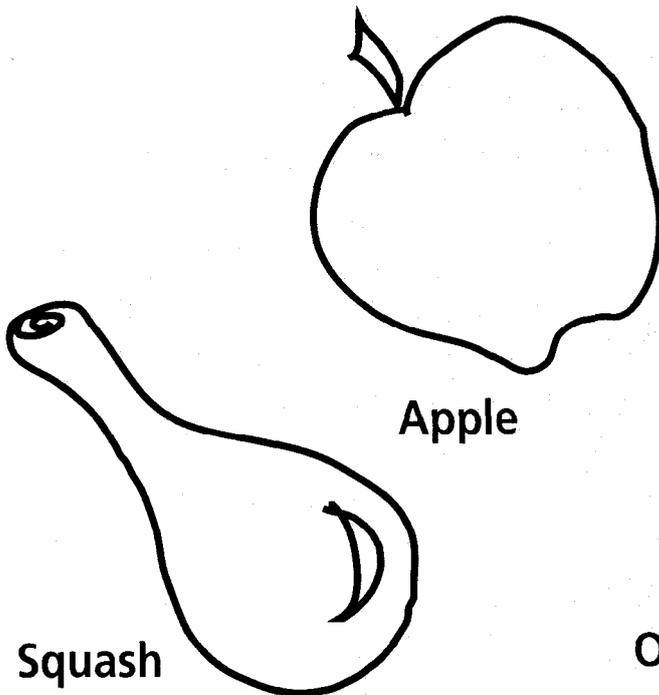
- Pump your breastmilk as often as you would nurse your baby during the day, at least every four hours. Don't wait until your breasts feel full.
- Use a pump that pumps both breasts at the same time or hand express if you are good at it.
- Nurse whenever you are with your baby.

Remember that any amount of breastmilk helps your baby grow and stay healthy. Do what you can and feel good about your efforts. Talk to a WIC counselor if you want more information on breast-feeding and working.

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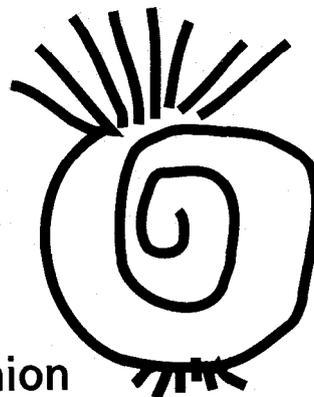
# JUST FOR KIDS

Circle and color the fruits and vegetables.

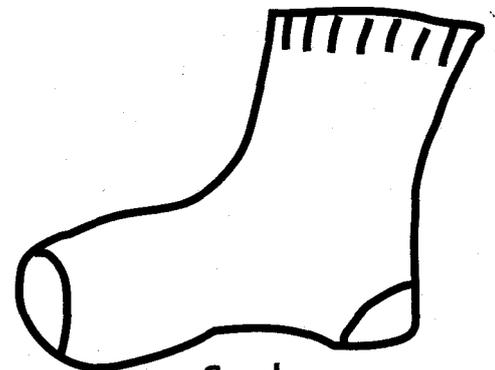


Apple

Squash



Onion



Sock