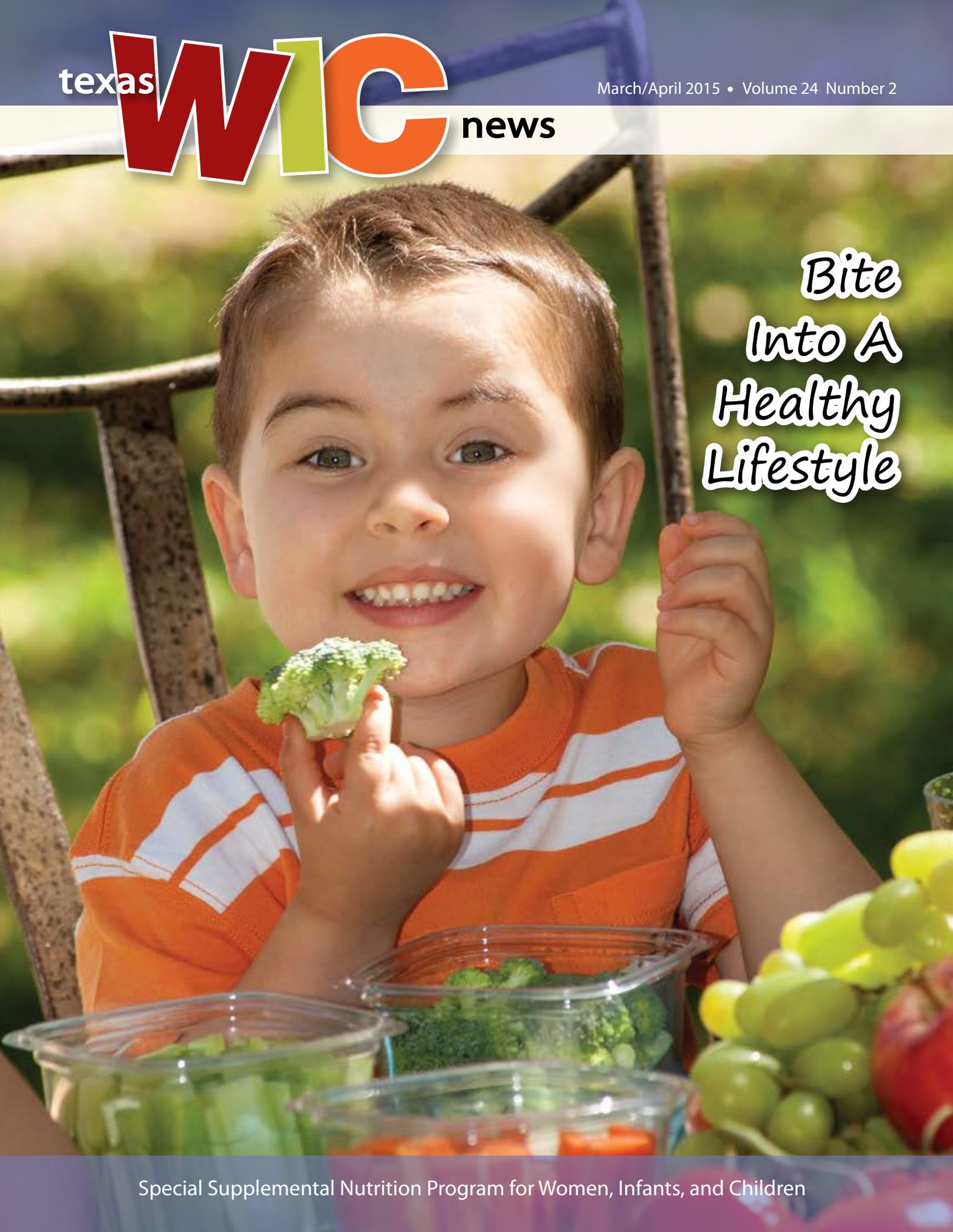


*Bite  
Into A  
Healthy  
Lifestyle*



# WIC Transitions into Spring

As we transition into spring, there tends to be an overall feeling of rebirth. We begin to enjoy longer days, warmer weather, and special events. WIC is also experiencing a refreshment of sorts with special events, new growth, and transition.

We start the issue off celebrating National Nutrition Month® by polling our staff for creative ideas surrounding the Academy of Nutrition and Dietetics' (AND) theme. This year the theme is *Bite into a Healthy Lifestyle*. Go to page 4 to read about all of the helpful tips and tricks you can use with your family and/or your clients.

Additionally, March 11 is Registered Dietitian Nutritionist (RDN) Day. This day, defined by AND, "Commemorates the dedication of RDNs as advocates for advancing the nutritional status of Americans and people around the world." I hope you'll celebrate the RDNs in your clinic while also encouraging nutrition staff to apply to the WIC dietetic internship — applications are due June 9, 2015. For more information visit <https://www.dshs.state.tx.us/wichd/interns/intern-brochure.shtm>. If you would like to learn more about RDNs, get ideas for RDN day events, and/or use materials to promote RDNs, check out AND's website: <http://www.eatright.org/NNM/content.aspx?id=5189#.VLvTTUfF87c>.

April is also an especially important and exciting month because WIC's pregnant women, mothers, and children will now have more nutritious foods available to them like yogurt, whole wheat pasta, and organic baby food fruits and vegetables. Sam Kass, the director of First Lady Michelle Obama's *Let's Move* initiative credited WIC as one of the reasons toddler obesity has declined. He was quoted as saying

WIC has been "one of our greatest success stories."

Other events and happenings you'll find within this edition of the *Texas WIC News* include the opening of Rio Grande's new Lactation Care Center (pg 12) as well as the March and April health observations for poison prevention (pg 14) and brain awareness week (pg 16).

The work you put in makes Texas WIC even bigger, better, and stronger than it was the day before. I am thrilled by the progress, dedication, and support you all have brought to Texas WIC and our participants. Keep up the great work!

## From the Texas WIC Director

- Lindsay Rodgers



in this issue

# National Nutrition Month®



- 2 WIC Transitions into Spring
- 4 National Nutrition Month
- 10 Making a Difference through Referrals

Pull-Out  
Section ▶

WIC Wellness Works

12 Rio Grande Valley Celebrates a New Lactation  
Care Center 12

14 National Poison Prevention Week

16 RD Corner: Brain Awareness Week — Celebrating  
the Brain for all Ages

18 Test Your Nutrition IQ

#### NOTICE TO SUBSCRIBERS:

*Texas WIC News* is available online at <http://www.dshs.state.tx.us/wichd/gi/wicnews.shtm>. If you are a current subscriber who would prefer to receive the *Texas WIC News* online, send your email address to [WICNewsSubscriptions@dshs.state.tx.us](mailto:WICNewsSubscriptions@dshs.state.tx.us) and we will notify you by email as soon as an issue becomes available online.

*Texas WIC News* (USPS 016-975) is published bimonthly by the Department of State Health Services, P.O. Box 149347, Austin, Texas 78714-9347 <http://www.dshs.state.tx.us/wichd/default.shtm>. Subscriptions are free. Periodicals postage paid at Austin, Texas.

POSTMASTER: Send address changes to [WICNewsSubscriptions@dshs.state.tx.us](mailto:WICNewsSubscriptions@dshs.state.tx.us) or WIC News Subscriptions, Texas WIC News, Texas Department of State Health Services, P.O. Box 149347, Austin, TX 78714-9347.

Lindsay Rodgers  
*Texas WIC Director*

Amanda Hovis  
*Manager*  
*Nutrition Education / Clinic Services Unit*

Rachel Edwards  
*Manager, Clinic Services Branch*

Shirley Ellis  
*Manager, Nutrition Education Branch*

Yolanda BazDresch  
*Manager, Publishing, Promotion, and  
Media Services*

Mandy Seay  
*Publication Coordinator*

Clare Wolf  
*Managing Editor / Designer*

Chris Coxwell  
*Photographer*

Jeremy Boehm, Betty Castle,  
Joseph M. de Leon, Lorise Grimbball,  
Renee Mims, Karina Prado, Kelley Reed,  
Irma Rendon  
*Contributing Editors & Designers*

Health and Human Services  
Printing Services  
*Printing*

Leticia Silva  
*Subscriptions*

#### TEXAS WIC NEWS SUBMISSION GUIDELINES:

If you have a story idea you would like to submit for consideration in the *Texas WIC News* please send an email to [Mandy.Seay@dshs.state.tx.us](mailto:Mandy.Seay@dshs.state.tx.us).

If you would like to write an article, please request subject approval and our writer's guidelines prior to writing the article. Keep in mind that each *Texas WIC News* issue is planned five months in advance. Articles submitted will be considered, but not guaranteed for publication.



Comments may be sent to the managing editor at Publishing, Promotion, and Media Services, P.O. Box 149347, Austin, TX 78714-9347, or by email to [WICNewsEditor@dshs.state.tx.us](mailto:WICNewsEditor@dshs.state.tx.us).

In accordance with federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send completed form or letter by mail to U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410, by fax (202) 690-7442 or e-mail at [intake@usda.gov](mailto:intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

# National Nutrition Month

Each March we celebrate the Academy of Nutrition and Dietetics' campaign, National Nutrition Month®, to highlight the importance of healthy food choices and physical activity. This year's theme is *Bite Into A Healthy Lifestyle*, so we asked our staff to share the tips and tricks they use with their families, especially their children, when trying to maintain a healthy lifestyle.

## Angela Gil, RD, LD

NUTRITION EDUCATION CONSULTANT

Now that my daughters are older, we focus on the benefits of eating healthy like having energy, feeling better, and staying strong so our bodies can do all the things we want them to, like ballet and jump rope. Always promoting a positive body image for my daughters, I let them know that what is happening inside their body is what matters and not how we look on the outside.



## Pat Koy'm, MS, RDN, LD

CLINICAL SERVICES FORMULA SPECIALIST

When my children were young, I was supporting my two children on about \$900 a month with a \$450 house payment. I belonged to a vegetable co-op; the box of vegetables and fruits cost me about \$20-25 every two weeks. Junk food and sodas were never part of their diet because I still had to pay for my other expenses out of the \$400 left. What I learned: Eat with your children, provide healthy foods for the family, sit down and eat together because children learn healthy habits from their mom. Beans and rice are not expensive yet nutritious. Don't use fast food items and your family can eat healthy on a budget. In the end it has helped everyone's lifestyle, both of my grown children, and my healthy grandchildren – they all love veggies.



*Casey Wilburn, IBCLC, RLC*  
MANAGER, FOOD ISSUANCE BRANCH

Fitting healthy meals and snacks into our schedules while juggling homework and extracurricular activities on a budget is always a balancing act at the Wilburn household. On the weekends, I prepare meals in advance for easy heat-up at home or grab-and-go for nights when we're on the go. Fresh foods are washed and organized in snack containers for easy access along with ice packs.



*Erica Harris, MS, RD, LD*  
NUTRITION EDUCATION CONSULTANT

My daughter is 3 and getting healthy weekday dinners on the table takes planning and patience when everyone's hungry after work or school. One simple habit we've adopted is that she has a snack of fresh fruit while I'm making dinner – it satisfies her hunger but doesn't fill her up too much before the meal. I always keep cut-up fresh fruit in the fridge for her to choose from, and then I can enjoy her company while cooking as she sits at the kitchen counter eating an extra serving of fruit.

*Cristina Garcia, RD, LD, IBCLC*  
PROJECT MANAGER, QUICKWIN

Getting my kids to try new foods isn't as easy as it used to be. They used to share my enthusiasm for food and gave different foods a taste before determining whether or not to keep eating it. But they have since learned a new word, "Ewww!" To keep them open to trying new foods, we started a "No thank you" bite, which basically is one good size bite of the food (not a teeny tiny crumb). If they decide they do not want to continue eating beyond that bite, they can choose to say "no thank you." I have found that since we started, both of my kids have tried foods that they would have otherwise passed on!



*Marguerite Kelly, IBCLC*  
BREASTFEEDING TRAINING SPECIALIST

My daughter's family lives with me so there are six people to feed. My daughter loves to cook fresh so we planted a community garden in our front yard and my grandsons all help. AJ (who is two and a half) and I play a game called the "Big Hungry Bear" (based on the children's book) — we have to pick the fresh fruits and vegetables before the big hungry bear gets them. We have strawberries, tomatoes, cucumbers, pumpkins, cabbage, collard greens, and herbs.



*Jessi Cano, RD, IBCLC*  
BREASTFEEDING AND NUTRITION SPECIALIST

To encourage my girls to try new, healthy foods, we play a game in the grocery store. I let them choose one new thing from the produce section each time we go, and we all get to try it when we get home. I've found that they're willing to try so many more new foods when they are in charge of making the selections and they're getting a lot more variety in their diets. I'm getting to try fruits and vegetables I've never had before too!

*Katie Coyne, MS, IBCLC*  
BREASTFEEDING TRAINING SPECIALIST

We all look up to someone, and for kids they usually idolize super heroes, princesses, cartoon characters, etc. The way I “trick” the little ones into trying a new fruit or vegetable is by telling them how Buzz Lightyear (or whoever their favorite hero is) LOVES broccoli. Sure, sometimes they look at me funny, but most of the time they will at least try a bite. You can go the extra mile by photo shopping a picture of Buzz holding some broccoli. If Dora can sell cereal, then we can sell fruits and vegetables using popular children's characters. I've used this on kids at the clinic and my nieces and nephews — works like a charm!



*Anita Ramos, RD*  
CLINIC SERVICES TRAINING SPECIALIST



To get my children to eat more vegetables, we have “make it yourself salad” with meals. I prepare different vegetables and fruits like lettuce, carrots, tomatoes, seedless cucumber, dried cranberries, and strawberries, and they pick what they want to eat and make their own salad. It is topped off with croutons and a little bit of salad dressing. They always want seconds!

*Kelley Reed, RD, LD*  
NUTRITION EDUCATION CONSULTANT

Like most young children, my three-year-old son could eat serving after serving of certain foods and not touch anything else on his plate. If I want him to eat a variety of foods or branch out to try new things, I have to take on the dinnertime challenge in a creative way. Here’s my secret: If Landon finishes his serving of mac-n-cheese and asks for more before his dad and I have had a chance to join him at the table, I patiently assure him that he will get more “mac” after mommy finishes eating. In the time it takes me to finish my meal, he’s had time to try the meat and veggies on his plate that he wouldn’t otherwise eat if he was given the opportunity to eat as much mac-n-cheese as humanly possible. Trust me, this works every time!



*Leona Duong, RD, LD*  
CLINICAL NUTRITION SPECIALIST

Stir fried dishes are a hit at my house! They're quick for me to put together and healthy for my toddler — a starch, meat, vegetables, herbs, spices, sauce, and "Voila!" we have a dish that my toddler loves!



*Kaylene Thompson, RD, LD*  
TXIN PROJECT LEAD  
PROGRAM DEVELOPMENT & PROCESS IMPROVEMENT

Sometimes it's hard to get my daughter to eat a variety of vegetables, so I "hide" them in some of her favorite dishes. I finely chop vegetables and mix them with ground beef or turkey and make baked vegetable meatballs, grate fresh veggies on a tortilla and put cheese on top, or combine fruits and vegetables into muffins. She loves to eat these types of finger foods, and it's a great way to keep her meals healthy!



*Matt Harrington, MS, RD*  
NUTRITION EDUCATION COORDINATOR

To help our son and daughter get in touch with their feelings, we simply ask, "Is your tummy hungry or full?" We respect their answer. Sometimes this means letting him eat 5 waffles, 1 ½ bananas, a cup of yogurt, and a glass of milk. Sometimes it means letting her walk away from the table without touching a single morsel of food. No stress.



If you're looking for fun resources to use at your clinic during National Nutrition Month®, check out the Academy of Nutrition and Dietetics' website at <http://www.eatright.org/nnm/games/#.VEVYmBb4KgM> for interactive games, quizzes, videos, handouts, and tip sheets.

# Making a Difference through Referrals

by Jessi Cano, R.D., I.B.C.L.C.  
Breastfeeding and Nutrition Specialist



Above: Connie DeKorte (right) with Anna and her baby.

Referrals are such an important part of what we do at WIC. Anna, a mother in Denton County (LA 35), credits Connie Dekorte and her referral with saving her baby's life. She had come into the WIC clinic that day after a doctor's appointment for her 1 month old baby. The baby had dark urine diapers and diarrhea. Connie saw the baby and could tell she was not doing well. Her color was pale, she was stiff, and had only gained 10 ounces since birth. Connie

told Anna to seek immediate medical attention, even though she'd just come from the doctor's office. The next day Connie received a call from Anna thanking her for telling her to get medical attention right away. The baby was very sick and had to be hospitalized for 25 days for a dangerous genetic disorder. Anna credits WIC with saving her baby's life. She said she would not have gotten medical care if they had not been so persistent that day. Connie says she is "thankful for the life of this child and the miracle she has become!"

WIC promotes a better quality of life for Texas' most vulnerable families. We meet the needs of our participants in so many ways, and referring them to programs and services they might not know about is an important part of what we do. Several local agencies around the state have gotten creative with the ways they do it. Here are just a few ways some agencies are making sure their clients' needs are being met.

## Bell County, LA 31

The Bell County WIC Program has an extensive referral list that covers everything from doctors and dentists to car seats, housing, transportation, education, and employment. When staff identify a need when meeting with their participants, they refer to the appropriate resource. Oftentimes the staff will call or fax in the refer-

BELL COUNTY PUBLIC HEALTH DISTRICT WIC PROGRAM COMMUNITY REFERRAL INFORMATION TEMPLE-BELTON AND SURROUNDING AREAS	
<p><b>SOCIAL SERVICE AGENCIES</b></p> <p><b>BELL COUNTY HUMAN SERVICES R.E.L.P. CENTER-TEMPLE</b>                      1401 E Central St 100 Mon-Fri 8 am - 5 pm 779-6842                      No walk-in on Wed &amp; Wed</p> <p>Financial assistance, counseling &amp; referrals, community based services, welfare relatives &amp; domestic violence, counseling, case management, and/or emergency assistance</p> <p><b>FAMILY PROSPECTIVE SERVICES</b>                      1208 N Main Mon-Fri 8 am - 5 pm 839-2381                      CHAIRMAN (Family &amp; Domestic) Protective Services &amp; Child Care Learning                      *CALL 1-800-232-6400 to REPORT Abuse, Exploitation, Neglect of Children and/or Elderly &amp; Disabled Adults*</p> <p><b>HEALTH &amp; HUMAN SERVICES COMMISSION</b>                      4881 S Glen Rose Ave 405 Mon-Fri 8 am - 5 pm 778-4751                      1-800-445-3807 *SNAP, Emergency SNAP, TANF, and Medicaid                      1-800-232-6400</p> <p><b>MEDICAL &amp; DENTAL SERVICES</b></p> <p><b>BELL COUNTY PUBLIC HEALTH DISTRICT</b>                      1401 S 9th St. Mon-Fri 7 am - 4:30 pm &amp; Fri 7 am - 12 pm 778-4746                      Walk-in for Eye Exam, HIV Testing, Family Planning, Chlamydia, Gonorrhea, Immunizations, Maternity Clinic, STD Testing, and Tuberculosis Services.</p> <p><b>BELL COUNTY INDEPENDENT HEALTH CARE SERVICES</b>                      300 Phares Dr. Kilbuck Tue - Sun 8 am - 5 pm 838-1229                      All other days, by appointment. Please call. Provides medically necessary health care benefits to individuals who meet the income, residency, and household criteria.                      Prescription medication assistance program</p> <p><b>CENTRAL COUNTIES MENTAL HEALTH MENTAL RETARDATION</b>                      1 Adult Mental Health 304 S 2nd St 206-7080                      2 Children Mental Health 217 N 2nd St 778-7995</p> <p><b>CENTRAL TEXAS SUPPORT SERVICES</b>                      1407 S 6th St, Ste 105 Mon-Fri 8:30 am - 4:30 pm 778-4860                      Free &amp; Confidential HIV Testing and Education. Sexual/Intimacy Abuse &amp; HIV. Call for more info.</p> <p><b>CHILDREN HEALTH AND INSURANCE PROGRAM (CHIP)</b>                      Application &amp; Info Mon-Fri 8 am - 5 pm 1-800-545-7669                      Dental program call 1-800-545-7669 Mon-Fri 8 am - 5 pm (up to 50% off cost for all children 0-18 yrs) if you do not qualify for Medicaid. TTY: 1-800-728-2688</p> <p><b>TEMPLE COMMUNITY FREE CLINIC</b>                      1000 Curtis St. Kilbuck Tue &amp; Thurs call for appt. 771-4274                      Adults only - Tuesday last day</p> <p><b>TEMPLE COLLEGE - DENTAL HYGIENE STUDENTS</b>                      1000 Curtis St. Kilbuck Mon - Fri 8:30 am - 4:30 pm 778-4860                      Oral exams, cleaning, x-rays, topical fluoride, sealants, patient education, &amp; nutritional counseling. Cleaning Fee \$15. All ages and income welcome.</p> <p><b>MARTHA'S HEALTH CLINIC</b>                      1402 W Ave H (Denton Fwy Clinic) Therapists from 8:00 pm - 8:00 pm                      *Call for more information and appointment scheduling</p> <p><b>TRANSPORTATION</b></p> <p><b>THE HOPE</b>                      For Rides and Schedule Information Call 833-3708                      The HOPE offers Special Travel Services (TTS) to customers that, because of a physical or mental disability, are unable to use the regular Ford Ride Service. Please call for more info. Web site: www.ridehope.org</p> <p><b>Taxi Companies</b>                      705 W Ave G 773-4860</p> <p><b>Medicaid Transportation Service</b>                      1-877-623-6747 to schedule</p>	<p><b>HOUSING &amp; SHELTERS</b></p> <p><b>OUR LADY OF THE ANGELS MATERNITY SHELTER</b>                      1115 S 9th St. Mon-Fri 8 am - 5 pm 778-4746                      Shelter for pregnant women. Help with diapers and baby clothes.</p> <p><b>FAMILIES IN CROSS, INC.</b>                      Domestic Violence &amp; Sexual Assault Shelter Office 773-7766                      Shelter for pregnant women. Help with diapers and baby clothes. Shelter 1-800-769-SAFE (7238)</p> <p><b>HABITAT FOR HUMANITY</b>                      2001 Arkansas Ave Kilbuck Tue-Wed-Fri 8:30 am - 4:30 pm 888-4887                      Sat 8 am - 5 pm. Builds single and affordable homes for qualified customers. Homes are built using donated materials, labor, and funds. Work hours are open during the same times and with similar office hours.</p> <p><b>BELTON SECTION 8 HOUSING (MAIN OFFICE)</b>                      2700 N Main St. Mon - Sun 8 am - 5 pm 778-2389                      Assistance payments to low-income families. Section 8/printed-outlet</p> <p><b>TEMPLE HOUSING AUTHORITY</b>                      700 W Callahan Ave. 1st &amp; 2nd Floors 8:30-11:30 773-2009                      Provides housing to low-income families in public housing units. Section 8/printed-outlet assistance payments to low-income families.</p> <p><b>BELTON HOUSING AUTHORITY</b>                      715 Saunders St. 8th Fl. W-R &amp; S 8 am - 5 pm 838-5321                      Provides housing to low-income families in public housing units. Section 8/printed-outlet assistance payments to low-income families.</p> <p><b>CITY OF BARTLETT HOUSING AUTHORITY</b>                      200 Croyer St. Mon-Thur 8 am - 5 pm 827-4298                      Provides housing to low-income families in public housing units. Section 8/printed-outlet assistance payments to low-income families.</p> <p><b>CITY OF HOLLAND HOUSING AUTHORITY</b>                      616 Jollyville St. 778-2707                      Provides housing to low-income families in public housing units. Section 8/printed-outlet assistance payments to low-income families.</p> <p><b>APARTMENT COMPLEXES WITH HOUSING PROGRAMS/SECTION 8</b>                      Adams Blvd Apt. 1701 W Adams Ave 778-3628                      Canyon Creek Town Homes 1438 Canyon Cr Dr 773-0701                      College View Apt. 600 W 9th St Belton 808-1132                      Wagon Wheel Apt. 1811 E. Ave K 778-2668                      Rainey Apt. 1817 Canyon Cr Dr 771-8282                      The Oaks Apt. 1817 Camelia Dr 773-6622                      Santa Cruz Apt. 1700 Shady Ln Belton 808-1845                      Troy Terrace Apt. 126 W Main St. Troy 808-7881                      Wagon Wheel Apt. 2000 Montrose Belton 808-4136                      Creekside Apt. 2000 SWHW Dodgson Ln 778-6822                      Twin Oaks Village Apt. 1407 W Main Ln Academy 882-4243                      Country Square Apt. 2701 E. Ave H Belton 808-1439</p> <p><b>EMERGENCY ASSISTANCE</b></p> <p><b>AMERICAN RED CROSS</b>                      No local office at this time 1-800-735-2767                      Disaster assistance in the cases of home and apartment fires, floods, tornadoes, etc.</p> <p><b>SUBVANTION ASSIST</b>                      1000 Curtis St. Kilbuck Mon-Fri 8 am - 5 pm 774-9996                      Social Services, 413 S. 3rd St. Mon-Fri 8 am - 5 pm 774-9996                      Provides, Directs, Emergency Housing Assistance Office, Rent Payments, and Home Repair Funds and Other Public Assistance.</p> <p><b>ST. VINCENT DE PAUL</b>                      108 W Ave D. 8th Fl. 84 773-7891                      Food Bank 8:00 am - 8:00 pm 8:00 am</p>

Above: Bell County Community Referral Information form.

ral for the client to get help more quickly. Bell County also invites community service representatives to their monthly nutrition carnivals and have great success in connecting clients with immunizations, occupational therapy, and college programs, to name a few. The referral lists are updated twice per year and staff keep a copy on their desk at all times. Nikki Morrow, the agency's NE Coordinator, said the referral lists make such a difference because "rather than turning around and asking other staff to assist, or not being able to provide the client with an answer quickly, staff are able to quickly, confidently, and confidentially help the participants connect with much needed community resources."

## City of Dallas, LA 07

LA 07 serves a very large population across the city of Dallas and the Metroplex. Most referrals are made with a phone call or fax, but as part of their efforts to provide the best service

(continued on page 11)

## The Grit on Grains

CONTRIBUTED BY MELANIE LESLIE, TEXAS STATE UNIVERSITY DIETETIC INTERN

Grains contain many nutrients that are vital for a healthy body. Grains get a bad reputation for promoting weight gain and containing gluten, causing many people to ditch the bread and pasta. Eating grains, especially whole grains, provides health benefits and a reduced risk of some chronic diseases. Find out how to navigate these mixed messages and learn what is best for you.

### Benefits of Whole Grains

Whole grain options are becoming more common on supermarket shelves. Everything from crackers to cereals now boast “whole grain” on the label. Compared to refined grains, whole grains provide greater nutritional benefits, decreasing the risk of heart disease, obesity, and type 2 diabetes. Whole grains can also help with constipation due to the high fiber content. Compared to refined grains, like white rice and white flour, whole grains contain all the parts of the seed kernel including the outer husk that offers dietary fiber and the inner portion, called the germ, which is rich in vitamins and minerals. This is why whole grains have a greater health benefit than refined grains.

Read the label. Look for the word “whole” and ingredients like whole grain barley, whole oats, and whole wheat. When possible, pick items that list the whole grain ingredients first on the food label.

Look for the Whole Grain Stamp. Foods with this stamp contain at least 8 grams of whole grains per serving. If a product bears the 100% Stamp, then all its grain ingredients are whole grains. There is a minimum requirement of 16 grams (g) — a full serving — of whole grain per labeled serving, for products using the 100% Stamp.



<http://wholegrainscouncil.org/whole-grain-stamp>

(continued on WWW — Insert B)

## The Grit on Grains

(continued from page WWW — Insert A)

### Low-Carb Weight Loss Diets

People who are trying to lose weight often avoid high carbohydrate foods, like bread and pasta. The truth of the matter is that carbohydrates do not cause weight gain, but rather an excess of calories cause weight gain. This can be caused by eating too much or not exercising enough. According to the Academy of Nutrition and Dietetics, it is important to not overly restrict any food group, even while trying to lose weight. Instead, eat a balanced diet making sure to include fruits, vegetables, whole grains, lean proteins, and healthy fats.

### Gluten-Free Diets

There has been a lot of information about gluten and the belief that it has negative health effects. While some people may indeed have gluten sensitivities, the majority of the population does not. The benefit often seen from “going gluten free” is more likely attributed to eating more whole and less processed foods. And we all know that once a health claim hits the media, the food manufacturers follow with the new labeling to feature the claim on their product, which may sway us to eat gluten free too. Gluten is a protein in wheat, rye, and barely that helps give structure and texture to breads and baked goods. Unless you have Celiac disease or a wheat allergy, you don't need to avoid gluten-containing foods. If you follow a gluten-free diet for any reason, it is still important to limit refined grains such as white rice. Make sure to eat a variety of whole grain products throughout the day, such as amaranth, brown rice, gluten-free oats, buckwheat, quinoa, or millet.

#### Grains that Contain Gluten

Barley  
Oats\*  
Rye  
Triticale  
Wheat

- Bulgur
- Durum
- Farro
- Kamut
- Semolina
- Spelt

#### Gluten-free Grains

Amaranth  
Buckwheat  
Corn  
Millet  
\*Gluten-free Oats  
Quinoa  
Rice  
Sorghum  
Teff  
Wild Rice

\*Oats are gluten-free, but are often contaminated with wheat when they are processed.

Chart is adapted from Whole Grain Council website.  
<http://wholegrainscouncil.org/node/27/print>

(continued on WWW — Insert D)

## Spotlight on Local Agency 3, Cameron County WIC, Staff Wellness Initiative

*Contributed by Ted O'Dowd, RD, Nutrition Education Coordinator for Local Agency 03*

*Edited by Debbie Lehman, PhD, RD, LD, State WIC*

Sometimes less means more. Cameron County WIC decided to focus their wellness activity on four key healthy eating behaviors they felt would have a lasting impact. Staff were encouraged to aim for (1) two servings of low-fat or fat-free dairy, (2) three or more servings of vegetables, and (3) two or more servings of fruits, (4) while being increasingly mindful of food portions. To assist, a group of WIC nutritionists created an educational piece to teach portion sizes, summarize key dietary guidelines, and help staff monitor their eating habits.

LA 03 hopes that the assistance and support among staff will promote ways to make healthy eating a balanced and realistic part of their lifestyle. In addition, staff nutritionists have volunteered to create and disseminate a weekly e-newsletter to further promote good nutrition.

Another component of their wellness initiative was to get staff involved in growing their own vegetable. Each staff was provided pepper seeds, a clay pot, and dirt to grow their own plant. Many of the staff successfully grew plants and are enjoying their plants' progress. Growing our own food allows us to appreciate the time and effort that goes into our produce, plus reap the yummy rewards of our creation.



*Above left: Ruby Garcia, Certifying Authority, Harlingen WIC clinic. Above right: Community Service Aids Norma Juarez, Juan Garcia, and Rosalinda Ramirez from San Benito WIC clinic.*

### Wellness Tips

Cameron County WIC came up with three quick wellness tips – check them out below.

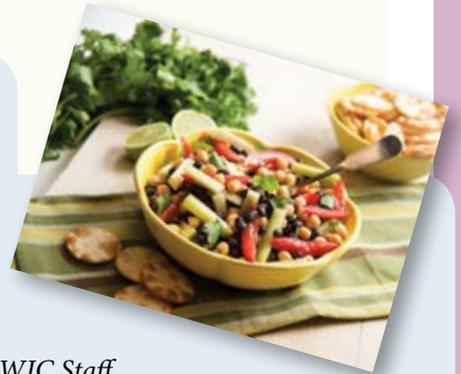
1. Healthy eating – Set a time every weekend to sit down with your family to plan your meals. It can greatly decrease the amount of fast food you consume.
2. Physical activity – Stay consistent with your workout schedule. It takes more energy to get going than it does to stay going.
3. Stress management – Pick up a new book, and immerse yourself in an exciting story.

### recipe

#### Two Bean Salad

Serves: 6

*Contributed by  
Cameron County WIC Staff*



#### Ingredients

- 1 15-ounce can garbanzo beans
- 1 15-ounce can black beans
- 2 medium tomatoes, chopped
- $\frac{3}{4}$  cucumber, chopped
- 3 Tbsp cilantro, chopped
- 2 limes, juiced
- $\frac{1}{8}$  cup olive oil
- 1 tsp salt

#### Preparation

Rinse and drain canned beans. Combine all ingredients into a large bowl and mix well. Refrigerate for 20 minutes to allow vegetables to soak in lime juice. Serve chilled.

#### Nutrition Information Per Serving:

237 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 989mg sodium, 38g carbohydrate (11g dietary fiber, 2g sugar), 11g protein

## The Grit on Grains

(continued from page WWW — Insert B)

### How Much Do I Need?

How many grains you should have each day depends on your age, gender, and activity level. People who engage in more physical activity may have higher grain requirements. It is important to make sure at least half of your grain servings are whole grain.

### Daily Recommendation

	Total Grain Servings	Minimum Whole Grain Servings
<b>Women</b> 19-50 years old	6 ounces	3 ounces
<b>Men</b> 19-50 years old	7 - 8 ounces	3 1/2 - 4 ounces

Recommendations are based on less than 30 minutes of physical activity per day.

Chart is adapted from Choose MyPlate website.

<http://www.choosemyplate.gov/food-groups/grains-amount.html>

### What is a Grain Serving?

An ounce of grain is equal to 1 slice of bread, 1 cup of dry cereal, and ½ cup of cooked pasta, rice, or other cooked grain. Surprisingly, the average bagel contains about 4 servings of grains! An English muffin is equal to a 2 ounce serving. On the other side of the spectrum, it takes 3 cups of popcorn to make a 1 ounce grain serving.

Why Is it Important to Eat Grains, Especially Whole Grains?

<http://www.choosemyplate.gov/food-groups/grains-why.html>

Staying Away from Fad Diets

<http://www.eatright.org/Public/content.aspx?id=6851>

Gluten-Free Whole Grains

<http://wholegrainscouncil.org/node/27/print>

### WIC and Whole Grains

The WIC foods package includes whole grain bread, oatmeal, brown rice, corn, and whole wheat tortillas to help participants receive the best nutrition possible.

Beginning in April 2015, the Texas WIC food package will also include whole grain pasta.

#### References:

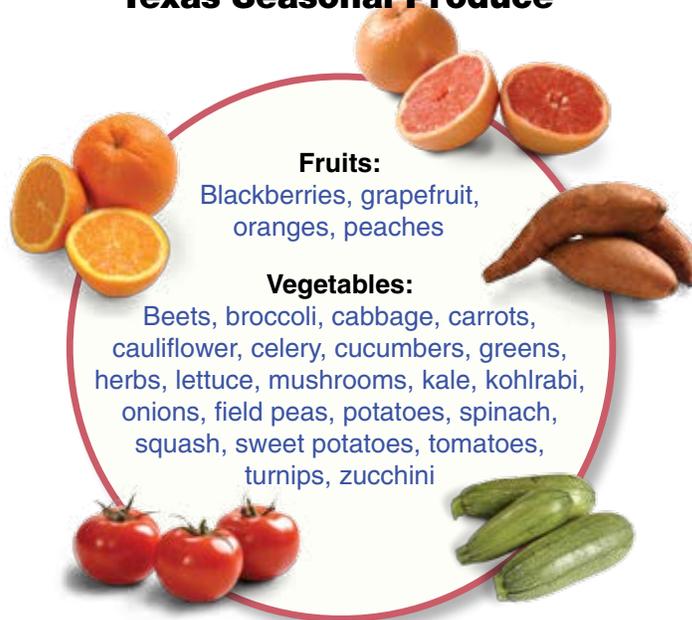
How Many Grain Foods Are Needed Daily?

<http://www.choosemyplate.gov/food-groups/grains-amount.html>

What Counts as an Ounce Equivalent of Grains?

<http://www.choosemyplate.gov/food-groups/grains-amount.html>

### Texas Seasonal Produce



## Making a Difference through Referrals

(continued from page 10)



*Left and below left: Community Council of Greater Dallas Medicaid/CHIP Application Assistors Sandra Luz and Isabel Quezada at the Spring Valley/Coit WIC clinic. Below right: Local Agency 07 staff members Merla Pineda (left), Vanessa Bryan (right), and Community Council of Greater Dallas Application Assistance Coordinator Claudia Prieto (middle) at the Irving WIC Clinic.*



possible, LA 07 has collaborated with outside organizations to get WIC participants' greatest needs met in their WIC clinics. One of those collaborations assists clients with the Medicaid/CHIP application process. According to Cindy Wachtler RDN, LD, LA 07's Field Support Coordinator, "making a successful application to Medicaid/CHIP can be very difficult, due to the long online and paper applications with confusing instructions and documents that need to be scanned and attached. For clients with limited literacy and/or a lack of computer access, it is a very daunting process." The Community Council of Greater Dallas (CCGD) recognized the need and through grant funding, has brought Medicaid/CHIP application assistance into the WIC clinics. They bring secure lap-tops and portable scanners and work in a vacant office at the clinics, seeing clients on a first come, first served basis. In the past 3 years alone this very successful partnership has helped nearly 20,000 children get enrolled in Medicaid and CHIP. Similarly, the North Texas Food Bank provides SNAP application assistance in their WIC clinics as well. They bring all of their own equipment, assist with the application, do the interview, and issue the SNAP EBT card. So far 9,900 WIC families have benefited this year.

### **City of Houston, LA 26**

In 2006, the City of Houston WIC program developed the grant-funded "Project Milestone,"

in which every WIC clinic has a staff member called a "Navigator." Navigators review immunization records and make sure clients are enrolled in Immtrac. They may also refer them for additional resources like rent or utility assistance, homeless shelters, food banks, or mental health needs. Clients receive a check-list at their appointment where they identify any additional needs they may have. Navigators keep up-to-date on all of the available community resources by attending community partner meetings, health fairs, and any other event that may be of benefit to their clients. The Navigators play an important role as the first source of help for WIC clients, not only at their first appointment but throughout the time they are with WIC. WIC participant, Christiana, had this to say about her navigator, Evelyn Ademoji, "I met her the day I came in to apply for WIC assistance and since then she has been a source of help into my life. If not for God and Mrs. Evelyn, I don't know where I would have found myself today."

For many of our clients, we are the only health-care provider that they regularly see. WIC referrals are a valuable service that touches the lives of so many of our participants. Recognizing needs and addressing them quickly is something we should all feel well equipped to do for our clients. Get creative with your referral programs, think outside the box, and reach out if you need ideas. Your clients' lives could be forever changed by the help you provide today.

# Rio Grande Valley Celebrates a New Lactation



by Renee Mims  
Information Specialist  
Publishing, Promotions, and Media Services



An arch of brown and pink balloons adorned the entrance of the Rio Grande Valley's (RGV) new Lactation Care Center at its grand opening on Sept. 24.

Media, health-care workers, WIC staff, and guests toured the gleaming new facilities in McAllen with the help of manager Esther Burlene Carrizales, RN, IBCLC, RLC, and Sandra Escamilla, IBCLC.

"The Lactation Care Center – RGV offers breastfeeding assistance and support to WIC clients and is the only one in the Rio Grande Valley," Carrizales said. "It's the fourth center in Texas preceded by ones in Austin, Dallas, and Houston."

Hosting a grand opening provided an opportunity to publicize the center beyond the WIC clinic and they saw immediate results.

"Local media included three TV stations providing English and Spanish coverage, and one Spanish newspaper," Carrizales said. "The center received a call the next morning from a woman requesting help for her daughter experiencing breastfeeding difficulties."

# Care Center



*Opposite page ribbon cutting photo from left to right: Esther Carrizales, RN, IBCLC, Center Director, Blanca Colunga, TBE, Tamara Garcia, TBE, Norma Longoria, WIC Director, Julia Benitez Sullivan, Director of Public Affairs for Hidalgo County Judges' Office, Alicia Rodriguez, PC, Diana Cardona, IBCLC, BF Coordinator, and Sandra Escamilla, IBCLC. Inset photo: media coverage. Opposite page bottom left photo: special guest and speaker, Julia Benitez Sullivan, Director of Public Affairs for Hidalgo County Judges' Office. Photos by Renee Mims.*

The lactation care center provides comfortable home-like exam rooms for nursing mothers to receive consultations about breastfeeding. It offers lactation tools to help moms feel confident to continue breastfeeding, including a centrifuge device to measure the calories and fat content of breastmilk.

“This instrument impacts mothers the most because of the misconception that their milk is not good enough, that it’s too thin and that’s why their baby is waking up at night,” Carrizales said. “Then we test the breastmilk and show the mom that it contains more fat content and calories than formula.”

The center has served more than 337 clients since it opened its doors in August. The center has two lactation consultants and two peer counselors.

Carrizales sends her gratitude to Marguerite Kelly, WIC training specialist, for urging her to take the IBCLC exam, Norma Longoria, WIC director for Hidalgo County, and to Tracy Erickson, WIC state breastfeeding coordinator for providing encouragement and support.

“The center also offers a piloted 2 hour evening class “Infant Feeding and Behavior” twice a month to moms and other family members who make up her support team. The class, taught in English and Spanish, covers early breastfeeding techniques.

Breastfeeding, and the challenges associated with it, are nothing new to Carrizales. Prior to becoming manager of the center, she spent more than 25 years working as a registered nurse with mothers and newborns in a hospital setting and 15 years breastfeeding her own six children. She also knows firsthand the importance of education and how to support breastfeeding issues, such as sore nipples, engorgement, and plugged ducts.

“I want women to have the same success that I had because I had a mentor,” said Carrizales. “I know that when you’re having a tough day you need someone special — and I want to be that special someone.”

For more information, please call the Lactation Care Center – RGV at 1-956-292-7711.

*Burlene Carrizales contributed to this story.*

# National Poison Prevention Week



by Leona Duong, R.D., L.D.  
Clinical Nutrition Specialist  
& Clare Wolf  
Editor/Designer Texas WIC News

Most of us consider our homes to be a safe haven for our children; but in reality our homes possess numerous potential hazards that could cause harm to our children. Every day in the United States, two out of every 300 children (from birth to 19) die while being treated in the emergency room for poisoning. Some of these poisons are not clearly labeled and include everyday items around your house.



## Pet Food

While we don't think of the dry food we feed our pets as poisonous, it can contain salmonella, a harmful germ that can cause infection in humans with symptoms of diarrhea, fever, and abdominal cramps. Severe forms of this infection occur most often in children, the elderly, and those individuals that are immunocompromised. Of this group, children less than 5 years of age tend to have the highest rate of diagnosis. Not only are young children's immune systems still developing, but they are more likely to put their fingers and other items (e.g. pet food) into their mouths. Below are some simple tips for keeping both your pets and kids safe from salmonella.

- Buy bagged food with no visible signs of damage to the packaging, such as tears or discoloration.
- Avoid buying canned food with dents.
- Wash hands right after handling pet food or treats.
- Store pet food out of the reach of children and away from any area where human food is stored or prepared.
- Avoid feeding your pet in the kitchen to prevent the germs found in pet food from getting on people food.



## Vitamins/Medications

We usually associate vitamins and medicines with keeping us healthy. However, children may see these as "candy" and will not think twice about immediately putting them into their mouths. More than 60,000 young children end up in emergency rooms annually as a result of swallowing vitamins and medicines while their parents' or caregivers' backs are turned. Loretta Grisham, WIC director at Local Agency 31 in Temple, recalls hearing about a former staff member's child climbing on a cabinet and eating "about 60 gummy vitamins while dad was watching him." Even though the gummy vitamins were stored in a high place, many children are masters of the art of climbing at an early age. "The vitamins were water soluble so he was okay," added Grisham. Using the following strategies can help protect a child from the dangers associated with medications and vitamins:

- Put all medicines, including vitamins, up and away every time — out of reach and out of sight.



- Hear the click to make sure the safety cap is locked.
- Teach your children about medicine safety.

### **Chemicals/Household products**

Household chemicals are among the most common causes of young child poisonings. Every 13 seconds, a call about a possible poisoning is placed to a poison control center in the United States. More than 90 percent of these calls are related to exposures that occur in our homes. Children are quite curious and may try to drink items such as household cleaning products, personal care products, pesticides, and lawn care products, to name a few. Annette Lerma, WIC director at Local Agency 34 in Abilene, recalls an incident when her efforts to educate clients about the dangers of household products actually served as a helpful resource in her personal life. Lerma's 18-month-old son swallowed a small amount of gasoline while she was doing yard work.

According to Lerma, "I had just passed out Poison Control magnets in WIC classes the previous week and brought one home and put it on my fridge. After a few moments of running around like a mad woman, screaming and panicking because he was screaming, I remembered the magnet and called Poison Control. The lady assured me that gasoline was very poorly absorbed into the bloodstream and that he couldn't have drunk very much because just the gasses burn the throat, and he wouldn't have been able to tolerate very much. She encouraged me to give him milk and since I was still breastfeeding at the time, I breastfed him and that calmed him down and soothed his throat. The sweet lady even called back about an hour later to check on him. It was definitely a scary moment but Poison Control was wonderful and saved me a trip to the ER!"

Poisons are not only found in our homes, but can also be in what our homes are built with. In the United States, most cases of lead poisoning among children are caused from lead-based paint and dust with lead. Lead-based paint is likely to be present in homes built before 1978.

The paint poses a danger when it starts to flake or peel and potentially ends up in the mouths of young children, as was the case described by

Rosalyn Berry, nutritionist at Local Agency 21 in Wichita Falls. "I remember a little one who was gnawing on a window sill and ingested some of the paint chips, and got lead poisoning from it. The lead was checked by their doctor. I gave mom a handout on lead poisoning and we went over it together."

Lead poisoning is obviously a concern in the medical community as pediatricians now conduct a lead screening on all children.

Through education and early intervention, we can make a difference in the lives of our clients as well as that of our families and loved ones. Education is truly a powerful tool! Keeping the following guidelines in mind could help save a child's life.

- Always read the label before using a product that may be poisonous.
- Keep chemical products in their original bottles or containers and out of reach of children. Do not use food containers such as cups, bottles, or jars to store chemical products such as cleaning solutions, beauty products, or pesticides.
- Never mix household products together.
- Make sure your child does not have access to peeling paint or chewable surfaces painted with lead-based paint.

### **What to do in the Event of a Poisoning**

Remain calm. Call 911 if you have a poison emergency and the victim has collapsed or is not breathing. If the victim is awake and alert, dial 1-800-222-1222. Try to have this information ready:

- Victim's age and weight
- Container or bottle of the poison if available
- Time of the poison exposure
- Address where the poisoning occurred

Stay on the phone and follow the instructions from the emergency operator or poison control center.

#### References:

<http://www.cdc.gov/safekid/Poisoning/index.html>  
<http://www.cdc.gov/salmonella/general/index.html>  
<http://www.cdc.gov/features/salmonelladrypetfood/>  
<http://www.cdc.gov/features/medicationstorage/>  
<http://www.cdc.gov/healthyhomes/bytopic/poisoning.html>  
<http://www.cdc.gov/healthyhomes/bytopic/poisoning.html>

## Brain Awareness Week —

# Celebrating the Brain for all Ages



by Mandy Seay, R.D., L.D., C.D.E.  
Nutrition Education Consultant

**T**ake a moment to think about your brain. This amazing organ is responsible for handling so many things — emotions and thoughts, body processes, memory, and daily activities like communication and movement. We would be nothing without our brains.

While we know our brain is running the show, we may not always consider the importance of nurturing it. This March, we highlight Brain Awareness Week (BAW), March 16-22. This worldwide campaign is designed to increase public awareness of the progress and benefits of brain research, while celebrating the brain for all ages.

As WIC staff, we know that proper nutrition, waiting 40 weeks to deliver, and avoiding harmful substances are all important factors for brain development and protection, but what other things can we be doing to improve

the brains of women, infants, and children? Let's take a look at the research.

## **Pregnant Women**

In a literature review published in the February 2013 *Journal of Child Psychology and Psychiatry*, data in both animal and human studies shows psychosocial distress and a poor diet can significantly affect how a baby's brain is developed. Researchers found:

- Women from a lower socioeconomic status often had both a poor diet and high stress.
- Stress in pregnant women was linked to eating more food overall but consuming less folate.
- A pregnant woman's poor diet and stress can impact the baby's memory, attention, and brain systems like the hippocampus.

## **What WIC Can Do**

Talk with participants about their stress. Ask them how they cope with stress. What is their support system like? Offer a sympathetic ear and work with them to find solutions, programs, services, and/or techniques to help them relieve/reduce stress.

## **Infants**

At WIC, we know breastfeeding is just one of the many things mothers can do to help their baby's brain develop, but did you know other early experiences can influence how the brain develops?

According to the Center on the Developing Child at Harvard University, frequent and long-lasting stress in the home, also known as "toxic stress" (emotional/physical/substance abuse, neglect, mental illness, and economic hardship), without proper support, can affect a child's brain and organ development along with increasing the risk for various stress-relat-

ed diseases and cognitive impairment well into the adult years.

According to The Best Start Resource Center, the following are important for an infant's future learning, behavior, and health during the first 36 months of life:

- Loving care
- Forming secure attachments/relationships
- Listening and responding to baby's cues
- A safe environment
- Healthy food and healthy feeding habits
- Language and numbers
- Physical activity
- Everyday play, using all the senses
- Routines
- Helping the child develop self-regulation

### **What WIC Can Do**

In a September 2014 interview on National Public Radio, neuroscientists Sandra Aarnodt and Sam Wang said one of the easiest things parents can do to help a baby's brain grow is to talk to the baby a lot. Let parents know that by responding to the baby's vocalizations, even if they don't make sense, while giving them a smile and a little pat, encourages their baby to continue to try and communicate.

### **Children**

You'll find many scientific journals that say, "The brain increases in size by four-fold during the preschool period, reaching approximately 90 percent of adult volume by age 6." (Neuroscience & Behavioral Reviews, Brain Research Bulletin, Developmental Science, Radiology, Neuroradiology, and Brain) For a parent, this information may be interesting to learn but could also be very overwhelming. Turning to television, movies, or video games may seem like a great way to teach them new things or keep them focused and entertained, but according to the American Academy of Pediatrics, studies have shown that excessive media can lead to attention problems, school difficulties, sleep and eating disorders, obesity, and risky behaviors. "A child's brain develops rapidly... and young children learn best by interacting with people, not screens."

### **What WIC Can Do**

Encourage parents to have more play and

interaction time than screen time. Limiting media usage to less than 2 hours a day, offering alternative forms of entertainment (like books, board games, and sports), and having meals at the table as a family (instead of in front of the TV) are just a few ways parents can help their children's brains flourish.

### **Women**

According to the National Institute on Aging, as we grow older certain parts of the brain shrink, mainly affecting the areas responsible for learning, memory, planning, and mental activities. But aging isn't all bad; in fact research has found some positive effects in aging: middle-aged adults typically do better on tests involving information and knowledge, and vocabulary and word usage improve with age as well.

### **What WIC Can Do**

We often spend a lot of time focusing on pregnancy, babies, and children — but don't forget about promoting women's health. The women you see daily will want their brains to stay healthy too. Plus, if mom is working to keep her brain healthy, she'll be setting a great example for the rest of the family.

The Office of Women's Health offers these tips for keeping the adult brain sharp:

- Be physically active.
- Learn to play a musical instrument.
- Learn a foreign language.
- Do crossword puzzles.
- Play word games.
- Start a new hobby.
- Keep up with current events.
- Read.

### **Bringing Awareness to Your Clinic**

If you want to celebrate BAW at your clinic, the Dana Foundation offers educational resources and ideas to bring awareness to your community and clinic. Go to <http://www.dana.org/baw/> to see the helpful tools they provide for educators, children, and adults. Your efforts don't have to be complicated, they could be as simple as posting daily riddles during Brain Awareness Week, or printing games, coloring pages, or puzzles to entertain children and adults in your clinic.

# test your nutrition IQ



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

Hi everybody! Eaton here to tell you about National Nutrition Month®, a trademarked nutrition education and information campaign by the Academy of Nutrition and Dietetics. National Nutrition Month® focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.



## Quiz:

1. Children learn to make informed food choices through all of the following except:
  - a. Eating meals together as a family
  - b. Having parents set a good example
  - c. Being rewarded with food for good behavior
  - d. Shopping for food together
2. True or False – A registered dietitian nutritionist is the same professional designation as registered dietitian.
3. Physical activity should be a regular part of every child's day. But how much is enough for a child under 6 years?
  - a. 1 hour
  - b. 60 minutes
  - c. 360 seconds
  - d. Enough? What's enough!?
4. True or False – Your plate is bigger than MyPlate.



## Answers:

1. The answer is C. Parents are the most important everything in their child's life. From teaching them about shopping for nutritious foods to eating meals together, parents set the tone for family. A child who sees their parents eating delicious Brussels sprouts is more likely to try those little green gems themselves. As for rewarding good behavior with food, it may interfere with a child's natural ability to regulate eating and encourage them to eat when they're not hungry. Want to reward good behavior? Try a trip to the library or building a fort with couch pillows and a blanket (one of Eaton's favorite rewards).
2. The answer is True. Confused? Read on. From the Academy of Nutrition and Dietetics — some RDNs may call themselves *nutritionists*, but not all nutritionists are registered dietitian nutritionists. Still confused? Me too. And I'm a registered dietitian. Simply put, a registered dietitian is someone who earns at least a bachelor's degree, completes a supervised practice program, passes a registration examination, and maintains continuing education requirements for recertification. Mark your calendars: March 11, 2015, is registered dietitian day! Or is it registered dietitian nutritionist's day? Either way, mark your calendar and celebrate!
3. The answer is D. According to the Physical Activity Guidelines for Americans, children 6-17 years old should be physically active for 60 minutes or more each day. This includes aerobic activity and muscle strengthening. For kids younger than 6 years old there is no set amount of time, but a general rule of thumb is just get out of their way and let kids do what they like to do best — play hard.

For more information go to <http://www.cdc.gov/physicalactivity/>.

4. The answer is honestly I don't know as I've never been to your house. What I do know is half MyPlate is filled with veggies and fruits; one quarter whole grains, and one quarter protein (like chicken, lean beef, beans, or tofu) and maybe even a glass of fat-free milk on the side.

For more information  
<http://www.choosemyplate.gov>.

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





WIC, Nutrition Services Section  
Department of State Health Services  
P.O. Box 149347  
Austin, TX 78714-9347

## PERIODICALS

ADDRESS SERVICE REQUESTED

Publication No. 06-10664

---

Texas WIC News is also available on the Texas WIC website!  
<http://www.dshs.state.tx.us/wichd/gi/wicnews.shtm>

next issue: *Celebrating  
Moms and Dads*



For information about subscriptions to Texas WIC News, email [WICNewsSubscriptions@dshs.state.tx.us](mailto:WICNewsSubscriptions@dshs.state.tx.us) or call 1-512-341-4453.