



JULY 2016

Wellness Nutrition Fun FaCts

BE SUN SMART

People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer.

Sunlight is the main source of UV rays, but you don't have to avoid the sun completely.

It would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun. Simply staying in the shade is one of the best ways to limit your UV exposure.

If you are going to be in the sun, "Slip! Slop! Slap!® and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- *Slip on a shirt. * Slop on sunscreen. * Slap on a hat.
- *Wrap on sunglasses to protect the eyes and skin around them.



breastfeeding blurb

Vitamin D and Breastfeeding

If my breast milk has everything my baby needs, why do I need to consider giving him/her Vitamin D drops?

Fabulous question! Did you know: people don't usually get Vitamin D through food normally? Vitamin D is actually produced by our bodies when the sun comes in contact with our skin. So it's not that your milk is missing anything; it's that our lifestyles have changed. We don't go outside as often (especially in the winter!), our location farther north puts us farther away from the sun (again, especially in the winter), and we are good about wearing sunscreen when we DO go outdoors. So what can we do?

*Breastfeeding moms can take extra vitamin D. Talk with your doctor about what dose this might look like for you. Not only will you have more vitamin D in your breast milk, but your own vitamin D needs will be met as well!

*Offer your baby a vitamin D supplement (typically drops given once per day). Talk with your baby's doctor about what dose is right for your baby.

*Enjoy time outside each day! This will help your body produce more vitamin D.

*Participate in weight bearing exercise. This won't affect your breast milk, but it's protective for YOU in the future to keep your bones strong (which is supported by vitamin D)!

Ambrosia

Ingredients:

- 1 can pineapple chunks (in juice, 20 oz., drained)
- 1 1/3 cups mandarin orange (drained)
- 1 banana (peeled and sliced)
- 1 1/2 cups grape (seedless)
- 3/4 cup marshmallows (miniature)
- 1/3 cup coconut (flaked)
- 1 carton vanilla yogurt (8 oz., low-fat)



Directions:

Drain pineapple and oranges. Use juice as beverage. Combine fruit with marshmallows and coconut. Fold in yogurt. Chill. Serve

<http://www.whatscooking.fns.usda.gov/>

South Dakota Department of Health WIC Program