



MAY 2016

Wellness Nutrition Fun FaCts

FOOD ALLERGY AWARENESS

A food allergy is an abnormal immune response to a food. A food allergy may cause:

- Skin reactions (hives, eczema)
- Respiratory symptoms (sneezing, coughing, runny nose, etc.)
- Digestive symptoms (nausea, vomiting, or diarrhea)

Some people may have more severe reactions that can be life-threatening. About 8% of kids and 4% of adults have a food allergy.

A food intolerance is an abnormal response to a food that does not involve the immune system. These are much more common. Symptoms can be like those of a food allergy, but are rarely life-threatening. In fact, most people can eat small amounts of the food with no problems. Lactose intolerance is one common example.



If you or your child has symptoms that may be food related, keep a log of foods eaten and any symptoms over a few weeks. See your doctor or an allergist to identify a true food allergy. Don't stop eating the food until an allergy has been identified. If a food is identified as an allergen, it must be avoided completely. You or your child may miss out on key nutrients, so find other foods with the same nutrients. A WIC Nutritionist can help you find these foods.

Sometimes people grow out of their food allergies, but always talk to your doctor before you try that food again.



Research shows that feeding only breast milk for the first 4-6 months of life and delaying solid foods until 6 months may lower the risk of food allergies in infants and children.

Common Allergies in Infants & Children

- Egg
- Milk
- Peanuts
- Tree nuts, such as walnuts
- Soy
- Wheat

Common Food Allergies in Adults

- Shellfish (shrimp, crayfish, crab)
- Fish
- Peanuts
- Tree nuts



breastfeeding blurb

Ever wondered if your baby is getting enough breast milk?

Most moms do! If your baby is having enough wet diapers and bowel movements and gaining sufficient weight, your baby is getting enough milk. Your baby will feed a lot! 8—12 times in 24 hours (about every 1 1/2 to 3 hours) is normal. Your baby's stomach is little and breast milk is easily digestible, so frequent feedings are NORMAL!

ASK YOURSELF THESE QUESTIONS:

Can I hear my baby swallowing when he is breastfeeding?

Am I nursing at least 8—12 times per day?

Does my baby seem content after feedings?

Is my baby gaining a pound or more per month?

Remember! It's normal for babies to lose weight right after birth.

They should be back to birth weight within a couple of weeks and then continue to gain.

Does my baby have enough wet and dirty diapers?

Baby's Age	Wet Diapers	Dirty Diapers
Day 1 (Birth)	1	1-2 Thick, tarry, black
Day 2	2	2 Thick, tarry, black
Day 3	3	2 Greenish Yellow
Day 4	4	3 Greenish Yellow
Days 5-7	5-6+	4+ Seedy, mustard color



It's okay for your baby to have more wet/dirty diapers than what is listed!

Sometimes breastfeeding can be difficult during the first 5 days. There is a lot to learn! If you are having trouble, contact your lactation consultant, doctor, peer counselor, or WIC staff for help!

Whole Grain Pancake Recipe

Ingredients:

- 1 cup whole-wheat flour
- 1/3 cup rolled oats
- 1/3 cup all-purpose flour
- 2 teaspoons of baking powder
- 1/2 teaspoon cinnamon
- 1 and 1/2 cups soy milk



Directions:

Mix the dry ingredients in a medium bowl. Add the soy milk and stir until the batter is smooth. Lightly spray a large non-stick skillet with cooking oil and heat it over medium-high heat. Spoon the batter into the skillet to form 3-inch pancakes. When the pancakes bubble, it's time to turn