



Wellness
Nutrition

April 2019

Fun FaCts

Alcohol Awareness Month

Alcohol During Pregnancy



How does alcohol during pregnancy affect my baby?

Any amount of alcohol taken in during pregnancy can cause miscarriage, preterm birth, and still birth. When you drink so does your unborn baby.

What can I do?

Avoid all alcoholic beverages during pregnancy. If you are thinking about getting pregnant, stay away from wine, wine coolers, beer, and liquor. No amount is safe.

Dads, what can you do?

Encourage your partner to avoid social events where alcoholic beverages will be served. Encourage family and friends to not serve alcoholic beverages during a family get together.

If you or a loved one have a problem, ask for HELP.

WIC staff can refer you to get assistance.

HOW CAN YOUR SUPPORT PERSON HELP?

Don't worry about feeling left out if mom breastfeeds. There are many ways to help!

- Help with housework and cooking
- Bring mom something to eat or drink while nursing
- Limit number of guests and make sure mom is resting
- Bathe, diaper, and dress your baby
- Sing and talk to your baby
- Bring baby to mom for feedings
- Burp during and after feedings
- Spend time with other children to make them feel special
- Encourage mom!! Tell her you're proud of her and that she's doing a great job!

Delicious & Nutritious!

Cereal-Coated French Toast Bites with Yogurt Dipping Sauce

Ingredients:

- 2 large eggs
- 3 large egg whites
- 2 tablespoons milk
- 1 ½ teaspoon vanilla extract
- 1 teaspoon cinnamon
- 2 teaspoons butter
- 1 cup crushed flakes cereal (about 2 cups uncrushed)
- 4 slices whole wheat or whole grain bread
- ½ cup yogurt (whichever flavor your family prefers!)



Directions:

Whisk together eggs, egg whites, milk, cinnamon and vanilla in a shallow dish. Transfer cereal to a separate shallow dish. Melt butter in a nonstick skillet or griddle over medium heat. Dip 1 bread slice in egg mixture coating both sides. Let excess drip off. Lightly coat both sides in crushed cereal. Shake off any excess. Cook for 2 minutes on each side or until cereal is golden brown and egg is set. Repeat steps with remaining bread slices. Cut each slice into 8 bite-sized pieces. Serve with yogurt.

By Holley Grainger, MS RD