



# Wellness Nutrition

## September 2019 Fun FaCts

### Fruits & Veggies For Better Health

**Red**

- Decreases blood pressure
- Skin protection
- Prevents cancer
- Helps cell renewal

**Orange**

- Supports immune system
- Healthy skin
- Prevents cancer
- Supports eyesight

**Yellow**

- Healthy joints & tissues
- Lowers cholesterol
- Healthy heart
- Supports eyesight
- Prevents cancer

**Green**

- Healthy bones
- Prevents cancer
- Supports eyesight
- Supports immune system
- Improves digestion

**Purple**

- Healthy blood vessels
- Helps memory
- Anti-aging
- Healthy urinary system

**White**

- Supports immune system
- Healthy colon
- Prevents ulcers
- Lowers cholesterol

**Each color has different nutrients and benefits**

**Try to eat a variety of Colors!**

# Reasons to Breastfeed

Healthy • Convenient • Free

- **Breastfeeding is healthier for both mom & baby**  
The risk of disease is decreased
- **Breastmilk contains all the nutrients baby needs**  
Protein, fat, vitamins, antibodies, carbs, calories & so much more!
- **Breastmilk is made in the perfect portions**  
Removing milk from the breast signals the body to make more milk
- **Breastmilk is always available**  
Even in a snowstorm or after the store closes
- **Breastfeeding makes getting out of the house easier**  
No need to bring along supplies like bottles, water, formula
- **Breastmilk is free**  
Enjoy a savings of about \$2,000 in formula the first year
- **Breastfeeding is handy**  
Frees up a hand that would otherwise be holding a bottle
- **May delay period**  
Breastfeeding mothers often go longer without a period
- **Breastfed babies have less stinky diapers**

**WIC offers Breastfeeding mothers the largest food package available until baby is 1 year!**

**Mom's**

**Breastaurant**

Always fresh!

Open  
24  
Hours

**Delicious & Nutritious!**

## Oatmeal Baked Apple

4 Servings

Prep 10 minutes

Cook 30 minutes

### Ingredients:

- 2 large apples
- 1/2 cup oatmeal
- 1/2 tablespoon oil
- 1 teaspoon honey
- 1 teaspoon cinnamon
- 4 tablespoons vanilla or low-fat yogurt

### Directions:

Wash prep area, your hands, and each apple. Pre-heat oven to 350 degrees. Carefully slice the tops off the apples. Using a soup spoon, core each apple. Save the eatable cored parts of the apple in a small mixing bowl. Slice eatable parts from the tops into small pieces and add to the mixing bowl. Add oatmeal, oil, honey, cinnamon, and yogurt. Stir thoroughly until blended. Place apples on an aluminum foil layered cookie sheet. Fill each apple with oatmeal mixture. Bake at 350 for 30 minutes. Cut in half, top with yogurt, and serve.

