

Type 2 Diabetes Risk

If you gave birth to a baby that weighed 9 pounds or more, or if you had gestational diabetes, you are at risk for getting type 2 diabetes. You can reduce your risk and prevent or delay type 2 diabetes:

- Get tested for diabetes 6-12 weeks after your baby is born, then at least once every 3 years.
- Be active at least 30 minutes on most days.
- Eat more fresh fruit and vegetables and choose water to drink.
- Maintain a healthy weight.

Take control of your health and set an example for your family to follow.

Find out more information:

Idaho Diabetes Prevention & Control Program:

www.diabetes.idaho.gov

American Diabetes Association:

www.diabetes.org

National Diabetes Education Program:

www.yourdiabetesinfo.org

Coloring Contest

This year for National Nutrition Month®, we are having a coloring contest. Prizes will be awarded in each clinic and then we will choose one grand prize winner in the district. The grand prize will be a 1 year subscription to *Chop Chop Magazine (The Fun Cooking Magazine for Families)*. Coloring sheets will be available January–March and are due by March 30. Prizes will be awarded and pictures displayed in April.



Contact Information

If your address or phone number changes, please let us know as soon as possible. Occasionally, we may need to contact you to reschedule an appointment or with other information. Thank you!

Office Closures

April 13 WIC Staff Meeting

May 28 Memorial Day

**Don't forget to set your clocks forward on March 11*

March/April 2012

»» WIC Newsletter



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March is National Nutrition Month®

The Academy of Nutrition and Dietetics' (formerly the American Dietetic Association) theme for National Nutrition Month® 2012 is "Get Your Plate in Shape." The goal this year is to encourage people to make sure they are eating the recommended amounts from all the food groups—fruits, vegetables, grains, proteins and dairy.

Eating correct portion sizes plays an important role in helping people maintain a healthy weight and prevent disease. Eating should be something we can enjoy, so enjoy the foods you eat while keeping to the correct portion sizes. Try to be more aware of how much you are eating every day.

Here are 5 tips offered by registered dietitian and Academy Spokesperson Marjorie Nolan:

1) Be mindful of your daily calorie needs.

You can find your personal daily calorie needs by visiting myplate.gov. The MyPlate divides your plate into 3 sections—

1/2 the plate for fruits & vegetables, 1/4 for lean protein and 1/4 for whole grains with a side of nonfat or low fat dairy. When planning your meals and snacks, keep your total calories in mind and use the MyPlate model to help you think about the portions.

- 2) Avoid oversized portions by using smaller plates, bowls and glasses.** Smaller plates make it easier to stick with the correct portion sizes without leaving you feeling deprived. Fill your plate with nutrient-rich, calorie-dense foods like fruits & veggies, whole grains and lean proteins.
- 3) Get into the kitchen and stay in charge of what you're eating.** Making your own meals allows you to eat a better balance of foods and choose healthier options. Serving sizes at restaurants are much larger than the portion sizes recommended by MyPlate. Preparing meals at home will make it easier for you and your family to get a grasp on portion control.

- 4) Watch out for liquid calories.** The calories in our beverages can really add up—limit sugar containing soda, sports drinks, juice drinks, sweetened coffees/teas & other sugar-containing beverages. Even 100% fruit juice contains sugar, so limit your intake to 6 oz/day for adults and no more than 4 oz/day for children. Drink more water!
- 5) Log in.** Keeping a log or journal of what you eat can really help you control your calorie intake. Its also a good way to make sure you are getting a balance from all the food groups.

The Academy of Nutrition and Dietetics' website for National Nutrition Month® contains more helpful tips, games and nutrition education resources. Visit them at www.eatright.org/nnm

Information adapted from www.eatright.org/nnm