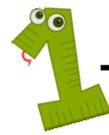


Shake the Extra Salt Out
of Your Family Meals!



Having too much added salt in your child's food every day can lead to high blood pressure. As your child gets older, this puts them at a greater risk for serious health problems, like heart disease and stroke.

These 6 tips will help you cut back on your families' salt intake:



Buy packaged foods that say "low-sodium" or "no-salt added."



Avoid deli meats, cold cuts, bacon, and sausages.



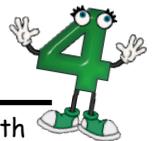
Eat foods like bananas, squash, dark leafy greens, and potatoes. These foods help to lower blood pressure by working against the salt you eat!



Eat take-out foods (like pizza) and fast-food as little as possible.



When choosing fruits and vegetables, pick those that are fresh, frozen, or canned with no salt or sauce added.



Flavor dishes with herbs and spices rather than salt. Some great options include onion powder, garlic, thyme, crushed red pepper, citrus juice, and salt-free mixes.



Aim to drink 8 glasses of water a day to help your body flush out the salt you eat!

Try Salt-Free Seasoning Blends

Instead of reaching for a packet of salty taco seasoning mix, try making your own quick and easy seasoning blend.

You might find that making your own seasoning costs less too!

Mexican blend:

Mix together: $\frac{1}{4}$ cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and ground red pepper and $\frac{1}{2}$ teaspoon cinnamon.

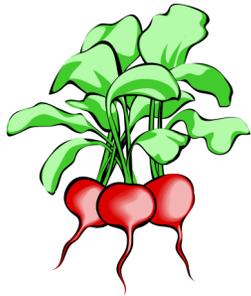
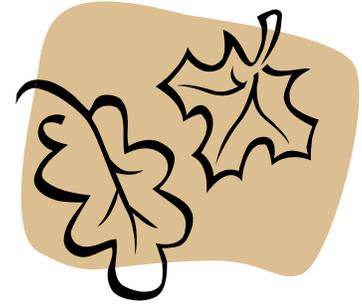
Find more healthy cooking ideas at www.eatright.org



For more information, visit www.CDC.gov/salt

Fall for New Fruits and Vegetables this Season

As we move from summer to fall, we can easily become sad thinking about the end of fresh berries and watermelon. Instead, we should be celebrating the beginning of a wonderful new harvest! This year, try new fruits and vegetables with your children. Cooler weather brings a variety of new flavors!

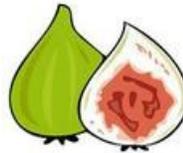


Beets

With their reddish-purple color and earthy flavor, this vegetable can be prepared an endless amount of ways! Try them tossed in a salad, blended in a smoothie, or baked with olive oil and herbs!

Figs

This chewy fruit is mostly known for being the main ingredient in the Fig Newton cookie. What makes it most unique is that the layers make it crunchy, smooth, and chewy at the same time for a truly delightful experience!



Leeks

You might recognize this bright green vegetable as having a flavor similar to a mild onion! Use in place of an onion in most dishes where you want a sweeter flavor.



Artichoke

Did you know that the artichoke is actually a kind of flower bud before the flower comes into bloom? The artichoke gives a smooth and buttery flavor to dips, soups, and pasta dishes!



Fall & Winter Activities for Family Gatherings!



Fall Scavenger Hunt

Decorate your backyard or house. Have fun making fall things like cut-out felt or paper leaves, pumpkins, apples, turkeys, and even turn on fun fall music! Then hide prizes such as stickers, pencils, or bouncy balls. Or hide cut-outs labeled with numbers or letters and set the kids go on a hunt to find them all!

Festival Foods Turkey Trot

The Festival Foods Turkey Trot takes place in Eau Claire. On Thanksgiving Day your family can join in on a 5-mile timed run or an untimed 2-mile walk. You can even bring the family dog as part of the "Dog Jog" for the 2-mile walk!

For more information visit:
www.festivalfoodsturkeytrot.com

Inside 'Snowball' Toss Game

- Draw a VERY LARGE holiday tree or snowman on poster board; decorate and color.
- Glue or staple the poster board to a piece of cardboard. Cut 4 round circle holes of various sizes in the tree or snowman.
- To make the snowballs, wrap about 5 cotton balls in plastic wrap and tie it together. Prop the board up and mark a line on the floor. Younger players may need a closer line.
- **Playing the Game:** Players take turns standing behind the line and trying to toss the "snowballs" through a hole on the board. Keep score by counting the snowballs that make it into a hole or give a point value to each hole.

Provided by: www.kidactivities.net/category/holidays-christmas-games-and-miscellaneous.aspx

Apple Cinnamon Baked Oatmeal

Ingredients

- 2 cups rolled oats (not instant)
- 1½ cups fat-free milk or soy milk
- ½ cup egg substitute or egg whites from 4 large eggs
- ½ cup packed brown sugar
- 1 teaspoon baking powder
- 1 tablespoon melted margarine
- ½ teaspoon cinnamon
- 1½ cups chopped apples



Directions

1. Preheat oven to 350°F.
2. In a small bowl mix the milk, brown sugar, egg substitute/whites, margarine and cinnamon together.
3. In a larger bowl combine the oats and the baking powder.
4. Pour the wet mixture into the bowl with the oats; add the apples and mix well.
5. Spoon the mixture into a 8 x 8 inch pan coated with cooking spray and bake for 30-40 minutes, until top is firm and a toothpick comes out clean in the center.

Makes 9 servings.

Nutrition Information per serving: Calories: 160; Total fat: 3g; Saturated fat: < 1g; Sodium: 80mg; Dietary Fiber: 3g; Protein 4g

Power-Up Pita Pizzas

Ingredients

- 2 whole-wheat pitas (6-inch diameter)
- ¼ cup hummus
- ½ cup fresh or frozen spinach, chopped (if frozen, defrost and drain first)
- ½ cup black beans, rinsed
- ½ cup artichoke hearts
- ½ cup Swiss or mozzarella cheese, shredded

Directions

1. Preheat oven to 325°F.
2. Spread hummus evenly over pitas. Add spinach, beans and artichoke hearts. Top with cheese.
3. Bake in the oven for 15 minutes or until pita is toasted. Let cool and enjoy.

Nutrition Information per serving (1/2 pita): Calories: 160 Total Fat: 2g; Saturated Fat: 0g; Total Carbohydrate: 29g; Fiber: 7g; Protein 8g

All recipes from: www.eatright.org

Jicama Salad

Jicama is a very kid-friendly vegetable due to its sweet taste and apple-like crunch. Another name for jicama is a "Mexican potato." Wash the outside. Then, carefully cut the brown peel off a jicama to find the juicy, white insides.

Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ cup lime juice
- 3 tablespoons granulated sugar
- ¼ to ½ teaspoon cayenne pepper
- ½ teaspoon salt
- 1 medium-size jicama, peeled
- 1 medium-size red bell pepper, minced
- ½ cup minced fresh parsley

Directions

1. Combine the oil, lime juice, sugar, cayenne, and salt in a large bowl; stir. Set aside.
2. Chop the jicama and add to the juice mixture (this will prevent browning). Add the pepper and parsley; stir well.
3. Let stand at room temperature for 30 minutes before serving. Or, make a day ahead and store, covered tightly, in the refrigerator.

Make 6 1-cup servings.

Nutritional Information per serving: Calories: 100; Total Fat: 2.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 200mg; Total Carbohydrate: 19g; Dietary Fiber: 6g; Protein: 1g.

Healthy Kids Eau Claire County -

to inspire families to make healthy habits happen through reliable consistent education, resources, and support.

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Preventing and Treating Pain While Breastfeeding

One of the most common reasons mothers stop breastfeeding, even though they want to, is because they say it was a painful experience. However, having pain while breastfeeding is a problem that can usually be fixed! Here are some tips to help prevent pain while you are feeding your baby:

Try different feeding positions

There are a few different ways you can position your baby to feed including the cradle-hold, the football-hold, reclining position (laid-back) and the cross-cradle hold. You may need to try different positions to figure out which hold is best for you and your baby. This also changes as your baby grows bigger and longer!

Make sure your baby has a good latch

When a baby is latched correctly, the nipple will be deep into the back of his or her mouth with baby's lips pushed outward. If the breast is in the mouth far enough, the tongue will not be able to rub against the nipple and cause pain. If your baby is not latched well, slip your clean finger into the corner of his mouth to break the suction and try again.

Take care of your nipples after feedings

When your baby is finished, express some milk onto your nipples and allow them to air dry. Breastmilk has healing properties that will help with cracked nipples. Lanolin creams are also available to provide soothing relieve. Changing your nursing pads often and wearing clean and supportive nursing bras will also avoid discomfort between feedings.

*Talk to your doctor if you have severe pain in combination with flu-like symptoms, fever, chills, or a hard or red area on the breast. This may be a sign of an infection of your milk ducts called "mastitis."

Source: kidshealth.org/en/parents/breastfeed-discomfort.html#

TIP:

Aside from Lanolin based creams, try coconut oil! It acts as a moisturizer and anti-fungal to help prevent yeast overgrowth (thrush).



FREE! Breastfeeding Class

Wednesdays 6-7:30 PM:

October 12
November 9
December 14
January 11

Tuesdays 10-11:30 AM:

October 25
November 22
January 24

Classes will be held at the Eau Claire City-County Health Department.

Call (715) 577-6154 for more information and to register today!

Topics covered in this class include:

- Benefits of breastfeeding for babies, mothers, and fathers
 - Latching on and positioning
 - Frequency and duration of feedings
- How to know your baby is getting enough to eat
 - Strategies for returning to work or school
 - When and where to get help if you need it