

Nutrition Newsletter

Cayuga County WIC Program Summer 2007

www.cayugacounty.us/hhs/doh/wic

Fruits and vegetables have vitamins and minerals that can help protect your health. It is easy to use fresh, frozen, canned and dried forms of fruits and vegetables everyday. Eat more of these foods, more matters.

Vitamin A

Why is vitamin A important? Vitamin A helps us to see well at night, to stay healthy by preventing infection and to keep our skin and hair looking its best. It also lowers the risk of cancer.

Which foods are high in vitamin A?



Best vitamin A sources:

Dried apricots, cantaloupe, butternut squash, spinach, carrots, sweet potatoes and beef liver.

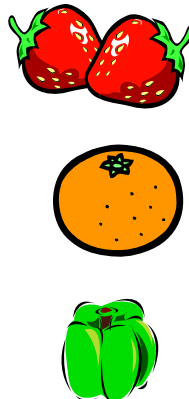
Good sources of vitamin A:

Broccoli, low fat milk, egg yolk and cheese.

Vitamin C

Why is vitamin C important? Vitamin C helps form bones, teeth, muscle and skin. It maintains healthy blood vessels and gums. It aids in resisting infection and wound healing. It helps in iron absorption.

Which foods are high in vitamin C?



Best vitamin C sources:

WIC juices, oranges, grapefruit, cantaloupe, strawberries, green pepper, broccoli, collard greens, kale, mango, kiwi and papaya.

Good vitamin C sources:

Honeydew melon, V-8 juice, brussel sprouts, sweet potatoes, cabbage, watermelon and tangerines.

Folic Acid

Why is folic acid important? Any woman able to get pregnant should take folic acid. Folic acid is necessary for proper cell growth and development of the baby. Folic acid can help prevent neural tube defects. (NTD) NTDs occur very early in pregnancy and affect development of a baby's brain and spine.

Which foods are rich in folic acid?



Best sources of folic acid:

Breakfast cereals, fortified/enriched grain products, dried beans and peas, juices, fruits, vegetables, nuts and peanut butter.



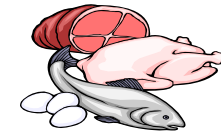
How much do you need? The recommended amount of folic acid is 400 micrograms (mcg) every day.



Iron

Why is iron important? Iron helps your blood carry oxygen to your muscles and body parts. You have more energy and are healthier when you have enough iron in your blood.

Which foods are high in iron?



Best sources of iron:

Lean meat (beef, pork, poultry), fish and shellfish, liver, iron enriched cereals, dried beans, and blackstrap molasses.

When you eat iron that comes from a plant source, it is important that you drink or eat foods that contain vitamin C. Vitamin C helps your body use iron better. Your body does not absorb all the iron available in foods you eat when you drink coffee or tea.



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