



### *Dates to Remember...*

WIC is closed  
April 16, 30  
May 21, Closed till 12:30 pm  
May 28, 31  
June 3, Closed till 11:00 am  
June 24, 25, 29

Your next WIC appointment is \_\_\_\_\_

Please bring to this appointment:

- Your child(ren)
- Proof of household income
- Attached questionnaire
- Your child's immunization records
- Proof of residency (gas bill, phone bill)
- Identification
- Proof of Medicaid, Food Stamps or TANF
- WIC Envelope

## EAT SMART: PORTION CONTROL

Why consider portion control? The amount of calories you consume each day affects your weight and health. Larger food portions will usually contain more calories. Eating too many calories may lead to weight gain. Being overweight can increase your risk for weight-related diseases such as obesity, diabetes and heart disease.

Focusing on eating a variety of foods, and watching portion sizes are important steps in achieving an overall healthy lifestyle.

### What is the difference between a portion and a serving?

A portion is what you choose to serve yourself and a serving is the recommended amount of food to be eaten. The portion you choose may often contain more than the established serving size which ultimately means you can consume more calories. The Nutrition Facts label will help guide your understanding of the "appropriate" amount of a particular food.

### How can you watch your portion size?

- ▶ Place food on smaller plates which makes it look like you have more food.
- ▶ Be sure that you have vegetables for every lunch and dinner meal.
- ▶ Select single-serve portions for snacks and desserts. Always use the food label to be sure you are choosing the right amount.
- ▶ If you select a food from a large container or bag, serve yourself one serving and put the rest away.
- ▶ Eat slowly and enjoy your meals. Research has shown it takes approximately 20 minutes for your stomach to signal that it is full.
- ▶ Keep snacking to a minimum. If you choose snacks, try to select fresh fruits or vegetables.



### Jefferson County WIC Clinics

Lakewood  
Arvada  
Edgewater

260 S. Kipling St., Lakewood, CO 80226  
6303 Wadsworth Bypass, Arvada, CO 80003  
1711A Sheridan Blvd Edgewater, CO 80214

303.239.7143  
303.275.7510  
303.239.9580



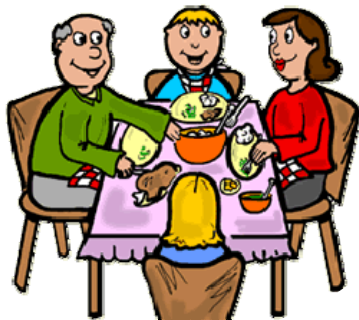
# EAT RIGHT, BE HEALTHY

Whether your family is enjoying a home cooked meal or eating out at a restaurant, it's important to eat nutritious foods. Here are some simple ideas for keeping your family happy and healthy!



## TIPS FOR EATING OUT

We all enjoy eating out, but restaurants often serve meals that are high in calories and low in nutrition. Fortunately, you can make smart choices at restaurants. Remember these tips the next time your family eats out.



- Choose Grilled Foods** - Grilled meats and plain hamburgers may be better choices than fried foods. Ask for sauces on the side.
- Load Up On Veggies** - Order a fresh side salad or veggies instead of fries or chips. And ask for dressings and sauces on the side.
- Order Milk Instead Of Soda** - Low fat milk contains important vitamins and minerals, like calcium and vitamin D. And it tastes great!
- Enjoy A Slice** - Order a cheese pizza with veggie toppings. Have some now, and take the rest home for tomorrow.
- Have Fun!** - Look for restaurants that are near playgrounds. That way your kids can enjoy a fun workout before or after their meal.



## LUNCHTIME MAKEOVERS

Arrange food into cute shapes. Plant steamed broccoli "trees" in a bowl of macaroni and cheese. Another idea: Create a "smiley face"

fruit salad side dish—banana slices for eyes, a strawberry for the nose, an orange wedge for the mouth, and blueberries to outline the face.

## Breastfeeding Corner Benefits Of Breastfeeding



### Breastmilk is good for baby...

- Has all the nutrients your baby needs
- Helps protect against illnesses & infections
- Easy to digest

### Breastmilk is good for mom...

- Promotes bond between you and baby
- Decreases risk of ovarian and breast cancer
- Promotes weight loss

## Southwestern Pepper Cups



- |                                                           |                                           |
|-----------------------------------------------------------|-------------------------------------------|
| 5 medium red, yellow or green peppers, halved and seeded  | 1/3 cup onion, minced                     |
| 1 1/2 tsp olive oil                                       | 1 clove garlic, minced                    |
| 1 can (10.5 oz) tomatoes with chilis, diced and undrained | 3 cups cooked rice                        |
| Vegetable cooking spray                                   | 1 can (8.5 oz) whole kernel corn, drained |
|                                                           | 1/3 cup low-fat cheddar cheese, shredded  |

Cook peppers in boiling water 2 to 3 minutes. Drain; set aside. Cook onion and garlic in oil in medium skillet over medium-high heat 3 minutes. Combine rice, tomatoes with chilis, corn and onion mixture; mix well. Spoon into pepper halves; place on baking sheet coated with cooking spray. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese. Bake again at 350 degrees for 5 to 10 minutes or until cheese melts.

Makes 10 servings.

## RESOURCE CORNER

Denver's Family Guide **Online coupons for fun activities, field trips and camps:** [www.coloradokids.com](http://www.coloradokids.com)

Denver Museum of Nature & Science **Free Day April 18, 2001** Colorado Blvd. Denver CO 303 322-7009 [www.dmns.org](http://www.dmns.org)

Colorado History Museum **Saturdays Kids 12-Under Are Free** 1300 Broadway Denver CO 303 866-3682 [www.coloradohistory.org](http://www.coloradohistory.org)

Denver Art Museum **Free Days-1st Sat. of Every Month** 100 W 14th Ave Pkwy. Denver CO 720 865-5000 [www.denverartmuseum.org](http://www.denverartmuseum.org)

Children's Museum of Denver **Free Play the 1st Tuesday of Every Month from 4 pm-8 pm** [www.mychildsmuseum](http://www.mychildsmuseum)

Museum of Miniatures, Dolls & Toys SCFD sponsored 'pay-what-you-can' **Family Free Day-1st Sun. of Every Month** [www.dmmtdt.org](http://www.dmmtdt.org)

Museo de las Americas **Free Days-2nd Sat. of Every Month** 861 Santa Fe Drive Denver CO 303 571-4401 [www.museo.org](http://www.museo.org)

**Immunization Clinics available at these locations: ARVADA•LAKEWOOD For more information please call: 303 239-7033**