

# Growing Stronger Families

Opportunities for Otsego | 3 West Broadway, Oneonta | 607.433.8071 | [www.ofoinc.org](http://www.ofoinc.org)

## Veggie Loaded Sloppy Joes

### Ingredients

Vegetable oil cooking spray  
1 pound extra lean ground beef  
1 small green bell pepper, diced  
1 small red pepper, diced  
1 small onion, diced  
1 tablespoon white vinegar  
¾ cup ketchup  
2 tablespoons prepared mustard  
6 whole-grain or mixed grain sandwich buns



### Directions

1. Spray medium skillet with cooking spray.
2. Combine ground beef, diced peppers and onion in the skillet. Cook over medium heat until the beef is thoroughly cooked, 8 to 10 minutes.
3. Mix the vinegar, ketchup and mustard together, add to the beef mixture and simmer for 10 to 15 minutes
4. Place one portion onto each sandwich bun and enjoy!

## Easy Pasta Salad with Chicken and Vegetables

### Ingredients

1 15-ounce can garbanzo beans, drained and rinsed  
1 6-ounce can chicken breast, packed in water, drained and rinsed  
½ cup balsamic vinaigrette salad dressing  
16 ounces uncooked whole-wheat pasta  
1 10-ounce bag frozen mixed vegetables



### Directions

1. Bring a gallon-size pot of water to boil. Cook pasta according to package directions.
2. 2 minutes before pasta is finished cooking, add the frozen vegetable. Once pasta is cooked and vegetables are tender, drain into colander.
3. While pasta and vegetables are cooking, gently mix the rinsed and drained beans, chicken and salad dressing in a large bowl until combined.
4. Add the pasta and vegetables to the bowl and mix in the beans, chicken and salad dressing. Serve salad warm or cold and enjoy!

## Now That I'm Pregnant, is Keto Right for Me?

The keto diet is a high-fat, moderate-protein, low-to-no carb diet that has become very popular in recent years. This fad has gained followers with promises of fast weight loss and improved overall health, but are any of these claims true? As a mother-to-be, it is now more important than ever before to stay informed, looking out for your health and the health of your baby.

Keto dieting requires the restriction of carb containing foods: grains (e.g. rice, pasta), starchy vegetables (e.g. potatoes, squash), fruits (e.g. bananas, apples), beans/legumes (e.g. chickpeas, lentils), and sugary sweets (e.g. candy, baked goods). While limiting sweets may be a good idea, cutting out those other foods can cost you. These foods are rich in necessary vitamins and minerals that maintain your health and help your baby to grow. They are also rich in fiber, which can help regulate your digestive tract. This could relieve pregnancy-related diarrhea and/or constipation. With all of these benefits, why would anyone cut them out?

Keto-enthusiasts often believe that eating carbs prevents the body from burning fat. That is because the human body naturally prefers using carbs for energy to complete day-to-day tasks, but this doesn't mean fat goes untouched. The body burns a mix of carbs and fats throughout the day to keep you going and doesn't require extreme dieting to make a difference. Regardless, some still stand by this extreme dieting trend in the battle to lose weight. As a pregnant woman, you're likely not trying to lose weight (because that's bad for the baby), so we'll focus mainly on aspects of health.

When following the keto diet, high-fat foods make up the majority of the plate: meats/fish (steak, tuna), eggs, high-fat dairy (cream,

butter), nuts/seeds (almonds, sunflower seeds), oils (olive, canola), and avocados. There is a little room for non-starchy vegetables (brussels sprouts, asparagus), especially the leafy greens (spinach, kale), but some choose to avoid these as well since they have some carbs in them. Though the recommended foods may also have nutrients needed for sustained health, excessive consumption of saturated fat found in these foods can cause major health issues: heart disease, liver disease, diabetes, etc. This can impact your health long-term, and just imagine what this can do to your unborn child. Studies have found following the keto diet during pregnancy can cause impaired fetal development, meaning your baby may not grow properly. No long-term studies have been published looking at how this impacts these children over their lifetime, but do you want to take that risk? Additionally, when simply looking at the recommendations, high consumption of fatty fish can lead to mercury poisoning. This has been advised against in the prenatal population for many years, as it can cause harm to the developing fetus. These facts seem to question whether the keto diet was made for moms-to-be.

The keto diet isn't all it is made out to be, and although it may seem tempting, it is not worth risking your health. If you are a mother-to-be, heed this recommendation: everything in moderation. Keeping a balanced diet with diversity in your food choices is the best way to maintain your overall health, and the health of your child-to-be. Doesn't the thought of a long-lasting life with your pride-and-joy just sound that much more tempting?

Article submitted by Intern Will



### Hours of Operation

Monday	8:00AM – 5:00PM
Tuesday	8:00AM – 5:00PM
Wednesday	8:00AM – 6:00PM
Thursday	8:00AM – 5:00PM
Friday	8:00AM – 5:00PM

We are open on the 4<sup>th</sup> Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, May 18<sup>th</sup> to accommodate the Memorial Day weekend.

### Outreach Days

May 3<sup>rd</sup> & 13<sup>th</sup> Richfield Springs  
9:45AM – 2:00PM

May 14<sup>th</sup> Cooperstown  
9:30AM – 2:00PM

May 17<sup>th</sup> Cherry Valley  
9:45AM – 10:45AM

### Closings

WIC will be taking limited appointments in CV on Friday May 17<sup>th</sup> for a Staff day and will be closed on Monday May 27<sup>th</sup> in celebration of Memorial Day

## Breastfeeding Peer Counselor Corner

By the 2nd or 3rd day after birth, a woman usually notices the transitioning of colostrum to mature milk. As the milk changes, it gradually becomes whitish, and thinner, and increases in volume. The mother may experience some engorgement as this happens, which can cause discomfort and difficulty in feeding. The more often the milk is removed, the less discomfort and difficulty feeding there will be, and the more milk her body will be able to make in the months to come. Putting the baby to breast as frequently as they desire during the first few weeks is an efficient and effective way of caring for both mother and child.

Next month: What If...

Contributed by PC Ginny



## May is Food Allergy Awareness Month

Food Allergy Awareness month started as a week designed to bring awareness to the importance and potential dangers of food allergies. Food allergies are an autoimmune response where the immune system attacks a food protein it mistakes as a threat. Our immune system sees it as a foreign invader and reacts to fight it off. Symptoms we normally see are itching and swelling of the mouth, throat, face or skin, trouble breathing, stomach pains, diarrhea, nausea and vomiting. They can be life threatening if not immediately treated.

Food allergies are on the rise. The most common food allergies are dairy, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame. While these are the most common, allergies can occur with almost any food. The CDC recently conducted a survey that found the prevalence of food allergies in those under 18 has increased to 5.1% from 3.4% between 1997 and 2011. It is estimated that there are two children in every classroom with a food allergy. Food allergies are highest in infants and toddlers and less common in adults. This prevalence is due to differences in immune system response. Children tend to outgrow their allergies to milk, wheat, eggs and soy. Some have food intolerances. While these are not life threatening nor do they trigger the immune system, they share similar symptoms. We see it mostly with a milk allergy or lactose intolerance. Those with a milk allergy must avoid all milk products, while those with an

intolerance lack the enzyme that breaks down the natural sugars in milk. They may eat some dairy but need to avoid real milk.

There are ways to reduce your child's risk to developing food allergies. If a parent or relative has a food allergy, take special care with food preparation during your child's first year. This allows their immune system to mature and reduce the risk of developing a food allergy. There are new studies that suggest offering allergens early may prevent children from developing a food allergy, while studies continue to be ongoing, more research is needed. Breastfeeding exclusively for the first six months decreases the incidence of atopic dermatitis, cow's milk allergy and wheezing in early life when compared to those fed a milk-based formula. Breastmilk contains natural antigens and immunity properties passed on from mom to child. While this reduces risks, it does not prevent food allergies from occurring.

The focus on preventing food allergies is to keep your child safe and healthy. If you feel your child has a food allergy, your pediatrician or allergist can test and confirm any allergies. Once confirmed, you need to be diligent about avoiding foods with those allergens by reading food labels, educating family, caregivers and teachers about their allergies and by avoiding cross contamination. Many do not understand how serious a food allergy can be until it's too late. For more information on food allergies and how you can live with them, visit Food Allergy Research & Education at [foodallergy.org](http://foodallergy.org).

## Celebrate Mom this Mother's Day!

With Mother's Day approaching soon, kids will want to do something nice for their moms and what better way than a handmade gift. Moms are always there for us and what better way to celebrate her day than by making her a personalized gift.

Below are two easy crafts that kids can do at home (with a little help from an adult with some scissors):

- "Flower of Love" - Children can write all the things they love about their moms on each petal of the flower. (The far left picture)
- "Sprinkles of Sweetness" - Allows children to write all the words they think that describe their mom on sprinkles and put them all over their ice cream cone. (The middle picture)
- A simple card that even young children can make to put a smile on any moms face. (The far right picture)



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- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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