



March 2023 Issue

# WIC Program Newsletter

## Office Hours

**Monday - Thursday:**  
8:30 am – 3:45 pm  
**Friday:** 8:00 am –  
3:15 pm

## Site Location & Dates

Currently Conducting  
Remote Appointments

## Breastfeeding Support Group

Please join us for our virtual breastfeeding support group!  
**Every Monday, Wednesday and Friday at 10am and Wednesday at 6pm.**

## CEO's WIC Program

2328 Fifth Avenue,  
Troy, NY 12180

Phone: 518-272-6159  
Website:

[www.ceoempowers.org/wic](http://www.ceoempowers.org/wic)

\* This institution is an equal opportunity provider.



Photo courtesy of  
<https://www.health.harvard.edu/nutrition/how-many-fruits-and-vegetables-do-we-really-need>

## Understanding the MyPlate Food Guide

The U.S. Department of Agriculture (USDA) created MyPlate, an easy-to-follow food guide, to help parents to figure out how to feed their kids nutritious, balanced meals. The colorful divided plate includes sections for vegetables, fruits, grains, and protein foods. MyPlate's user-friendly, interactive website provides simple messages, such as:

- choose variety — the best meals have a balance of items from different food groups.
  - fill half your child's plate with vegetables and fruits.
  - make at least half the grains you serve whole grains, like oatmeal, whole-wheat bread, and brown rice.
  - serve fat-free or low-fat (1%) milk and water rather than sugary drinks.
  - don't serve oversized portions.
- dark green vegetables (like broccoli, spinach, and kale)
  - orange and red vegetables (like squash, carrots, and sweet potatoes)
  - beans and peas (like kidney beans, lentils, and black-eyed peas — also included in the protein group)
  - starchy vegetables (like corn, potatoes, and plantains)
  - other vegetables (those that don't fall into the first four categories, like cauliflower and green beans)

## How to Make MyPlate Yours

Just by looking at MyPlate, you know right away that vegetables and fruits should take up half the plate and grains and protein foods each take up about a quarter of the plate. And with a side helping of dairy, you're reminded to include milk or another dairy food (like cheese or yogurt) in your daily meal plan.

## Green = Vegetables

The vegetable portion of MyPlate, in green, is the largest section on the plate. Vegetables have many of the vitamins and minerals kids need for good health, are naturally low in calories, and contain fiber. For best nutrition, serve a variety of vegetables to your family each week. You can use fresh, frozen, or canned veggies. The vegetable group includes:



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Photo courtesy of <https://magazine.medlineplus.gov/article/eat-fruit-and-vegetables-live-longer>

## Red = Fruits

Fruits are an important part of a balanced diet. They contain nutrients like vitamin C, potassium, and fiber. You can use fresh, frozen, or canned fruit.

When buying canned fruit, choose fruit packed in juice rather than heavy or light syrup. And it's best to serve whole fruit over 100% fruit juice. Fruit juices have more sugar and calories with less fiber per serving than whole fruit.

## Orange = Grains

The grain group includes any food made from wheat, oats, cornmeal, barley, or other grain. Bread, tortillas, cereal, rice, and pasta belong in this group.

At least half of the grains kids eat each day should be whole grains, such as oatmeal, brown rice, and whole-wheat bread. Whole grains have dietary fiber that helps kids feel full and can prevent and treat constipation.

Eating a diet rich in whole grains also might decrease the chances of getting heart disease and diabetes. Refined grains, like white bread and white rice, are more processed, removing many of the nutrients. Most refined grains are enriched, which means that nutrients, except fiber, are added back after processing.

## Purple = Protein Foods

Foods that are high in protein help the body build and

maintain muscles, skin, blood, and other tissues of the body. They also have important vitamins and minerals, like iron. Protein-rich foods include beef, poultry, seafood, dry beans and peas, eggs, nuts, and seeds.

## Blue = Dairy

This group includes milk and other dairy products, such as yogurt and cheese. Calcium-fortified soy milk and soy yogurt are also included in the dairy group. Besides calcium, dairy products have protein and vitamin D. Vitamin D helps the body absorb calcium for healthy bones and teeth. Foods made from milk, like butter, cream, and cream cheese, don't have much calcium, and are not part of the dairy group.

Serve low-fat or nonfat milk and dairy products to kids over 2 years old.

## Find Out More

Talk to your health care provider if you are concerned about your child's eating habits. You can also visit the USDA's MyPlate website for daily checklists, recipes and tips, and interactive tools.



Photo courtesy of [www.myplate.gov](http://www.myplate.gov)

**Sources:** Keeping Your Child's Teeth Healthy. <https://kidshealth.org/en/parents/healthy.html#catteeth>, 31 Jan 2023.