

Enjoy Foods From Many Cultures

1. Cook with others
2. Blend cultures
3. Add a touch of spice
4. Use familiar foods to create exotic dishes
5. Find the salt and sodium and go with lower numbers
6. Think about beverages
7. Delight in cultural gatherings
8. Show children what's important
9. Make smart choices when dining out
10. Remember, all types of foods fit on MyPlate

For more information see DG Tip Sheet No. 31. U.S. Department of Agriculture

www.choosemyplate.gov



In this issue

Guidance on Zika Virus P.	2
Resources P.	2
Journal Review P.	3
From the Academy P.	3
In the News P.	4
Dates to Remember P.	4

Updated Dietary Guidelines

Earlier this year, the Department of Health and Human Services and the US Department of Agriculture released the 2015 Dietary Guidelines. The 2015–2020 Dietary Guidelines for Americans is the nation's trusted resource for evidence-based nutrition recommendations. It provides the general public, as well as policy makers and health professionals, with the information they need to help the public make informed choices about their diets at home, school, and work and in their communities.

The eighth edition of the Dietary Guidelines reflects advancements in scientific understanding about healthy eating choices and health outcomes over a lifetime. This edition recognizes the importance of focusing not on individual nutrients or foods in isolation, but on the variety of what people eat and drink—healthy eating patterns as a whole—to

bring about lasting improvements in individual and population health.

As important stakeholders in health and nutrition, local health departments play an important role in helping to share key messages from the 2015-2020 Dietary Guidelines. To assist in this endeavor, the USDA has developed the Dietary Guidelines Toolkit. The resources include:

- “Recommendations At-A-Glance” in English and Spanish;
- Graphics that can be downloaded, embedded within websites, and shared on social media;
- Conversation starters for talking with patients and clients; and
- Patient handouts.

Access these resources in the Dietary Guidelines Toolkit at <https://health.gov/dietaryguidelines/2015/resources.asp>

Guidance on Zika Virus

According to the Center for Disease Control (CDC), the virus is transmitted to people primarily through the bite of an infected *Aedes* Species mosquito. There is no vaccine to prevent transmission or medication to treat the Zika infection.

The CDC has stated that while most infections are mild and cause few or no symptoms, the bigger health threat is for women who can transmit the virus to their unborn child. Also according to CDC, there are no reports of infants getting the Zika virus through breastfeeding. Mothers are encouraged to continue breastfeeding even in areas where the Zika virus is found.

CDC has released its “Interim Guidelines for Pregnant Women During a Zika Virus Outbreak.” The document can be found at <http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm> and contains recommendations for pregnant women or their partners considering travel to an area with the Zika virus transmission, as well as the screening, testing, and management of travelers who are pregnant.

More information about the Zika virus can be found at <http://www.cdc.gov/zika>

Resources

“MyPlate, MyWins” Video Series

https://www.youtube.com/playlist?list=PL8wgGeKVh_7d4x7icBCNj99MsachAACHi

The U.S. Department of Agriculture’s Center for Nutrition Policy and Promotion introduces the “MyPlate, MyWins” Video Series, a collection of videos that shows how families are finding simple solutions to make healthy eating work for them.

The National Academies of Sciences, Engineering, and Medicine

<http://nationalacademies.org>

The report, *Assessing Prevalence and Trends in Obesity: Navigating the Evidence*, offers a description of the landscape of the literature, a framework for assessing and interpreting published reports, and recommendations for improving future data collection efforts.

Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity

https://nccd.cdc.gov/NPAO_DTM/

The CDC’s Data, Trends and Maps online tool allows you to search for and view indicators related to nutrition, physical activity and obesity. You can search on the basis of a specific location or an indicator.

The Bean Institute

<http://beaninstitute.com/>

The Bean Institute website is designed to provide nutrition, health, and culinary information and resources for four distinct audiences: consumers and home cooks; nutrition and health educators; culinary and foodservice professionals; and school nutrition professionals.

Journal Review

Journal of Human Lactation, August 2016

<http://dx.doi.org/10.1177/0890334416652596>

Moving National Breastfeeding Policies into Practice: A Plea to Integrate Lactation Education and Training into Nutrition and Dietetics Programs in the United States

Public Health Nutrition, August 3, 2016

<http://dx.doi.org/10.1017/S1368980016002019>

Maternal Micronutrient Consumption Periconceptionally and During Pregnancy: a prospective Cohort Study

Journal of Nutrition Education and Behavior

<http://dx.doi.org/10.1016/j.jneb.2016.04.398>

Barriers and Facilitators to Improve Fruit and Vegetable Intake Among WIC-Eligible Pregnant Latinas: An Application of the Health Action Process Approach Framework

Childhood Obesity, July 22, 2016

<http://dx.doi.org/10.1089/chi.2015.0252>

Nighttime Sleep Duration and Sleep Behaviors among Toddlers from Low-Income Families: Associations with Obesogenic Behaviors and Obesity and the Role of Parenting

Journal of the American Medical Association Pediatrics, July 11, 2016

<http://dx.doi.org/10.1001/jamapediatrics.2016.1178>

The Option of Replacing the Special Supplemental Nutrition Program for Women, Infants, and Children Fruit Juice Supplements With Fresh Fruits and Vegetables

Pediatrics, June 2016

<http://dx.doi.org/10.1542/peds.2016-1493>

Prevention of Childhood Lead Toxicity

From the Academy of Nutrition and Dietetics

Practice Paper of the Academy of Nutrition and Dietetics: Selecting Nutrient-Dense Foods for Good Health

<http://dx.doi.org/10.1016/j.jand.2016.06.375>

Quality Certification Programs for Dietary Supplements

<http://dx.doi.org/10.1016/j.jand.2015.11.003>

Are Mushrooms a Significant Source of Vitamin D?

<http://dx.doi.org/10.1016/j.jand.2016.07.001>

A One-year Innovative Fruit and Vegetable Sampling Program for WIC Children: Willow Comes to WIC

<http://dx.doi.org/10.1016/j.jand.2016.06.016>

Topic and Timing of Breastfeeding Education is Associated with Reasons for Breastfeeding Discontinuation

<http://dx.doi.org/10.1016/j.jand.2016.06.116>

A Systematic Review to Assess Sugar-Sweetened Beverage Interventions for Children and Adolescents across the Socioecological Model

<http://dx.doi.org/10.1016/j.jand.2016.04.015>

Children's Discourse of Liked, Healthy, and Unhealthy Foods

<http://dx.doi.org/10.1016/j.jand.2016.01.014>

Systematic Review of Factors Influencing Farmers' Market Use Overall and among Low-Income Populations

<http://dx.doi.org/10.1016/j.jand.2016.02.010>

Does Exposing Infants to Peanut Products Influence the Risk of a Peanut Allergy?

<http://dx.doi.org/10.1016/j.jand.2016.04.019>

Reliability and Validity of Food Frequency Questions to Assess Beverage and Food Group Intakes among Low-Income 2- to 4-Year-Old Children

<http://dx.doi.org/10.1016/j.jand.2016.02.014>

In the News

FDA Approves an Increase to the Amount of Vitamin D for Milk and Milk Alternatives

www.fda.gov/Food/NewsEvents/ConstituentUpdates/ucm510556.htm

More Hospitals Offer Donor Breast Milk to Help Premie Babies

<http://consumer.healthday.com/women-s-health-information-34/breast-feeding-news-82/more-hospitals-offer-donor-breast-milk-to-help-preemie-babies-708235.html>

Kroger's Little Clinic Adds Dietitians at These Cincinnati Locations

www.bizjournals.com/cincinnati/news/2016/03/10/kroger-s-little-clinic-adds-dietitians-at-these.html

Atlanta Airport Adds Nursing Stations After Moms Lobby

www.usatoday.com/story/travel/nation-now/2016/02/08/airport-breastfeeding/80011058/

Dates to Remember

September 26-30, 2016

Lactation Counselor Training Course and CLC Certification Exam

Louisville, KY

www.healthychildren.cc

November 30-December 2, 2016

Maternal and Infant Assessment for Breastfeeding and Human Lactation

Cincinnati, OH

www.healthychildren.cc

Newsletter Contributors

- Marlene Goodlett, MS, RD, LD, CLC
Breastfeeding Promotion Coordinator
- Nicole Nicholas, MS, RD, LD
Supervisor, Clinical Nutrition Section
- Connie Howell, M. Ed, RD, LD
Newsletter Co-editor
- Michele Burton, RD, LD
Newsletter Co-editor



Kentucky Public Health

Prevent. Promote. Protect.

This institution is an equal opportunity provider.
WIC is a registered service of the U.S. Department of
Agriculture for USDA's Special Supplemental Nutrition Program
for Women, Infants and Children.

