

# 2011 January

## Nutrition

Make good nutrition a habit for you and your family.



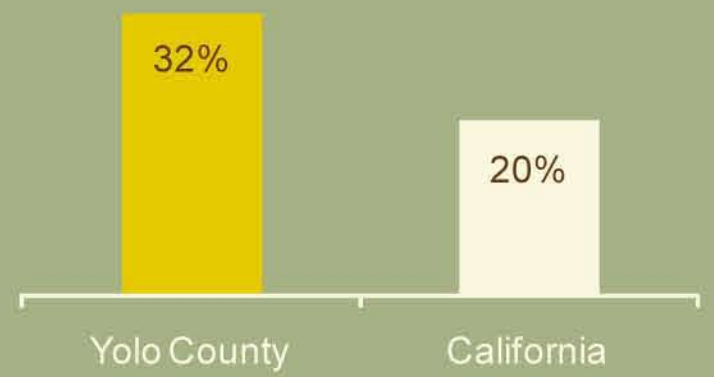
Yolo County. Courtesy Yolo County Visitors' Bureau.

It's no secret that good nutrition plays an essential role in our health. Eating a healthy diet is important for maintaining a healthy weight, and preventing or managing chronic conditions like diabetes, hypertension, heart disease, and certain types of cancer. In general, a healthy diet is one that:

- Focuses on fruits, vegetables, whole grains, and low-fat or fat-free milk and milk products.
- Includes healthy protein sources (lean meats, poultry, fish, eggs, beans, peas, nuts).
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Provides your daily calorie needs with appropriate portion size.

The Yolo County Health Department encourages you to start the New Year off right by evaluating your diet and looking for ways to improve your lifestyle to include healthy long-term changes in daily eating and exercise habits. Check out some of the links below and *bon appétit!*

### Percent Children Eating 5+ Fruits or Vegetables Daily, 2007<sup>40</sup>



National Birth Defects Prevention Month • National Blood Donor Month • Cervical Health Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 <i>County Holiday</i> Martin Luther King, Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

#### Fresh Fruits and Veggies in Abundance

As Californians, we enjoy a rich agricultural legacy that includes easy access to a variety of fresh fruits and vegetables unparalleled by few other regions in the U.S. both in our local grocery stores and at the local Farmers' Market. Eating healthy is not only good for you, it supports local business and agriculture.



Courtesy A Taste of Yolo (melons, tomatoes), and Yolo County Visitors' Bureau

#### Women, Infants, and Children (WIC)<sup>73</sup>

WIC is a federally-funded health and nutrition program for women, infants, and children. WIC helps families by providing vouchers for buying healthy supplemental foods from WIC-authorized vendors, nutrition education, and help finding healthcare and other community services. Participants must meet income guidelines and be pregnant, new mothers, infants, or children under age five. In California, 82 WIC agencies provide services locally to over 1.4 million women, infants, and children each month at over 600 sites throughout California.

The Yolo County WIC Program provides vouchers for nutritious foods, to approximately 5,275 participants each month, serving the communities of Woodland, West Sacramento, Davis, Winters, and Knights Landing. Yolo County's participants include 10% prenatal women, 10% breastfeeding women, 5% non-breastfeeding women, 25% infants, and 50% children under age 5.

Average monthly redemption of WIC vouchers in local grocery stores is approximately \$300,000. Therefore, WIC contributes not only to the health of families, but also to the local economy.

Research shows WIC saves money and improves the health of families. WIC is one of the most successful preventive health programs in the nation. The WIC program has been documented in government and university research to save lives and save health care dollars. Learn more at [www.yolohealth.org](http://www.yolohealth.org) (WIC link on left toolbar).

- Assess your Diet
- Find Recipes & Budget Tips
- A Taste of Yolo
- Find a Farmers' Market

[www.mypyramidtracker.gov](http://www.mypyramidtracker.gov)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
[www.atasteofyolo.com](http://www.atasteofyolo.com)  
[cafarmersmarkets.com](http://cafarmersmarkets.com), [davisfarmersmarket.org](http://davisfarmersmarket.org), [wintersfarmersmarket.com](http://wintersfarmersmarket.com), [woodlandfarmersmarket.com](http://woodlandfarmersmarket.com)