

WIC HIGHLIGHTS

December 2024

Maternal Health Matters

Women know their body best. If you are pregnant or had a baby in the last year and something doesn't feel right, talk to your health care provider right away. Read below to learn more about signs or symptoms to look out for and how to best support yourself during and after pregnancy.



Be on the Look Out For:

- Feelings of sadness, hopelessness and emptiness
- Excessive crying
- Mood swings
- Problems with memory, concentration and decision making
- Feeling detached from your baby
- Lack of interest in the world around you
- Wanting to harm yourself or others
- Excessive drug or alcohol use
- Excessive eating or loss of appetite

Food & Mood

How we feel physically and mentally is connected to the food we eat. Processed foods that are high in salt or sugar can cause energy crash and brain fog. Eating nutritious foods regularly helps improve and maintain positive mental health. Try incorporating the following foods into your meals:

- Avocado
- Olive oil
- Salmon
- Eggs
- Chicken
- Fruit
- Vegetables
- Nuts and seeds
- Tuna

CLINTON COUNTY WIC PROGRAM

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This institution is an equal opportunity provider.

Chicken & Veggie Fried Rice



Serves: 3

Total Time: 25 Minutes

Ingredients

- 3 cups cooked brown rice*
- 2 chicken breasts, diced
- 1 Tbsp. sesame oil, divided
- 1 Tbsp. avocado oil, divided
- 1/2 cup carrots, diced*
- 1/2 cup frozen peas*
- 3 green onions, chopped*
- 2 cloves garlic, minced*
- 2 large eggs*
- 3 Tbsp. low-sodium soy sauce
- Salt and pepper to taste

***WIC approved ingredients**

Instructions

1. In a large skillet, heat 1 & 1/2 tsp. sesame oil and 1 & 1/2 tsp. avocado oil over medium-high heat. Once hot, add chicken. Season lightly with salt and pepper and sauté until cooked through, about 5-6 minutes. Transfer chicken to a plate and set aside.
2. Add remaining 1 & 1/2 tsp. sesame oil and 1 & 1/2 tsp. avocado oil to skillet. Add peas, carrots and green onions and sauté for 1 minute. Add garlic and sauté for 1 minute. Push veggies to one side of pan. Add eggs in center. Cook through and scramble.
3. Return chicken to skillet with rice. Add soy sauce and season with salt and pepper to taste. Serve warm.