



Nutrition News



Too Much Sugar

Sugar Causes Tooth Decay

Tooth decay is painful and can be caused by eating too many sugary foods and beverages.

Every child should see the dentist once a year to look for tooth decay.



Help your child have healthy teeth by cutting back on candy, cookies, cakes and sweetened beverages like sodas and fruit flavored drinks.

Rethink Your Dessert Habits

Save desserts for special occasions like birthdays or accomplishments in school or sports.

Simple Changes

- ★ Keep portions of sugary foods or drinks small. This can help to prevent blood sugar spikes which can contribute to behavior problems.
- ★ Encourage your children to eat food that contains protein and fiber along with the sweet treats.
- ★ Good protein choices would be beans, lean meats, hard boiled eggs or nuts.
- ★ Good sources of fiber would include whole grains, fruits and veggies.



Easy Tortellini Soup



- 1 tablespoon olive oil
- 2 carrots, chopped
- 1 large onion, finely chopped
- 4½ cups vegetable stock
- 1 (14 ounce) can chopped tomatoes
- 7 ounces frozen peas (or rinsed canned beans)
- 9 ounces packaged tortellini
- ½ cup basil leaves
- grated parmesan cheese

- ★ Heat oil in a pan. Fry the carrots and onion for 5 mins until starting to soften.
- ★ Add the stock and tomatoes, then simmer for 10 minutes
- ★ Add the peas or beans with 5 mins to go.
- ★ Once veggies are tender, stir in the pasta.
- ★ Return to the boil and simmer for 2 mins until the pasta is just cooked.
- ★ Stir in the basil, if using.
- ★ Season, then serve in bowls topped with a Parmesan & garlic bread.

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Any Questions? Ask Your WIC Staff

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