

# LET'S EAT HEALTHY!

## Belmont County WIC Newsletter

January 2025

### Protein Foods

¼ cup white/black beans = 4 g

1 Tbsp peanut butter = 3.5 g

1 slice whole wheat bread = 3-5 g

1 oz meat (chicken, beef, pork, or fish) = 7 g

1 oz cheese (AA battery size) = 7 g

¼ cup quinoa = 6 g

½ cup milk = 4 g

1 egg = 7 g

Yogurt varies 2-20 g (read the label)

g = grams



**WIC Supports Breastfeeding**  
**This institution is an equal opportunity provider.**

Bean Day!  
January 6, 2025



By Lori DeCoy RN, BSN  
Trina Kropka RD, LD

### My child doesn't eat enough meat! HELP!

Babies are easy to feed. They breastfeed and/or drink their formula and eat some baby foods and supplemental table foods until they turn one. Then what? They don't need a lot of milk, and they don't eat much meat. So where do they get their proteins?

A child aged 1-3 only needs about 13 grams or 2 ounces of protein per day. It's not really much. A child aged 4-5 needs 3-5 ounces per day.

So, just 2 half-cups of milk and a high protein food twice a day meets the toddler (age 1-3) protein needs. At this age, they're picky about textures and parents worry they don't get enough, but they probably are. Just offer a variety of healthy foods, and try to trust the child's appetite!

1 oz of meat is about the size of 3 dice.



A 4-5 year-old can have 8 oz of milk, ¼ cup beans and 1-2 ounces of meat or egg, a tablespoon of peanut butter or some yogurt to meet their needs.

# Use Your WIC Beans!

Save money! Make recipes with beans and just a little meat, if any. Beans are a good source of protein, iron and fiber and don't have saturated fats or cholesterol. They are easy and quick to prepare, and can be served hot or cold in about anything you like.

Busy parents: they are a way to save time and money!

For pregnant moms, they are low in calories, but high in nutrition and fiber.

For breastfeeding moms, they help with milk production.

Check out the WIC Shopper app for recipes!



# Chocolate Bean Cake

Makes 12 servings

Ingredients:

1 box of chocolate cake mix, dry

1 15 oz. can pinto beans, drained

Eggs (number called for on cake mix)

Water (amount called for on cake mix)

**NO OIL NEEDED!**

Combine water and beans in blender or food processor and process until smooth or mash with potato masher. In a large bowl, combine bean/water mixture, eggs and dry cake mix. Mix and bake according to cake mix package instructions.

Nutritional Analysis (per serving)

Calories: 225

Fat: 8 grams

Distributed by:  
Carol Kovachic, former FNP Program Assistant  
for the Ohio State University Extension –  
Belmont County



# Bean Patties

Makes 7 servings

Ingredients:

1 can drained pinto beans

1 egg, beaten

1 tsp. chili powder

¼ tsp. garlic powder

1 1/3 cup fine, dry bread crumbs

1 Tbsp. vegetable oil

Mash beans, mix with egg, chili powder, garlic powder and bread crumbs in mixing bowl.

Heat oil in frying pan and brown patties on both sides.

Place cooked patties on a paper towel or napkin to absorb excess oil.

Top with cheese or your favorite condiments and serve on a hamburger bun.

Nutritional Analysis (per serving)

Calories: 216

Fat: 6 grams

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