



# LIVE WELL @ WORK Newsletter

UC San Diego | Center for  
SCHOOL OF MEDICINE | Community Health

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## FEATURE

### Breastfeeding-Friendly San Diego Childcare Sites

Many new parents return to work or school within the first three month's of their child's life and choose to stop breastfeeding due to concerns about placing their infant in childcare and pumping at work. Increasing the number of breastfeeding-friendly child care sites in San Diego County breaks down barriers to continued breastfeeding, which means healthier babies, healthier parents, and healthier future generations.

See below link to the San Diego County Breastfeeding Coalition's website where parents can find a recognized Breastfeeding-Friendly San Diego childcare provider near them. Sites are listed by city and zip code and include additional programs that provide subsidies for each site.

<https://www.breastfeeding.org/childcare/breastfeeding-friendly-sites/>

UCSD Breastfeeding Website - <https://ucsdcommunityhealth.org/work/breastfeeding/>

## HARVEST OF THE MONTH

## SWAP OUT → SWAP IN

### Peas & Grapes

A half cup of fresh or cooked peas provides an excellent source of thiamin. Thiamin is also known as vitamin B, which helps keep the body's nerves healthy.

On average, there are over 100 grapes in a bunch. A half a cup of grapes provides a good source of carbohydrates, vitamins, minerals, fluids, and fiber.



### Sugar-Sweetened Beverages → Water

The overall diet quality of people who consume sugar-sweetened beverages (SSBs) is lower than those who consume none or few. Consumption of SSBs may lead to excess weight gain, type 2 diabetes, and cardiovascular issues. Higher consumption of added sugars is associated with increased dental caries in children, which can affect dental health into adulthood. People may not compensate for the extra SBB calories consumed by decreasing overall calories, because calories from beverages are less filling as compared to the fullness experienced when consuming whole food. Water is great alternative to SBBs, because it contains no sugar at all and you can add in some healthy natural ingredients for flavor.

Give your water a citrus boost with these easy recipes:

#### Lemon & Cucumber Water

- Slice 1/2 cucumber
- Slice 1 lemon
- Mix with water in a 2-quart pitcher
- Chill for at least 20 minutes
- Enjoy!

#### Orange & Blueberry Water

- Mix 1 sliced orange and 20 blueberries with water in a 2-quart pitcher
- Chill for at least 20 minutes
- Enjoy!