



# BIRTH DEFECTS AFFECT US ALL

January is Birth Defects Prevention Month. The theme for 2017 is “Prevent to Protect: prevent infections for baby’s protection.” Not all birth defects can be prevented. However, women can increase their chances of having a healthy baby by reducing their risk of getting an infection during pregnancy.

Every four and a half minutes, a baby is born with a birth defect in the United States—nearly 120,000 babies each year, and the yearly hospital costs for them exceed 2.6 billion dollars. Birth defects cause one of every five infant deaths.

Pregnant women and their babies are at increased risk of contracting the bacteria and viruses that cause foodborne illness. Foodborne illness during pregnancy can cause serious health problems for your baby, including prematurity and stillbirth. Some foodborne illnesses, such as listeriosis and toxoplasmosis, can infect your baby even if you do not have symptoms. Make safe food handling a priority for you and your baby while pregnant.

## Staying Safe Around Animals & Insects

Pregnant women have to be careful about how they handle and care for animals. Pets can carry bacteria, viruses and parasites, and can cause several infections that may be harmful.

They should also take steps to reduce their risk of being bitten by a mosquito. Mosquitos can carry several infections, including West Nile virus, Dengue virus, malaria and Zika virus. Zika infection during pregnancy can cause a serious birth defect called microcephaly, a sign of incomplete brain development.



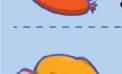
### What you can do to protect yourself

Have a pest control professional get rid of pests in or around your home. If you have a pet rodent, like a hamster or guinea pig, have someone else care for it until after your baby arrives. Some rodents might carry a harmful virus. Wash your hands well with soap and water after contact with your pets.

Dirty cat litter might contain a harmful parasite called *Toxoplasma gondii*, which causes toxoplasmosis. Have your partner, a friend, or family member change used cat litter for you. If you must change the litter yourself, be sure to wear gloves and wash your hands afterwards.

Use Environmental Protection Agency (EPA) registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, or oil of lemon eucalyptus (para-menthane-3,8-diol). When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

## FOODS TO AVOID WHILE PREGNANT

Foods to Avoid	Here's Why	Foods to Eat
 Raw seafood	May contain parasites or bacteria	 Fish cooked to 145 °F
 Unpasteurized juice, cider and milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Pasteurized versions are safer alternatives.
 Soft cheese and cheese made from unpasteurized milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Hard cheese & cheese made with pasteurized milk
 Undercooked eggs	May contain <i>Salmonella</i>	 Eggs with firm yolks
 Premade deli salads (egg, pasta, chicken, etc.)	May contain <i>Listeria</i>	 Make these dishes at home
 Raw sprouts	May contain <i>E. coli</i> or <i>Salmonella</i>	 Cook thoroughly
 Cold hot dogs and luncheon meats	May contain <i>Listeria</i>	 Reheat to steaming hot or 165 °F
 Undercooked meat and poultry	May contain <i>E. coli</i> , <i>Salmonella</i> , <i>Campylobacter</i> , <i>Toxoplasma gondii</i>	 Meat and poultry at or above the USDA recommended internal temperature

## Quick Takes

How many times have you gone into your pantry or refrigerator, only to find that what you were going to use in your meal was spoiled? The USDA, Cornell University and the Food Marketing Institute would like to help you avoid that problem in the future with the FoodKeeper app.

[LEARN MORE](#)

# DRUGS: SHATTER THE MYTHS

The **NATIONAL DRUG & ALCOHOL FACTS WEEK** links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, social media, TV, movies, music, or from friends. It was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. The National Institute of Alcohol Abuse and Alcoholism became a partner starting in 2016, and alcohol has been added as a topic area for the week.

NIDA and NIAAA are part of the National Institutes of Health.

The tenth annual **DRUGS & ALCOHOL CHAT DAY** will be held on January 26, 2017. Students from around the country ask the questions they most want the answers to about drugs and drug abuse, including drug effects, how to help friends or family that are abusing drugs, and what causes addiction. [Register for Chat Day!](#)

As part of the week's activities, NIDA has released its "National Drug and Alcohol IQ Challenge." The 12-question, multiple-choice quiz challenges teens and adults to test their knowledge about drugs. [Take the quiz.](#)

## SAVE THE DATE

**Our Lunch-N-Learn is on Thursday, January 19.  
The topic is "Know Your Numbers."**

### *Recipe: Flavorful Turkey Meatloaf*

#### INGREDIENTS

2 tablespoons extra-virgin olive oil  
1 small zucchini, finely diced  
1 red bell pepper, finely diced  
1 yellow bell pepper, finely diced  
5 cloves garlic,  
smashed to a paste with coarse salt  
1/4 onion, thinly sliced  
1 large egg, lightly beaten  
1 1/2 pounds ground turkey (90 percent lean)  
3/4 cup quick-cooking oats  
1/2 cup low-fat cheddar cheese  
3/4 cup ketchup, plus more for topping  
(organic if possible)  
1 tablespoon finely chopped fresh thyme (optional)  
1/4 cup chopped fresh parsley (optional)

#### INSTRUCTIONS

Preheat the oven to 425 degrees.

1. Thinly slice the onion and set aside
2. Heat the oil in a large saute pan over high heat. Add the zucchini, bell peppers, and garlic paste. Season with a dash of salt and pepper. Cook until the vegetables are almost soft, about 5 minutes. Set aside to cool.
3. Whisk the egg, turkey, oats, grated cheese, 1/2 cup ketchup, the cooled vegetables and the herbs (if using); mix until just combined.
4. Gently press the mixture into a 9-by-5-inch loaf pan.
5. Cover with ketchup and sprinkle with the sliced onions. Bake for about 1 hour or until an instant-read thermometer registers 160 degrees F.
6. Remove from the oven and let rest for 10 to 15 minutes before slicing.

#### NUTRITION INFORMATION

Makes 8 servings: Calories 225 | Fat 5g | Cholesterol 104mg  
Sodium 451mg | Carbohydrate 16g | Fiber 1g | Protein 20g