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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665; or (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



HELP ME BE HEALTHY



I AM 1

I am your
toddler.

TRYING NEW THINGS IS FUN!

My name is _____.

I weigh _____ pounds and _____ ounces.

I am _____ inches tall.

My Hemoglobin is _____.

A special note for me _____

Help me learn to eat the right amount

Now I am a toddler. I am ready
to try new foods.

Over the next year, I will change a lot.
Now I eat more like a baby.
Soon I will eat more like you do.

- You decide what healthy foods to offer me. I decide which of these foods to eat and how much.
- Please offer me foods from the 5 food groups.
- Offer me 3 healthy meals, and 2 or 3 snacks each day. Try to have them at the same times each day.
- Please trust me to eat the right amount. I know if I am hungry or not. My tummy is still little. Give me small portions — 1 or 2 tablespoons. I will let you know if I want more.
- Some days I eat a lot. Other days I do not eat at all. Toddlers act this way.



Offer me safe foods

- I can try cow's milk and honey now.
- Cut my food into tiny pieces so I do not choke. Cut grapes in quarters. Cut hot dogs the long way, and then into triangles.
- Don't give me foods that I can choke on: raw hard vegetables, whole grapes, chips, nuts, popcorn, dried fruits, whole hot dogs, chunks of meat, or hard candy.



Make our family meals relaxed

- I eat better when you eat with me. Let's enjoy eating together.
- Please turn off all our TVs, electronic toys, and cell phones. We can focus on our meal instead.
- I do best if I sit when I eat or drink. Put me in my highchair or booster seat at the table with our family.
- I can eat most of our family foods, just like you.
- I am learning to eat by myself. I need lots of practice using my hands and my spoon. Let me touch my food. Do not worry if I get messy — that is how I learn.

I love my cup

I drink from a cup now, not a baby bottle. This helps protect my nice new teeth.

Ask WIC for ideas if I need help changing from my bottle to my cup.

Offer me water to drink between meals and snacks, not a sweet drink.



Every day offer me:



Fruits

- 1/4 cup fresh, frozen, or canned fruit
- 1/4 piece of small fruit

Offer me a vitamin C fruit every day—like oranges, strawberries, or papaya.

No more than 4 ounces of juice a day.



Protein

- 2 tablespoons meat, chicken, turkey, or fish
- 1/2 egg
- 2 tablespoons beans or tofu

Beans, meat, chicken, turkey, and fish give me lots of iron to keep my blood strong.

Vegetables

- 1/4 cup chopped or mashed cooked vegetables
- 2 ounces vegetable or tomato soup

Offer me a dark green or orange vegetable every day.



Dairy

- 4 ounces breastmilk or whole milk
- 4 ounces fortified soy milk
- 1/2 cup yogurt
- 1 slice cheese

No more than 16 ounces of milk or soy milk a day. I can drink breastmilk. WIC gives me whole milk or soy milk. It is what I need if I am not drinking breastmilk.



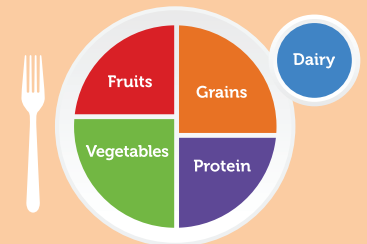
Grains

- 1/2 slice bread or 1/2 tortilla
- 1/4 cup cooked cereal, rice, or noodles
- 1/2 cup cold cereal
- 2 or 3 small crackers

Half the grains I eat should be whole grains.

Fats, Oils & Sweets

Only a little bit



MyPlate.gov

Let's eat

Breakfast

- 1/2 scrambled egg
- 1/2 slice whole grain toast
- 2 ounces of orange juice

Morning Snack

- 1/2 cup WIC cereal
- 1/4 cup chopped peaches
- Breastmilk or 2-4 ounces whole milk or soy milk.

Lunch

- 2 tablespoons mashed black beans
- 1/4 cup brown rice
- 1/4 cup cooked, chopped carrots
- Breastmilk or 4 ounces whole milk or soy milk

Afternoon Snack

- 1 slice cheese
- 2 crackers
- 1/2 orange

Dinner

- 2 tablespoons chopped chicken
- 1/4 cup cubed sweet potato
- 1/4 cup applesauce
- Breastmilk or 4 ounces whole milk or soy milk

Evening Snack

- 1/2 slice whole wheat bread with a thin smear of smooth peanut butter
- 2 ounces of orange juice



Breastfeeding

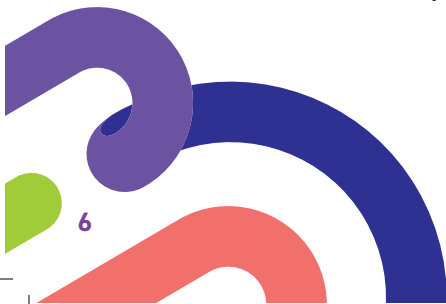
I love this special time. I hope you do too. Let's keep it up at least until I am two, if we both want to.

Each time I breastfeed it counts as milk.



Source: United States Breastfeeding Committee

Ask WIC
if you have any questions about what I am eating.



Look what I can do

- I am learning to walk. My legs are getting strong. I will cruise around the furniture. Hold my hands and I will walk with you.
- I can say a few words. Please talk with me. I learn from you.
- I am getting better at drinking from a cup with no lid. I may still need some help.

Let's play

- I can play pat-a-cake with you.
- I will look for things you hide.
- I like to put small toys inside bigger ones.
- I will start stacking blocks, or give them to you when you hold out your hand.



Keep me safe and healthy

- Always buckle me into my car safety seat in the back seat of the car, facing backwards, until I am two.
- Take me to my doctor for 12-month and 15-month checkups and shots.
- Ask my doctor if I need a lead test to keep my brain healthy. I want to be smart like you.
- Talk to my doctor to find out if I get enough vitamin D. I need it for strong bones and teeth.
- Keep me away from smoke, matches, lighters, and vaping tools. I can be poisoned by swallowing, breathing, or absorbing through my eyes or skin.
- If there is marijuana in the house, especially edibles, please store it where I cannot get it. It can make me dizzy and fall over, sleep so I cannot wake up, and even stop breathing. Take me to the Emergency Room if this happens.
- If you own a gun, please keep it locked in a safe place.
- I need a nap every day. Could you sing me to sleep?

Keep my teeth healthy and strong

- Please take me to the dentist for regular checkups.
- Brush my teeth front and back, 2 times a day.
- Use a small, soft toothbrush and a smear of fluoride toothpaste. 9

