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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 1/2

You are my first teacher.

I WILL LEARN FROM YOU!

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 new foods

- Please let me try new foods. I need to taste them to know which ones I like.
- Serve me foods I like along with a new food. You may need to offer me a new food 10 times before I will try it. This is normal. I am learning about food.
- I learn by smelling, tasting, and touching. I will put food in my mouth and take it out again. Toddlers do this.
- If I try many different foods when I am little, I will probably like more foods when I am big.



Offer me safe foods

Some foods are hard to eat. I can choke on them. Give me foods that are cut into bite sized pieces and soft enough for me to chew and swallow easily.

Foods that I can choke on:

- Hard foods, like candy, peanuts, popcorn, and nuts
- Raw vegetables and hard fruits
- Slick, round foods like hot dogs or whole grapes. Please cut hot dogs the long way and then in triangles. Cut grapes in quarters.
- Sharp foods like corn chips
- Large foods like whole hamburgers
- Chunky soup



Please let me decide when I have had enough to eat

I am growing, but not as fast as before. I might eat less. Please do not make me eat or "clean my plate."

Make our family meals relaxed

- I like to be with you and talk at meals. Can we turn off all our TVs, electronic games, and cell phones and enjoy our meal together?
- I still need to sit in my highchair or booster seat when I eat or drink.
- I can eat some of the same foods you do — I want to be just like you!
- Help me wash my hands before and after we eat. I will help by holding out my hands for you.
- I like trying to eat with my spoon. I will still be messy when I eat. This is how I learn to feed myself.
- I like to copy what you do. If you make healthy choices and try new foods, I will too!



Every day offer me:



Fruits

- 1/4 cup chopped fresh, frozen, or canned fruit
- 1/4 of a small, soft fruit
- 2 ounces 100% fruit juice

No more than 4 ounces of juice a day.



Protein

- 2 tablespoons meat, chicken, turkey, or fish without bones
- 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

- Breastmilk or 4 ounces 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.

WIC gives me whole milk. It is what I need if I am not drinking breastmilk.



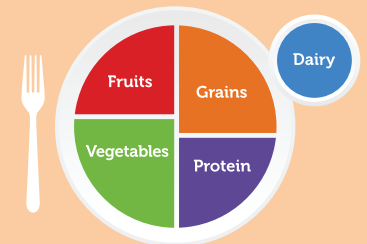
Grains

- 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 cook

French Toast Bites

- 1 teaspoon vegetable oil
- 1 egg, lightly beaten
- 1 tablespoon milk
- 1/4 teaspoon cinnamon (optional)
- 1 slice whole grain bread
- 1 tablespoon pancake syrup or jam
- 1/4 cup bite sized cantaloupe pieces

Heat vegetable oil in a frying pan over medium heat. Combine the egg, milk, and cinnamon in a bowl. Beat with a fork until well mixed.

Dip both sides of the bread in the egg mixture. Place bread in the heated pan. Let it brown lightly on both sides. Cut into strips, then bite sized squares.

Serve with cantaloupe pieces and 1/4 cup breastmilk, whole milk, or soy milk. Makes 2 servings.

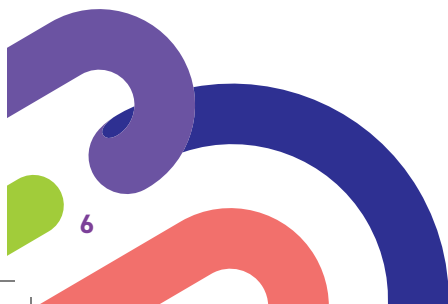


I need a routine

- Offer me foods from all 5 food groups.
- Offer me breakfast, lunch, dinner, and 2 or 3 healthy snacks every day.
- Please serve meals and snacks at the same time every day. If I wait too long I get tired and cranky, then it is hard for me to eat.

I can help

- I can cut a ripe banana with a plastic knife.
- I can help you choose colorful vegetables and fruits at the grocery store or farmers' market.
- Please teach me the names and colors of foods.



Look what I can do

- I can drink from an open cup and use a spoon. I am still learning. I will be messy.
- I can push and pull toys, stack blocks, and throw a ball.
- I understand much of what you say. Please talk with me so I can learn more.

Let's play

- I like to climb on sofas and chairs by myself.
- I like pretend play. Watch me feed my stuffed animals.
- Please watch me when I play. I will need your hand when I jump and climb.
- I love to play every day. I want to dance, play follow-the-leader, or play hide-and-seek with you.



Keep me safe and healthy

- I like to open doors and drawers to see what is inside. Let me learn, but keep me safe.
- Take me to my doctor for my checkup at 18 months. Ask the doctor about vitamin D.
- Keep me away from smoke, matches, lighters, and vaping tools. I can be poisoned by swallowing, breathing, or absorbing e-cigarette liquid through my skin or eyes.
- If you own a gun, please keep it locked in a safe place.
- If there is marijuana in the house, especially edibles, please store it where I cannot get it. It can make me dizzy and fall down, sleep so I cannot wake up, and even stop breathing. Take me to the Emergency Room if this happens.
- I need a nap every day. Could you read me my favorite story?
- Always buckle me into my car safety seat in the back seat of the car, facing backwards, until I am two.



Please help me take care of my teeth

- Brush my teeth, front and back, 2 times a day.
- Use a small, soft toothbrush and a smear of fluoride toothpaste.

