

MarylandWIC

help me
be healthy

I am
3



I like to be **with you.**

Please sit and eat with me.

My name is _____.

I weigh _____ pounds and _____ ounces.

I am _____ inches tall.

My Hemoglobin is _____.

A special note for me _____

I will learn to like most foods

- You decide what healthy foods to offer me. I decide which of these to eat, and how much.
- I can serve myself if you hold the bowl for me. I know how much I want. I might ask for more.
- Please let me decide when I have had enough. Don't force me to eat or make me "clean my plate."
- Offer me foods I like along with a new food. I might need to see the new food 10 times before I try it. I change my mind a lot. I may like a food one day and not the next. This is how I learn about new foods.



Offer me safe foods

- Give me foods that are bite sized and soft enough for me to chew easily.
- Don't give me foods that I can choke on: hard raw vegetables like carrots, spoonfuls of peanut butter, chips, nuts, popcorn, dried fruits, chunks of meat, or hard candy.
- Please cut grapes and hot dogs the long way, and spread peanut butter thinly on bread.



Make our family meals relaxed

- Do not use food to reward or punish me. If you say I will get ice cream if I am good, I will want a treat all the time. These words are the best rewards: "I am proud of you!" "You did a good job!"
- I am learning every day! Teach me the names of foods. Talk about their shapes, colors, and tastes. I can learn where different foods come from.
- I need to sit down while I eat or drink. Let me sit in my booster seat at the table. I can eat most foods you do.
- Give me a small spoon or fork and a small plate and cup.
- Let's wash our hands together before and after we eat.



Every day offer me:



Grains

- 1 slice bread or tortilla
- 1/2 cup cooked cereal, rice, or noodles
- 1 cup cold cereal
- 5 to 7 small crackers

Half the grains I eat should be whole grains.

Vegetables

- 1/2 cup vegetables
- 1/2 cup vegetable or tomato soup
- 4 ounces vegetable or tomato juice

Offer me a dark green or orange vegetable every day.



Fruits

- 1/2 cup fruit
- 4 ounces 100% fruit juice

Offer me a vitamin C fruit every day—
oranges, strawberries, or WIC juice.

No more than 4 ounces of juice a day.



Protein

- 1/4 cup meat, chicken, turkey, or fish
- 1 egg
- 1/4 cup beans or tofu
- 1 tablespoon peanut butter

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

Dairy

- 4 ounces nonfat or 1% milk
- 1/2 cup lowfat yogurt
- 1 slice lowfat cheese



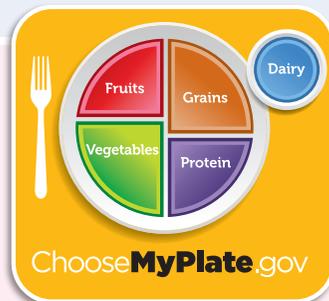
No more than 16 ounces of milk a day.

WIC gives me lowfat milk. It's what I need.



Fats, Oils & Sweets

Only a little bit.



Let's eat

Breakfast

- 1 pancake
- 1/2 orange
- 4 ounces nonfat or 1% milk

Morning Snack

- 1 tablespoon peanut butter
- 6 whole grain crackers
- 4 ounces water

Lunch

Grilled cheese sandwich:

- 1 slice lowfat cheese
- 1 slice whole grain bread
- 1/2 tomato, sliced
- 6 to 8 grapes, cut in half
- 4 ounces water

Afternoon Snack

- 1 cup whole grain, cold cereal
- 4 ounces nonfat or 1% milk

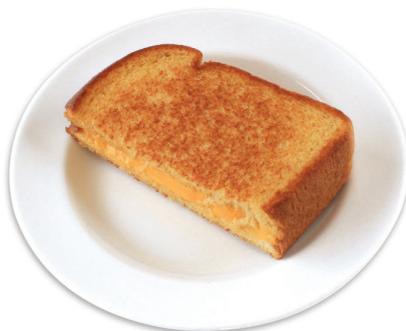
Dinner

Spaghetti with meat sauce:

- 1/2 cup cooked pasta
- 1/4 cup meat sauce
- 1/2 cup green beans
- 1 slice whole grain bread
- 4 ounces nonfat or 1% milk

Evening Snack

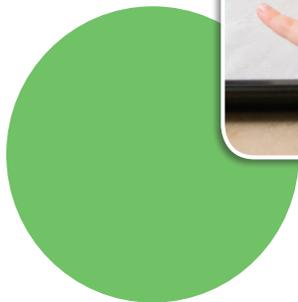
- 1/2 cup pudding



I can help in the kitchen

When I help you, I feel good. I will probably eat better too!

- Let's fix a meal or snack. We can use pieces of fruits and vegetables to make a funny face pizza.
- I can pour milk if you help me.
- Let me rinse lettuce and tear it for a salad.
- I can put forks, spoons, and napkins on the table.
- I like to put things in the trash.



Let's play

- Please help me learn to play with others.
- Let's find play that I like.
- Bounce a ball and let me catch it.
- Roll a ball so I can kick it.
- I like to run across the playground. I can start and stop easily now.

Can we play
"Simon Says"?

Look what I can do

- Give me room! I can hop and stand on one foot.
- I can go upstairs and downstairs without holding your hand.
- I can dress and undress myself.
- I love to play with other children.



Keep me safe and healthy

- Take me to the doctor for my checkup. Ask how I am growing, and if I need a lead test.
- 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.
- Put sunscreen on me when I play outside.
- Buckle me into my child safety seat when I ride in a car.

Help me have healthy teeth

- Don't give me sugary drinks and food. They can give me cavities.
- Help me brush my teeth in the morning and before I go to bed at night.
- Use a toothbrush with soft bristles and a thin smear of fluoride toothpaste. Make sure I spit out the toothpaste.
- Please floss my teeth once a day to clean between them.
- Take me to the dentist twice a year to make sure my teeth are healthy.



MarylandWIC

Better Nutrition Brighter Future

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