

Help me be HEALTHY



2 to 2½ years

My name is: _____

I weigh _____ pounds.

I am _____ inches tall.

A special note for me: _____

Help me to learn to make choices. I feel proud when I make a choice.

You may think No! is my favorite word.

Saying "No" is part of growing up. I want to make some choices. Here are choices you can let me make. I can choose between two healthy foods to eat. You can ask me:

Do you want oatmeal or whole-grain bread?

OR

Do you want apple slices (peeled) or peaches?

I can choose to not eat a food, my meal or my snack.



Find balance between food and physical activity.

Offer me foods from the five food groups every day. I need to play actively several times a day.

I need some limits.

Making choices does not mean I can eat any food at any time. I need limits to learn self-control.

- Give me breakfast, lunch, dinner, and two or three healthy snacks. Serve them at the same times every day.
- If I don't eat my meal, tell me I can eat at snack time. If I don't eat my snack, tell me I can eat at the next meal. Do not let me "graze" throughout the day.
- If I won't eat, don't beg, force, or bribe me.
- Don't let me fill up on juice, punch, tea, or soda. Give me water to drink between meals and snacks.



| | | |
|---------------------------------------|---|---|
| Grains 6 servings daily | How much is one serving of Grains? | Tips |
| |  <ul style="list-style-type: none"> ■ 1/2 slice bread or tortilla. ■ 2 tablespoons rice, noodles or cooked cereal. ■ 1/2 cup dry cereal. ■ 2-3 crackers. | <ul style="list-style-type: none"> ■ Try giving me a new whole grain cereal. |
| Vegetables 4 servings daily | How much is one serving of Vegetables? | Tips |
| |  <ul style="list-style-type: none"> ■ 1/4 cup chopped vegetables. ■ 2 ounces 100% vegetable or tomato juice. | <ul style="list-style-type: none"> ■ Offer me vegetables of various kinds and different colors: dark green, orange, red, yellow and purple. ■ Try raw spinach or lettuce. I can dip pieces into a salad dressing. |
| Fruits 4 servings daily | How much is one serving of Fruit? | Tips |
| |  <ul style="list-style-type: none"> ■ 1/4 cup chopped fruit. ■ 2 ounces 100% fruit juice. | <ul style="list-style-type: none"> ■ Offer many kinds and colors: red, yellow, orange, blue and green. ■ 4 ounces of juice a day is plenty. |
| Dairy 4 servings daily | How much is one serving of Dairy? | Tips |
| |  <ul style="list-style-type: none"> ■ 1/2 cup milk or yogurt. ■ 1/2 to 1 slice cheese. | <ul style="list-style-type: none"> ■ Give me 1% low-fat or skim (nonfat) milk. ■ 16 ounces of milk a day is plenty. |
| Protein 4 servings daily | How much is one serving of Protein? | Tips |
| |  <ul style="list-style-type: none"> ■ 2 tablespoons meat, chicken, turkey or fish. ■ 1/2 egg. ■ 2 tablespoons dried beans, cooked or tofu. ■ 1 Tablespoon peanut butter. | <ul style="list-style-type: none"> ■ Try well-done, moist and chopped meats and cooked beans. ■ I can eat peanut butter. Teach me to eat it. Spread it thin and make it moist with some applesauce or jelly. |



Help me learn healthy eating habits.

- Offer me the same healthy foods the rest of the family is eating.
- Try to set regular times for meals and snacks.
- Lay out a variety of healthy foods and then let me serve myself.
- Listen to me when I say I am full. I will eat the amount I need.

What about fats and sweets?

I need some fat to grow right, but, don't give me too much. You can put a small amount of butter or tub margarine on my foods. Also, you can cook with a small amount of healthy vegetable oils, such as canola oil or olive oil.



Sugar does not give my body what it needs to grow right. Some sugary foods can hurt my teeth. Save most sweets for special times like birthdays.

When I am thirsty, give me water to drink. Do not give me punch, sweet tea, sports drinks or soda. If you give me fruit juice, do not give me more than four ounces a day. Make sure it is 100% fruit juice.

Keep me safe while I eat.

Not all foods are right for me. I could get hurt or sick. Some foods I should not eat. Other foods are okay if you cut them into tiny pieces. I must sit at the table to eat.

Foods I could choke on:

- Hard foods like candy, peanuts, popcorn or nuts.
- Seeds (such as pumpkin or sunflower seeds).
- Raw vegetables and hard raw fruits.
- Slick, round foods like hot dogs, whole grapes and cherry tomatoes.
- Sharp foods like corn chips.
- Sticky foods like peanut butter, unless it is spread thinly.
- Large foods like a whole hamburger.
- Soup.

Foods that could make me sick:

- Raw or rare meat, chicken, turkey or fish.
- Raw or soft-cooked eggs.
- Unpasteurized (raw) milk and cheese, fruit juice or cider.
- Deli meats (like bologna) unless reheated to steaming hot and then cooled.

I will learn to like most foods.

I change my mind a lot. I like a food today, but not tomorrow. I might ask for only one food. This won't last long.

- Keep offering new foods. It might take many tries, but one day I will taste the food.
- If I see you enjoy a food, I want to eat it, too.

Meal Ideas

Breakfast

- Whole grain cereal.
- 1% low-fat or skim (nonfat) milk.
- Chopped peaches.

Morning Snack

- Animal crackers.
- 1% low-fat or skim (nonfat) milk.

Lunch

- Macaroni and cheese.
- Chopped cooked carrots.
- 100% fruit juice.

Afternoon Snack

- Hard-boiled egg cut into four pieces.
- Whole-wheat toast.
- Sliced strawberries.

Dinner

- Chopped hamburger.
- Whole-grain bread.
- Corn.
- Broccoli (chopped and cooked).
- 1% low-fat or skim (nonfat) milk.

Evening Snack

- Vanilla pudding.

Look what I can do!

- I like to feed myself. I feel proud. Please say you are proud of me.
- I run, jump and climb. Can we play in the park? Play with me so I stay safe.
- I learn new words from you. Point to foods so that I can name them. Pepper! Tomato! Peach! Teach me the colors of foods.
- I get into things to learn about my world. Let me learn, but keep me safe. Lock up cleaners, sprays and medicines.

Health and Safety Tips

- Take me to the doctor for my checkup. I may need a blood test for lead.
- Ask my doctor before you give me vitamins.
- Help me brush my teeth. Brush them front and back, two times a day. Use a small soft toothbrush with a smear of fluoride toothpaste. Help me floss once a day. Get my teeth checked by a dentist.
- Stay with me when I am in the tub or near any water.
- Teach me to wash my hands often, including after I use the toilet and before I eat. Sing "Happy Birthday" with me as I wash my hands. This helps me know how long I need to scrub.
- Buckle me into a child safety seat in the back seat when I ride in a car.
- Put sunscreen on me when I play in the sun. Use a sunscreen that protects against UVA and UVB rays. Make sure the sunscreen has an SPF of at least 30. Apply every two hours.
- Make sure I wear a helmet if I am riding a bike or scooter.
- Help me limit my TV time to less than two hours each day.
- Keep me away from cigarette smoke, drugs and alcohol. Those habits are not healthy for you or me.

Ask the WIC Nutritionist if you need help with any of these tips.