

Help me be
HEALTHY



2½ to 3 years

My name is: _____

I weigh _____ pounds.

I am _____ inches tall.

A special note for me: _____

Please and thank you! I want to be like you. I want to help!

I want to please you. I might not be neat, but I am doing my best. Please say you are proud of me. Here are ways I can help.

- Put some foods in the basket when we shop. I can put my WIC cereal in the basket. Let's talk about the foods. Tell me how WIC cereal makes me strong.
- Help decide the vegetable for dinner. Teach me the kinds and colors.
- Show me two vegetables. Ask me which vegetable we should choose.
- Let me help you fix meals.
- I can do simple things: wash vegetables, tear lettuce or help set the table. Please show me how.



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 a routine.

- I need some things to stay the same.
- If a meal is late or I miss my nap, I might throw a tantrum. I am hungry or tired. I don't know how to wait.

Please:

- Give me breakfast, lunch, dinner and two or three healthy snacks. Have them at the same times every day.
- If we must be away from home, take a snack for me to eat. We can sit and eat some WIC cereal or some fruit. You can buy fresh fruit with your WIC card.

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. ■ Choose whole wheat pasta instead of white pasta.
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 many kinds and colors: dark green, orange, red, yellow and purple. ■ Try raw spinach or lettuce. I can dip pieces in 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.
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.

Play is my work!

- Play helps me grow. My legs and arms get strong when I run and throw a ball. My hands and eyes get strong when I draw and play with blocks and puzzles.
- I learn about my world. I like to play what I see you do.



I love to play!

Play makes me forget I am hungry. It may be hard to come to the table.

Here is how you can help.

- Tell me my meal will be soon. Let me draw a picture or work a puzzle.
- Quiet play lets me slow down so I can sit and eat my meal.
- I might sit and eat for 20 minutes. If I start to play at the table, I might be full.
- Ask me if I have had enough to eat. Please excuse me if I want to go back and play.

Tip: Let me drink water between meals and snacks.

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.