Help me be HEALTHY



3½ to 4 years

I weigh pounds.

I am inches tall.

A special note for me:

My name is:

NC Department of Health
and Human Services
Division of Child and Family Well-Being
Community Nutrition Services Section
www.ncdhhs.gov/nc-wic-cacfp

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Snacks can be healthy. Let's make one! I get hungry between meals.

A snack helps me get what I need to grow, play and learn. I should eat my snack about two hours before a meal. Do not let me eat food all day long. A snack is a little meal. To make a healthy snack, choose two foods from the five food groups. Here are some ideas:

- Whole wheat crackers and cheese.
- Banana slices and peanut butter.
- Oatmeal cookies and milk, 1% low-fat or skim (nonfat).
- Whole-wheat or corn tortilla and scrambled egg.
- Whole-grain cereal and milk, 1% low-fat or skim (nonfat).
- Carrot sticks and low-fat yogurt dip.
- Vanilla pudding with sliced peaches.

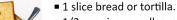
Help me learn healthy eating habits.

- 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. Young kids will eat the amount they need.

Find balance between food and physical activity.

- Let's eat foods from the five food groups every day for meals and snacks.
- I need to play actively several times a day.

How much is one serving of Grains?



- 1/2 cup rice, noodles, or cooked cereal.
- 1 cup dry cereal.
- 5 to 7 crackers.

Tip

- Choose whole grains for 3 of my servings:
- Whole wheat flakes.
- Corn tortilla.
- Whole-grain breads and cereals.

Vegetables

3 servings daily

Grains

4 servings

daily

How much is one serving of Vegetables?



■ 1/2 cup chopped vegetables.

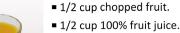
■ 1/2 cup 100% vegetable or tomato juice.

Tips

■ Teach me to eat many kinds and colors: dark green, orange, red, yellow and purple.

How much is one serving of Fruit?





■ Teach me to eat many kinds and colors: red, yellow, orange, blue and green.

■ 4 ounces of 100% juice per day is plenty.

daily

3 servinas

Dairy

5 servings

daily

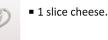
Protein

3 servings

daily

How much is one serving of Dairy?

■ 1/2 cup milk or yogurt.



Tips

- Give me 1% low-fat or skim (nonfat) milk.
- 16 ounces of milk per day is plenty.

How much is one serving of Protein?

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

Tips

- Meat can still be hard to eat. Try:
- Meatballs.
- Meat in a stew.
- Dried beans, cooked.
- Baked, skinless chicken or fish, cut into small pieces.

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.

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.

Use foods to teach me.

Mealtimes can be used to teach me so much. I can learn new words.

I can learn where foods come from. What animal does cheese come from? How is cheese made from milk? Teach me the sounds that some foods make. Crunch! Snap!

- Ask me to tell you the colors and shapes of foods. Teach me to count foods.
- Help me learn that some foods are cold and some are hot. Some foods we must cook and others we can eat raw.
- Tell me about foods we eat on holidays. What else can you show me?



Meal Ideas

Breakfast

Pancakes.

Orange slices.

Milk, 1% low-fat or skim (nonfat).

Morning snack

Peanut butter spread thinly on whole wheat toast.

Lunch

Grilled cheese sandwich.

Tomato slices.

100% fruit juice.

Midday snack

Whole grain cereal.

Milk, 1% low-fat or skim (nonfat).

Dinner

Spaghetti with meatballs.

Whole wheat bread.

Green beans.

Lettuce and tomato.

Milk, 1% low-fat or skim (nonfat).

Evening snack

Banana pudding.

Look what I can do!

- I can help you. Let me wash vegetables and tear lettuce for a salad.
- I can learn to say please and thank you.
- I run, hop and climb. Let's walk to the playground with our friends.
- I like to pretend. We can play store with empty cereal boxes and egg cartons.
- I like to count. When we set the table, I can count the plates, cups and forks.
- I can pour my WIC cereal in a bowl and peel a banana. Help me pour the milk.

Health and Safety Tips

- Ask my doctor before you give me vitamins.
- Help me brush my teeth two times a day. Use a pea-size amount of toothpaste with fluoride. Floss my teeth once a day. Get my teeth checked by a dentist.
- Stay with me when I am in the tub or near water.
- Teach me to wash my hands often, including after I use the bathroom 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.
- Hold my hand when we cross the street.
- 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.