

# Help me be HEALTHY



4 to 4½ years

## Help me learn good habits.

- You are my favorite teacher!
- Teach me about healthy foods.

## Tell me how foods help grow and make me strong.

- Grains give me energy to grow and learn.
- Whole grains have fiber to keep me healthy inside.
- Vegetables and fruits help my body fight disease and keep me looking good.
- Milk makes my bones and teeth strong.
- Meats and beans give me healthy blood and strong muscles.

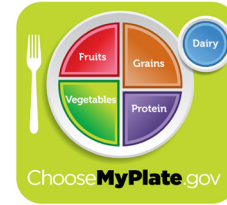
I need all these foods! Most are WIC foods, too.



me

## 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.

Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for healthy eating advice and a mobile app.

My name is: \_\_\_\_\_

I weigh \_\_\_\_\_ pounds.

I am \_\_\_\_\_ inches tall.

A special note for me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

<b>Grains</b> 5 servings daily	<b>How much is one serving of Grains?</b>  <ul style="list-style-type: none"><li>■ 1 slice bread or tortilla.</li><li>■ 1/2 cup rice, noodles, or cooked cereal.</li><li>■ 1 cup dry cereal.</li><li>■ 5 to 7 crackers.</li></ul>	<b>Tips</b> <ul style="list-style-type: none"><li>■ Choose whole-grains for 3 of my servings:<ul style="list-style-type: none"><li>- Whole wheat flakes.</li><li>- Corn tortilla.</li><li>- Whole grain breads and cereals.</li></ul></li></ul>
<b>Vegetables</b> 3 servings daily	<b>How much is one serving of Vegetables?</b>  <ul style="list-style-type: none"><li>■ 1/2 cup chopped vegetables.</li><li>■ 1 cup raw leafy salad greens.</li><li>■ 1/2 cup 100% vegetable or tomato juice.</li></ul>	<b>Tips</b> <ul style="list-style-type: none"><li>■ Teach me to eat many kinds and colors: dark green, orange, red, yellow, and purple.</li></ul>
<b>Fruits</b> 3 servings daily	<b>How much is one serving of Fruit?</b>  <ul style="list-style-type: none"><li>■ 1/2 cup chopped fruit.</li><li>■ 1/2 cup 100% fruit juice.</li></ul>	<b>Tips</b> <ul style="list-style-type: none"><li>■ Teach me to eat many kinds and colors: red, yellow, orange, blue, and green.</li><li>■ 4 ounces of 100% juice per day is plenty.</li></ul>
<b>Dairy</b> 5 servings daily	<b>How much is one serving of Dairy?</b>  <ul style="list-style-type: none"><li>■ 1/2 cup milk or yogurt.</li><li>■ 1 slice cheese.</li></ul>	<b>Tips</b> <ul style="list-style-type: none"><li>■ Give me 1% low-fat or skim (nonfat) milk.</li><li>■ 16 ounces of milk per day is plenty.</li></ul>
<b>Protein</b> 4 servings daily	<b>How much is one serving of Protein?</b>  <ul style="list-style-type: none"><li>■ 1/4 cup meat, chicken, turkey or fish.</li><li>■ 1 egg.</li><li>■ 1/4 cup cooked beans or tofu.</li><li>■ 1 tablespoon peanut butter.</li></ul>	<b>Tips</b> <ul style="list-style-type: none"><li>■ Try low-fat and lean meats.</li><li>■ Try a meatless main dish like beans and rice.</li></ul>



NC Department of Health and Human Services

Division of Child and Family Well-Being  
Community Nutrition Services Section  
[www.ncdhhs.gov/nc-wic-cacfp](http://www.ncdhhs.gov/nc-wic-cacfp)  
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## Teach me to stay active.

Do you think I am active? I like to run, jump and climb. I need to play like this for at least one hour a day. Teach me to stay active as I grow up.

### We can:

- Take walks.
- Do chores like sweeping or raking.
- Turn on the radio and dance.
- Go for a swim.
- Go for a hike.
- Play catch.
- Play follow the leader.

## 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. Fried foods like french fries, potato chips and doughnuts have a lot of fat. Eating too many fried foods is not healthy. If we eat fried foods, we can balance them with foods that are not fried.

- If we eat fried chicken, let's have mashed or baked sweet potatoes, green beans and sliced tomatoes.
- If we have french fries, let's have baked chicken, broccoli and a fruit salad.

### 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.

## Let's eat together.

- Let's start with breakfast. We can talk about what we will do today and what we are eating. Tell me where eggs come from. Does a chicken talk?
- Teach me to eat because I am hungry, not because I am good or feel sad. Do not use food to reward me or make me obey.

## Look what I can do!

- I can learn to use a dull knife to spread peanut butter. Can you show me how?
- I can cut soft fruits with a plastic knife.
- I can pass foods like bread at the table. I can say please and thank you and sit for 20 to 30 minutes to eat.
- I can hop on one foot. Watch me hop like a bunny! Hop with me.
- I can count. Let me count fruit when we shop. Let me count the cans of WIC juice.
- I like to tell stories. Let's make a special storybook. We can glue pictures on paper and tie the pages together.

## Meal Ideas

### Breakfast

Scrambled egg with low-fat cheese.  
Whole wheat toast.  
100% fruit juice.

### Morning Snack

Low-fat vanilla yogurt with crushed pineapple.

### Lunch

Chicken salad.  
Whole wheat bread.  
Carrot sticks.  
Milk, 1% low-fat or skim (nonfat).

### Afternoon Snack

Whole grain cereal.  
Banana slices.  
Milk, 1% low-fat or skim (nonfat).

### Dinner

Red beans and brown rice.  
Corn bread.  
Tomatoes.  
Green salad.  
Milk, 1% low-fat or skim (nonfat).

### Evening Snack

Oatmeal raisin cookie.

## Health and Safety Tips

- Take me to the doctor for my checkup. I might need a shot at my next visit.
- 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 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.
- 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.