

Help me be

# HEALTHY



1 1/2 to 2 years

My name is:

\_\_\_\_\_

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

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

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## You are my first teacher. I will learn from you.

Help me learn about foods.

*If I never taste a food, I won't know if I like it or not.*

Please help me.

- Offer me foods from all five food groups, even ones you don't like.
- I can try a new food and refuse one I do not like.
- I learn from you. When I see you eating a food, I want to eat it. If I won't eat the food, don't force me to eat it. Try again at another time. It might take ten tries before I will taste it.



- Have other foods that I eat, like whole-grain bread, milk and bananas on the table.
- Let me put the food in my mouth and take it out again. I learn by smelling, tasting and touching food.
- It is normal for me to continue to breastfeed.
- I can drink breastmilk and whole milk from a cup.



## 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.

<b>Grains</b> 6 servings daily	<b>How much is one serving of Grains?</b>	<b>Give Me . . .</b>
	 <ul style="list-style-type: none"> <li>■ 1/2 slice bread or tortilla.</li> <li>■ 2 tablespoons rice, noodles or cooked cereal.</li> <li>■ 1/4 cup dry cereal.</li> <li>■ 2 crackers.</li> </ul>	<ul style="list-style-type: none"> <li>■ Puffed or O-shape cereal.</li> <li>■ Other dry cereal is hard to eat.</li> </ul>
<b>Vegetables</b> 4 servings daily	<b>How much is one serving of Vegetables?</b>	<b>Give Me . . .</b>
	 <ul style="list-style-type: none"> <li>■ 1/4 cup chopped vegetables.</li> <li>■ 2 ounces 100% vegetable or tomato juice.</li> </ul>	<ul style="list-style-type: none"> <li>■ Cooked, not raw, vegetables.</li> <li>■ Many kinds and colors: dark green, orange, red, yellow, and purple.</li> </ul>
<b>Fruits</b> 4 servings daily	<b>How much is one serving of Fruit?</b>	<b>Give Me . . .</b>
	 <ul style="list-style-type: none"> <li>■ 1/4 cup chopped fruit.</li> <li>■ 2 ounces 100% fruit juice.</li> </ul>	<ul style="list-style-type: none"> <li>■ Cooked or soft raw fruit.</li> <li>■ Many kinds and colors: red, yellow, orange, blue, and green.</li> <li>■ Juice, limited to 4 ounces or less per day and diluted with water.</li> </ul>
<b>Dairy</b> 4 servings daily	<b>How much is one serving of Dairy?</b>	<b>Give Me . . .</b>
	 <ul style="list-style-type: none"> <li>■ 1/2 cup whole milk or yogurt.</li> <li>■ 1/2 cup breast milk.</li> <li>■ 1/2 to 1 slice cheese.</li> </ul>	<ul style="list-style-type: none"> <li>■ Whole milk (not 2% reduced-fat, 1% low-fat, or skim/nonfat milk).</li> <li>■ Milk in a cup - 16 ounces a day is plenty.</li> </ul>
<b>Protein</b> 4 servings daily	<b>How much is one serving of Protein?</b>	<b>Give Me . . .</b>
	 <ul style="list-style-type: none"> <li>■ 1 to 2 tablespoons meat, chicken, turkey or fish.</li> <li>■ 1/2 egg.</li> <li>■ 1 to 2 tablespoons dried beans, cooked or tofu.</li> </ul>	<ul style="list-style-type: none"> <li>■ Well-done, but moist and chopped meats.</li> <li>■ Dried beans, cooked and mashed.</li> <li>■ Don't give me hot dogs. I can choke on them.</li> </ul>



## I need a routine.

Learning new things is scary. I learn better when I feel safe. You help me feel safe when you:

- Give me breakfast, lunch, dinner and two or three healthy snacks.
- Serve them at the same times every day.
- Eat with me. We can share happy times and talk. Let's turn the TV off.



## 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:

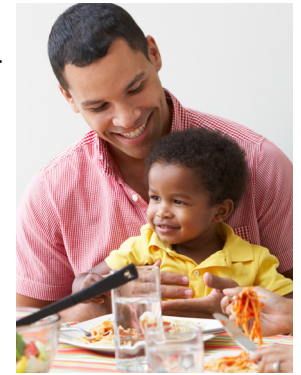
- Hard foods like candy, peanuts, popcorn or nuts.
- Seeds (such as pumpkin or sunflower seeds).
- Raw vegetables and hard raw fruits.
- Slick, round foods like hot dogs, whole grapes and cherry tomatoes.



- 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.



## Look what I can do!

- I can drink from a cup and use a spoon. I am still learning.
- Please be patient with my mess.
- I love to run, jump and climb. Keep an eye on me.
- I use my hands to stack blocks, throw a ball and push and pull toys. Let's play catch!
- I copy what you do. Can I play with a bowl and spoon? I will pretend to stir food.
- I understand much of what you say. Talk and sing to me. Please say I am doing a good job.
- I like to open doors and drawers to see what is inside. Let me learn, but keep me safe.

## Health and Safety Tips

- 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.
- 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.
- I need a nap every day. Will you read me my favorite story?
- 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.**