You are my first teacher.

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 5 food groups, even ones you don’t like.
- If I won’t eat the food, don’t force me to eat it. But, try again at another time. It might take 10 tries before I will taste it.
- Have other foods that I eat, like bread, milk, and applesauce, on the table.
- Let me put the food in my mouth and take it out again. I learn by smelling, tasting, and touching food.

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 2 or 3 healthy snacks, and have them at the same times every day.
- Eat with me. We can share happy times and talk. Let’s turn the TV off.
I will learn from you.

Offer foods from the 5 food groups every day:

- **Grains**: 6 servings
- **Vegetables**: 3 servings
- **Fruits**: 2 servings
- **Milk**: 4 servings
- **Meat & Beans**: 2 servings
<table>
<thead>
<tr>
<th>ONE SERVING IS</th>
<th>GIVE ME</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ¼ slice bread or tortilla</td>
<td>• Puffed or O-shape cereal. Other dry cereal is hard to eat.</td>
</tr>
<tr>
<td>• 1 to 2 tablespoons rice, noodles, or cooked cereal</td>
<td></td>
</tr>
<tr>
<td>• 2 to 4 tablespoons dry cereal</td>
<td></td>
</tr>
<tr>
<td>• 2 to 3 crackers</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ONE SERVING IS</th>
<th>GIVE ME</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 to 2 tablespoons, chopped</td>
<td>• Cooked, not raw, vegetables.</td>
</tr>
<tr>
<td>• 2 ounces vegetable or tomato juice</td>
<td>• Many kinds and colors: dark green, orange, red, yellow, and purple.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ONE SERVING IS</th>
<th>GIVE ME</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 to 2 tablespoons, chopped</td>
<td>• Cooked or soft raw fruit.</td>
</tr>
<tr>
<td>• 2 ounces 100% fruit juice</td>
<td>• Many kinds and colors: red, yellow, orange, blue, and green.</td>
</tr>
<tr>
<td></td>
<td>• Juice in a cup. 4 ounces a day is plenty.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ONE SERVING IS</th>
<th>GIVE ME</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ½ cup whole milk or yogurt</td>
<td>• Whole (not lowfat) milk.</td>
</tr>
<tr>
<td>• ½ to 1 slice cheese</td>
<td>• Milk in a cup. 16 ounces a day is plenty.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ONE SERVING IS</th>
<th>GIVE ME</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 to 2 tablespoons meat, chicken, turkey, or fish</td>
<td>• Well-done, but moist, and chopped meats.</td>
</tr>
<tr>
<td>• ½ egg</td>
<td>• Mashed, cooked WIC beans. Don’t give me hot dogs. I can choke on them.</td>
</tr>
<tr>
<td>• 1 to 2 tablespoons cooked beans or tofu</td>
<td></td>
</tr>
</tbody>
</table>
Keep me safe.

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
- Raw vegetables and hard raw fruits
- Slick, round foods like hot dogs or whole grapes
- 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
- Deli meats (like bologna) unless reheated to steaming hot, and then cooled
- Unpasteurized fruit juice or cider

What about fats and sweets?

I need some fat. You can put butter or margarine on my foods. A little sugar is okay, but not too much. Please don’t give me punch, tea, or soda. Let me drink water, instead.
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

- Brush my teeth, front and back, 2 times a day. Use a small, soft toothbrush and water. Have a dentist check my teeth.
- Buckle me into a child safety seat before I ride in a car.
- I need a nap every day. Could 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.

State of North Carolina
Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
www.ncdhhs.gov • www.nutritionnc.com

NC DHHS is an equal opportunity employer and provider.

DHHS #4511 Adapted from materials developed by the Office of the Maryland WIC Program
Help me be healthy

1½ to 2 years

My name is _________________________________.
I weigh ___________ pounds. I am______________ inches long.
A special note for me: __________________________
________________________________________________________________________