I am a toddler. Please help me as I learn to eat.

I am changing. I want to feed myself and learn about food. But some days, I won’t eat! All toddlers act this way. Please:

- Give me breakfast, lunch, dinner, and 2 or 3 healthy snacks. Have them at the same times every day.
- I can choke! Cut my foods into tiny pieces.
- Give me foods my body needs. Don’t feed me candy or snack chips.
- Let me eat until I act full. If I am not hungry now, I will be at snack time. Please don’t force me to eat.
- Teach me to use a cup and spoon. Show me how, but don’t take over.
- Eat with me. I eat and learn better when we eat as a family.

Teach me to eat my WIC foods.

WIC foods help me grow strong. I can eat them at meals and snacks. My WIC foods are:

- Milk and cheese
- Eggs
- Cooked dried beans/peas or peanut butter
- Cereal
- Juice
I want to do things myself!

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>• 1/4 slice bread or tortilla</td>
<td>• Puffed or O-shape cereal. Other dry cereal is hard to eat.</td>
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<tr>
<td>• 1 to 2 tablespoons rice, noodles, or cooked cereal</td>
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<tr>
<td>• 2 to 4 tablespoons dry cereal</td>
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<tr>
<td>• 2 to 3 crackers</td>
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<tr>
<td>• 1 to 2 tablespoons, chopped</td>
<td>• Cooked, not raw, vegetables.</td>
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<tr>
<td>• 2 ounces vegetable or tomato juice</td>
<td>• Many kinds and colors: dark green, orange, red, yellow, and purple.</td>
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<tr>
<td>• 1/2 cup whole milk or yogurt</td>
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<tr>
<td>• 1/2 to 1 slice cheese</td>
<td>• Whole (not lowfat) milk.</td>
</tr>
<tr>
<td>• 1/4 slice bread or tortilla</td>
<td>• Milk in a cup. 16 ounces a day is plenty.</td>
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<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>
<tr>
<td>• 1 to 2 tablespoons, chopped</td>
<td>• Well-done, but moist and chopped meats.</td>
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<tr>
<td>• 2 ounces vegetable or tomato juice</td>
<td>• Mashed, cooked WIC beans. Don’t give me hot dogs. I can choke on them.</td>
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<tr>
<td>• 1/2 egg</td>
<td></td>
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<tr>
<td>• 1 to 2 tablespoons cooked beans or tofu</td>
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</tr>
<tr>
<td>• 1 to 2 tablespoons meat, chicken, turkey, or fish</td>
<td></td>
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<tr>
<td>• 1/2 egg</td>
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</tr>
<tr>
<td>• 1 to 2 tablespoons cooked beans or tofu</td>
<td></td>
</tr>
</tbody>
</table>
Breakfast
Chopped egg
Toasted bread or tortilla
Chopped plum
WIC milk or breast milk

Morning Snack
O-shape WIC cereal
WIC juice

Lunch
Chopped chicken
Noodles
Chopped cooked green beans
WIC milk or breast milk

Afternoon Snack
WIC cheese
Chopped cooked carrots

Dinner
Mashed WIC beans
Rice
Chopped cooked broccoli
WIC milk or breast milk

Evening Snack
Puffed WIC cereal

Tip:
Let me drink water between meals and snacks.
Look what I can do!

• I can drink from a cup. Use a small cup that cannot break. I am learning to use a spoon. Please be patient with my mess as I learn.

• I can walk. My legs are getting strong. Let’s walk together.

• I can say a few words. I listen to you. Talk with me so I can learn more.

Health and Safety Tips

• I must sit when I eat. Buckle me into a high chair.

• Brush my teeth, front and back, 2 times a day. Use a small, soft toothbrush and water.

• Take me to the doctor at 12 months and 15 months for my shots and checkup. I may need a blood test for lead.

• Buckle me into a child safety seat before I ride in a car.

• I need a nap every day. Could you sing me to sleep?

• 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.
My name is _________________________________.
I weigh _________ pounds. I am___________ inches long.
A special note for me: ________________________________
______________________________