I get hungry between meals.

A snack helps me get what I need to grow, play, and learn. I should eat my snack about 2 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 2 foods from the 5 food groups. Here are some ideas:

- Crackers and cheese
- Banana slices and peanut butter
- Oatmeal cookies and 1% or less milk
- Tortilla and scrambled egg
- WIC cereal and 1% or less milk
- Carrot sticks and yogurt dip
- Vanilla pudding with sliced peaches

Just a little sugar is plenty.

Too much sugar fills me up, but can’t give my body what it needs to grow right. Some sugary foods can hurt my teeth. Save most sweets for special times like birthdays.

- Give me water to drink, not punch, tea, or soda when I am thirsty. Sugar does not quench my thirst.
Let’s make one!

Let’s eat foods from the 5 food groups for meals and snacks:

- **Grains**: 6 servings
- **Vegetables**: 3 servings
- **Fruits**: 2 servings
- **Milk**: 4 servings
- **Meat & Beans**: 2 servings
ONE SERVING IS

- 1/2 slice bread or tortilla
- 3 to 4 tablespoons rice, noodles, or cooked cereal
- 6 tablespoons dry cereal
- 3 to 4 crackers

TIP

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

ONE SERVING IS

- 3 to 4 tablespoons
- 1/2 cup vegetable or tomato juice

TIP

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

ONE SERVING IS

- 3 to 4 tablespoons
- 1/2 cup 100% fruit juice

TIP

- Teach me to eat many kinds and colors: red, yellow, orange, blue, and green.
- 4 ounces of juice a day is plenty.

ONE SERVING IS

- 1/2 cup milk or yogurt
- 1/2 to 1 slice cheese

TIP

- 16 ounces of milk a day is plenty.
- I can try 1% or less milk.

ONE SERVING IS

- 3 to 4 tablespoons meat, chicken, turkey, or fish
- 1 egg
- 3 to 4 tablespoons cooked beans or tofu
- 1 to 2 tablespoons peanut butter

TIP

- Meat can still be hard to eat. Try:
  - Meatballs
  - Meat in stew
  - Cooked WIC beans
  - Baked, breaded fish filet
  - Baked chicken thigh
I need some fat, but not too much.

Some fat is fine. I can spread margarine on my bread or green beans. I can put dressing on my salad.

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 boiled potatoes, green beans, and sliced tomatoes.

- If we have French fries, let’s have baked chicken, broccoli, and a fruit salad.

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 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?
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.
• Help me brush and floss my teeth every day. Get my teeth checked by the dentist.
• Hold my hand when we cross the street.
• Put sunscreen on me when I play in the sun.
• Buckle me into a child safety seat when we ride in a car.
• 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

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Help me be healthy

3 1/2 to 4 years

My name is ___________________________.

I weigh ____________ pounds. I am____________ inches tall.

A special note for me: ____________________________

______________________________