I will soon be 5 years old.

I still have plenty of growing to do. Help me keep my body healthy.

- Teach me how to choose foods. Soon I will go to school where I must make choices. If my friends ask, I can tell them why I choose the foods I do.

- Help me learn to balance foods. If I eat ice cream, teach me to top it with fresh strawberries, not chocolate syrup.

- Let’s keep going. We can try a new food once a week. We might try brown rice. Let’s make a stir-fry. I can wash the vegetables.

- Keep my body strong. Let’s turn the TV off and play. Let’s dance to the music, play catch, or take a walk (even inside). Let’s pretend. I can be a bird and flap my wings. Or I can run like a horse.

Can we talk?

Growing up isn’t easy. I need you to talk with me and listen. Let’s laugh and sing. Please tell me:

You are special!

You are doing a good job!

I love you!

I am proud of you!

I don’t need a treat to be happy. These words are sweeter than any candy.
Thank you for helping me!

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
### Tips

**ONE SERVING IS**

- ½ to 1 slice bread or tortilla
- 4 to 5 tablespoons rice, noodles, or cooked cereal
- ½ to 1 cup dry cereal
- 4 to 5 crackers

**TIP**

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

**ONE SERVING IS**

- 4 or more tablespoons
- ½ cup vegetable or tomato juice

**TIP**

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

**ONE SERVING IS**

- 4 or more tablespoons
- ½ cup 100% fruit juice

**TIPS**

- 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**

- ½ cup milk or yogurt
- ½ to 1 slice cheese

**TIPS**

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

**ONE SERVING IS**

- 4 tablespoons meat, chicken, turkey, or fish
- 1 egg
- ½ cup cooked beans or tofu
- 2 tablespoons peanut butter

**TIPS**

- Try low fat and lean meats.
- Try a meatless main dish like beans and rice.
Eating breakfast gives me energy to learn. If I don’t eat, I get hungry. It is hard to think or listen. Let’s plan breakfast together. We can set the table with a box of cereal, bowls, and spoons. In the morning, we can get out the milk and fruit.

Breakfast can be easy as A, B, C! We can pick a food from each group to eat.

**Bread, Cereal, or Other Grain** + **Milk or Meat (or Both)** + **Fruit or Vegetable**

_Examples:_

- wheat flakes, milk, peach slices
- oatmeal, yogurt, strawberries
- bread, cheese, orange slices
- tortilla, WIC beans, watermelon
- crackers, peanut butter, banana
- biscuits, chicken, spinach
- waffles, egg, tomato
- rice, pork, cabbage
Look what I can do!

- I can eat with a fork and spoon and wipe my mouth and hands with a napkin.
- I love to draw and make things. Let’s make a picture with the food groups on it.
- I love to read. Let’s walk to the library and get some books.
- I can take turns. Let’s play follow the leader!
- I can help. I will set the table for dinner and wipe it off after we eat.

- Help me brush and floss my teeth every day. Take me to the dentist to get my teeth checked.
- Teach me to wear sunscreen when I play in the sun.
- Teach me rules for safety and help me follow them.
- Buckle me into a child safety seat before 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
NC DHHS is an equal opportunity employer and provider.

DHHS #4517 Adapted from materials developed by the Office of the Maryland WIC Program
Help me be healthy

4 1/2 to 5 years

My name is _____________________________________________.
I weigh ____________ pounds. I am______________ inches tall.
A special note for me: ___________________________________