

Help me be HEALTHY



1 to 1 1/2 years

My name is: _____

I weigh _____ pounds.

I am _____ inches tall.

A special note for me: _____

I am a toddler. I want to do things myself!

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 two or three 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.

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.

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



State of North Carolina
Department of Health and Human Services
Division of Public Health

Nutrition Services Branch
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01/21 NSB #D-4510-E

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. Don't give me punch, sweet tea, sports drinks or soda. If you give me fruit juice, don't 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.
- 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.

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.
- Dried beans, cooked and mashed.
- Cereal.
- Juice.
- Whole-grain bread.



Meal Ideas

Breakfast

- Chopped egg.
- Whole wheat toasted bread or whole-wheat tortilla.
- Chopped plum.
- Whole milk or breast milk.

Morning Snack

- O-shape cereal.
- 100% fruit juice.

Lunch

- Chopped chicken.
- Noodles.
- Chopped cooked green beans.
- Whole milk or breast milk.

Afternoon Snack

- Cheese.
- Chopped cooked carrots.

Dinner

- Dried beans, cooked and mashed.
- Brown rice.
- Chopped cooked broccoli.
- Whole milk or breast milk.

Evening Snack

- Puffed 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.
- 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.
- 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 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 2 hours.
- I need a nap every day. Can you sing to me to fall asleep?
- 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.**