help me be healthy

I am 1

I am a toddler.

Trying new things is fun!

My name is _____.

I weigh _____ pounds and _____ ounces.

I am_____ inches tall.

My Hemoglobin is _____.

A special note for me _____

_____

_____

_____

_____

Help me learn to eat the right amount

Now I am a toddler. I am ready to try new foods.

Over the next year, I will change a lot. Now I eat more like a baby. Soon I will eat more like you do.

- You decide what healthy foods to offer me. I decide which of these foods to eat and how much.
- Please offer me foods from the 5 food groups.
- Offer me 3 healthy meals, and 2 or 3 snacks each day. Try to have them at the same times.
- Please trust me to eat the right amount. I know if I am hungry or not. My tummy is still little. Give me small portions —1 or 2 tablespoons. I will let you know if I want more.
- Some days I eat a lot. Other days I do not eat at all. Toddlers act this way.

Offer me safe foods

- I can try these foods now: cow's milk, whole eggs, egg whites, and honey.
- Cut my food into tiny pieces so I don't choke. Cut grapes and hot dogs the long way.
- Don't give me foods that I can choke on: raw hard vegetables, whole grapes, peanut butter, chips, nuts, popcorn, dried fruits, whole hot dogs, chunks of meat, or hard candy.

Make our family meals relaxed

- I eat better when you eat with me. Let's enjoy eating together.
- Please turn off all our TVs and cell phones. We can focus on our meal instead.
- I do best if I sit when I eat or drink. Put me in my highchair or booster seat at the table with our family.
- I can eat most of our family foods, just like you.
- I am learning to eat by myself. I need lots of practice using my hands and my spoon. Let me touch my food. Don't worry if I get messy — that's how I learn.

I love my cup

I drink from a cup now, not a baby bottle. This helps protect my nice new teeth.

Ask WIC for ideas if I need help changing from my bottle to my cup.

Offer me water to drink between meals and snacks, not a sweet drink.

Every day offer me:

Grains

- 1/2 slice bread or 1/2 tortilla
- 1/4 cup cooked cereal, rice, or noodles
- 1/2 cup cold cereal
- 2 or 3 small crackers

Half the grains I eat should be whole grains.

Vegetables

- 1/4 cup chopped or mashed cooked vegetables
- 2 ounces vegetable or tomato juice

Offer me a dark green or orange vegetable every day.

Fruits

- 1/4 cup chopped or mashed fruit
- 2 ounces 100% fruit juice

Offer me a vitamin C fruit every day—oranges, strawberries, or WIC juice.

No more than 4 ounces of juice a day.

Protein

- 2 tablespoons meat, chicken, turkey, or fish
- 1/2 egg
- 2 tablespoons beans or tofu

Beans, meat, chicken, turkey, and fish give me lots of iron to keep my blood strong.

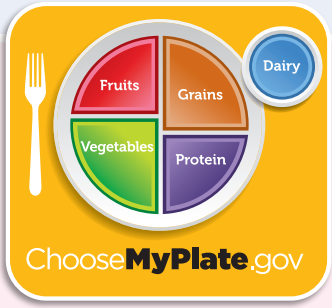
Dairy

- 4 ounces whole milk
- 1/2 cup yogurt
- 1 slice cheese

No more than 16 ounces of milk a day.
WIC gives me whole milk. It's what I need.

Fats, Oils & Sweets

Only a little bit.



Let's eat

Breakfast

1/2 scrambled egg

1/2 slice whole grain toast

Breast milk or 4 ounces whole milk

Morning Snack

1/2 cup WIC cereal

1/4 cup chopped peaches

A few ounces of water from a cup

Lunch

2 tablespoons mashed black beans

1/4 cup brown rice

1/4 cup cooked, chopped carrots

Breast milk or 4 ounces whole milk

Afternoon Snack

1 slice cheese

2 crackers

2 ounces WIC juice

Dinner

2 tablespoons chopped chicken

1/4 cup mashed sweet potato

1/4 cup applesauce

Breast milk or 4 ounces whole milk

Evening Snack

1/2 graham cracker

Breast milk or 4 ounces whole milk

Breastfeeding

I love this special time. I hope you do too. Let's keep it up as long as we both want.

You can count breastfeeding as a milk serving for me.

Ask WIC
if you have any questions about what I am eating.

Look what I can do

- I can walk. My legs are getting strong. Can we go for a walk?
- I can say a few words. Please talk with me. I learn from you.
- I will surprise you with how much I know.

Let's play

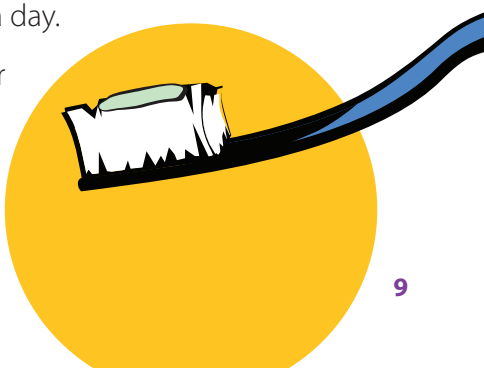
- I learn a lot when I play.
- I learn even more when you play with me.
- When we play, it helps me grow smarter, stronger, healthier, and happier.
- The more we play, the better we sleep.

Keep me safe and healthy

- Always buckle me into my car safety seat in the car.
- Take me to my doctor for 12 month and 15 month checkups and shots.
- Ask my doctor if I need a lead test to keep my brain healthy. I want to be smart like you.
- Talk to my doctor to find out if I get enough vitamin D, too. I need it for strong bones and teeth.
- I need a nap every day. Could you sing me to sleep?

Keep my teeth healthy and strong

- Please take me to the dentist for regular checkups.
- Brush my teeth front and back, 2 times a day.
- Use a small, soft toothbrush and a smear of fluoride toothpaste.



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Utah WIC Program 1-877-WIC-KIDS
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