

You are my first teacher.



Help me learn about foods.

If I never taste a food, I won't know if I like it or not. Please help me.

- Offer me foods from all 5 food groups, even ones you don't like.
- If I won't eat the food, don't force me to eat it. But, try again at another time. It might take 10 tries before I will taste it.
- Have other foods that I eat, like bread, milk, and applesauce, on the table.
- Let me put the food in my mouth and take it out again. I learn by smelling, tasting, and touching food.

I need a routine.



Learning new things is scary. I learn better when I feel safe. You help me feel safe when you:

- Give me breakfast, lunch, dinner, and 2 or 3 healthy snacks, and have them at the same times every day.
- Eat with me. We can share happy times and talk. Let's turn the TV off.

I will learn from you.

Offer foods from the 5 food groups every day:

Grains 6 servings		ONE SERVING IS <ul style="list-style-type: none"> • 1/4 slice bread or tortilla • 1 to 2 tablespoons rice, noodles, or cooked cereal • 2 to 4 tablespoons dry cereal • 2 to 3 crackers 	GIVE ME <ul style="list-style-type: none"> • Puffed or O-shape cereal. Other dry cereal is hard to eat.
Vegetables 3 servings		ONE SERVING IS <ul style="list-style-type: none"> • 1 to 2 tablespoons, chopped • 2 ounces 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.
Fruits 2 servings		ONE SERVING IS <ul style="list-style-type: none"> • 1 to 2 tablespoons, chopped • 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 in a cup. 4 ounces a day is plenty.
Milk 4 servings		ONE SERVING IS <ul style="list-style-type: none"> • 1/2 cup whole milk or yogurt • 1/2 to 1 slice cheese 	GIVE ME <ul style="list-style-type: none"> • Whole (not lowfat) milk. • Milk in a cup. 16 ounces a day is plenty.
Meat & Beans 2 servings		ONE SERVING IS <ul style="list-style-type: none"> • 1 to 2 tablespoons meat, chicken, turkey, or fish • 1/2 egg • 1 to 2 tablespoons cooked beans or tofu 	GIVE ME <ul style="list-style-type: none"> • Well-done, but moist and chopped meats. • Mashed, cooked WIC beans. <p>Don't give me hot dogs or peanut butter. I can choke on them.</p>



Keep me safe.

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
- Raw vegetables and hard raw fruits
- Slick, round foods like hot dogs or whole grapes
- 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
- Deli meats (like bologna) unless reheated to steaming hot
- Unpasteurized fruit juice or cider

What about fats and sweets?

I need some fat. You can put butter or margarine on my foods. A little sugar is okay, but not too much. Please don't give me punch, tea, or soda. Let me drink water, instead.

Look what I can do!



- I can drink from a cup and use a spoon. I am still learning. Please be patient with my mess.
- I love to run, jump, and climb. Keep an eye on me.
- I use my hands to stack blocks, throw a ball, and push and pull toys. Let's play catch!
- I copy what you do. Can I play with a bowl and spoon? I will pretend to stir food.
- I understand much of what you say. Talk and sing to me. Please say I am doing a good job.
- I like to open doors and drawers to see what is inside. Let me learn, but keep me safe.

Health and Safety Tips



- Brush my teeth, front and back, 2 times a day. Use a small, soft toothbrush and water. Have a dentist check my teeth.
- Buckle me into a child safety seat before I ride in a car.
- I need a nap every day. Could you read me my favorite story?



1½ to 2 years

My name is _____.

I weigh _____ pounds. I am _____ inches long.

A special note for me: _____
