

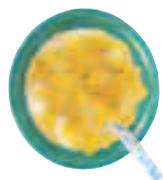
Help me to learn to make choices.

I feel proud when I make a choice.



Offer foods from the 5 food groups every day:

You may think No! is my favorite word.



Saying *No* is part of growing up. I want to make some choices. Here are choices you can let me make.

- I can choose between 2 healthy foods to eat. You can ask me:

Do you want applesauce or peaches?

Or

Do you want oatmeal or corn flakes?

- I can choose to not eat a food or my meal or snack.

I need some limits.

Making choices does not mean I can eat any food at any time. I need limits to learn self-control. Please:

- Give me breakfast, lunch, dinner, and 2 or 3 healthy snacks. Have them at the same times every day.
- If I don't eat my meal, tell me I can eat at snack time. If I don't eat my snack, tell me I can eat at the next meal. Do not let me "graze" for foods or drinks.
- If I won't eat, don't beg, force, or bribe me.
- Don't let me fill up on juice, punch, tea, or soda. Give me water to drink between meals and snacks.



Grains
6 servings



ONE SERVING IS

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

TIP

- Try a new WIC cereal.

Vegetables
3 servings



ONE SERVING IS

- 2 tablespoons, chopped
- 2 ounces vegetable or tomato juice

TIPS

- Offer many kinds and colors: dark green, orange, red, yellow, and purple.
- Try raw spinach or lettuce. I can dip pieces in salad dressing.

Fruits
2 servings



ONE SERVING IS

- 2 tablespoons, chopped
- 2 ounces 100% fruit juice

TIPS

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

Milk
4 servings



ONE SERVING IS

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

TIP

- 16 ounces of milk a day is plenty.

Meat & Beans
2 servings



ONE SERVING IS

- 2 tablespoons meat, chicken, turkey, or fish
- 1/2 egg
- 2 tablespoons cooked beans or tofu
- 1 tablespoon peanut butter

TIPS

- Try well-done, moist, chopped meats and cooked WIC beans.
- I get peanut butter from WIC. Teach me to eat it. Spread it thin and make it moist with some applesauce or jelly.

What about fats and sweets?

I need some fat. You can put butter, margarine, or salad dressing on my foods. A little sugar is okay, too.

Meal Idea



Breakfast

WIC oatmeal
Milk
Chopped peaches

Afternoon Snack

Egg salad
Toast
Chopped carrots

Morning Snack

Animal crackers
Milk

Dinner

Chopped hamburger
Bread
Corn
Sliced strawberries
Milk

Lunch

Macaroni and cheese
Peas
WIC juice

Evening Snack

Vanilla pudding

Look what I can do!



- I like to feed myself. I feel proud. Please say you are proud of me.
- I run, jump, and climb. Can we play in the park? Play with me so I stay safe.
- I learn new words from you. Point to foods so I can name them. Pepper! Tomato! Peach! Teach me the colors of foods.
- I get into things to learn about my world. Let me learn but keep me safe. Lock up cleaners, sprays, and medicines.

Health and Safety Tips



- Take me to the doctor for my checkup. I may need a blood test for lead.
- Help me brush my teeth. Brush them, front and back, 2 times a day. Use a small, soft toothbrush and water. Check my teeth for white or dark spots. Take me to the dentist if you see any.
- Help me wash my hands before I eat.
- Buckle me into a child safety seat before I ride in a car.



2 to 2½ years

My name is _____.

I weigh _____ pounds. I am _____ inches tall.

A special note for me: _____

I will learn to like most foods.

I change my mind a lot. I like a food today, but not tomorrow. I might ask for only one food. This won't last long.

- Keep offering new foods. It might take many tries, but one day I will taste the food.
- If I see you enjoy a food, I want to eat it, too.

