

I'm growing up right.

Thank you for helping me!

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!

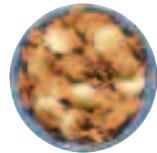
I am proud of you!

I don't need a treat to be happy. These words are sweeter than any candy.

Let's eat foods from the 5 food groups for meals and snacks:

Grains 6 servings		ONE SERVING IS <ul style="list-style-type: none"> • 1/2 to 1 slice bread or tortilla • 4 to 5 tablespoons rice, noodles, or cooked cereal • 1/2 to 1 cup dry cereal • 4 to 5 crackers 	TIP <ul style="list-style-type: none"> • Choose whole grains for 3 of my servings: <ul style="list-style-type: none"> - Oatmeal - Corn tortilla - Whole grain breads and cereals
Vegetables 3 servings		ONE SERVING IS <ul style="list-style-type: none"> • 4 or more tablespoons • 1/2 cup vegetable or tomato juice 	TIP <ul style="list-style-type: none"> • Teach me to eat many kinds and colors: dark green, orange, red, yellow, and purple.
Fruits 2 servings		ONE SERVING IS <ul style="list-style-type: none"> • 4 or more tablespoons • 1/2 cup 100% fruit juice 	TIPS <ul style="list-style-type: none"> • Teach me to eat many kinds and colors: red, yellow, orange, blue, and green. • 4 ounces of juice a day is plenty.
Milk 4 servings		ONE SERVING IS <ul style="list-style-type: none"> • 1/2 cup milk or yogurt • 1/2 to 1 slice cheese 	TIPS <ul style="list-style-type: none"> • 16 ounces of milk a day is plenty. • I can try 1% milk and lowfat cheese.
Meat & Beans 2 servings		ONE SERVING IS <ul style="list-style-type: none"> • 4 tablespoons meat, chicken, turkey, or fish • 1 egg • 1/2 cup cooked beans or tofu • 2 tablespoons peanut butter 	TIPS <ul style="list-style-type: none"> • Try low fat and lean meats. • Try a meatless main dish like beans and rice.

Breakfast starts my day.



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
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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.

Health and Safety Tips



- 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.
- Be sure I am buckled up before I ride in a car.



4½ to 5 years

My name is _____.

I weigh _____ pounds. I am _____ inches tall.

A special note for me: _____
