

Teach me to be a healthy eater.



You are
my first
teacher.

I will learn from you. Will you help me grow up to be a healthy eater?

Your Job!

- **Offer me a variety of healthy foods to eat.**

Offer me breakfast, lunch, and dinner and 2 or 3 healthy snacks every day. Use the Food Guide Pyramid.

Every day, offer me:

Breads, cereals, rice, pasta—6 or more servings

Vegetables—3 or more servings

Fruits—2 or more servings

Milk, cheese, yogurt—4 servings
(offer whole milk until age 2)

Meats, poultry, fish, dried beans, eggs—
2 or more servings

Fats, sweets, and oils—I only need a little

I eat small servings of food, about $\frac{1}{4}$ of the serving size a grown-up eats (or about 2 tablespoons of each food). A serving of milk or juice is $\frac{1}{2}$ cup. Please let me ask for more food if I am hungry.

Offer me water to drink between meals and snacks.

You know what foods I need to be healthy.

- **Please have meals and snacks at the same times every day.**

I feel secure when we have a routine.

- **Make food safe for me to eat.**

I can choke on foods. Cut my foods into bite-size pieces. Foods should be soft, moist, and easy to chew.

Please do not give me:

- hard foods like candy, raw carrots, popcorn, peanuts, or nuts.
- slippery foods like whole grapes or whole hot dogs.
- sharp foods like potato or corn chips.
- big pieces of foods, like a whole hamburger.
- sticky foods like peanut butter.

Foods that are too spicy or too hot may be hard to eat. I like foods that are plain.

- **Eat with me at mealtimes and snack times.**

When we eat together, I know I am safe. We share happy times. I like to be with you. We can talk. I can learn about foods and how we eat them.



My Job!

- **I want to decide how much food to eat.**

I am growing, but not as fast as when I was a baby. I may eat a lot of food one day, but not much food the next day.

Let me decide when I have had enough to eat. This way I learn to eat when I am hungry and stop when I am full.

If I am not hungry at a meal, I will eat again at snack time. Please give me healthy foods for my snacks so I get what I need to grow.

- **I must learn about foods my way.**

When you offer me new foods, I must learn how they look, smell, and taste, and how they feel in my mouth. I will like most of the foods you offer me. Some foods I will not like. This is normal.

It may take time for me to decide if I like a food. I will take it out of my mouth and play with it. If I do not like the taste of a food the first few times, please do not give up. Offer the food again, but do not force me to eat it. One day, I will decide that I want to eat the food. This is part of growing up.



Look what I can do!



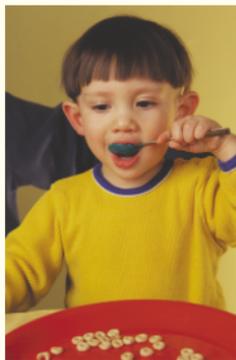
- I can drink from a small cup. I must use a cup that does not break because I may drop it.
- I eat food with my fingers, but I also like to use a spoon. I am still messy as I learn how to eat.
- I walk fast. I love to jump and climb, so keep an eye on me!
- My hands are getting stronger. I use them to stack blocks, throw a ball, and push and pull toys.
- I like to copy what I see you do. Can I play with an empty bowl and spoon? I will pretend to stir food.
- I understand much of what you say. Speak slowly. Use simple words. Talk, sing, and read to me. Please tell me I am doing a good job!
- My world is new to me. I try to open doors and drawers so I can learn about what is inside. Let me learn, but keep me safe.

Keep my teeth healthy.



- Help me clean my teeth every day.
- Wet a small, soft toothbrush with water. I am not ready for toothpaste.
- Brush each tooth, top and bottom, front and back sides. Be gentle.
- Take me to the dentist to get my teeth checked.

Health and Safety Tips



- Make me sit at a table when I eat.
- Buckle me into a child safety seat before I ride in a car.
- Watch me around water. Do not leave me alone in the bathtub.
- Store poisons like cleaning products, insect sprays, iron or vitamin pills, and medicines in a place I cannot reach.
- Keep me away from a hot stove. Turn pot handles back so I cannot touch them.
- Keep electrical cords out of my reach so I cannot pull on them.
- Put me down for a nap every day. I need some quiet time. Could you read my favorite story?

Office of the Maryland WIC Program

1-800-242-4WIC

Parris N. Glendening, Governor

Georges C. Benjamin, MD, Secretary

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Help me **be healthy**



1½ to 2 years

My name is _____.

I weigh _____ pounds. I am _____ inches long.

A special note for me: _____
