

I am a toddler.

Please help me as I learn to eat.



I am changing. I want to feed myself and learn about food. But some days, I won't eat! All toddlers act this way. Please:

- Give me breakfast, lunch, dinner, and 2 or 3 healthy snacks. Have them at the same times every day.
- I can choke! Cut my foods into tiny pieces.
- Give me foods my body needs. Don't feed me candy or snack chips.
- Let me eat until I act full. If I am not hungry now, I will be at snack time. Please don't force me to eat.
- Teach me to use a cup and spoon. Show me how, but don't take over.
- Eat with me. I eat and learn better when we eat as a family.



Teach me to eat my WIC foods.

WIC foods help me grow strong. I can eat them at meals and snacks. My WIC foods are:

- Milk and cheese
- Eggs
- Beans
- Cereal
- Juice

I want to do things myself!

Offer foods from the 5 food groups every day:

<p>Grains 6 servings</p>		<p>ONE SERVING IS</p> <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 	<p>GIVE ME</p> <ul style="list-style-type: none"> • Puffed or O-shape cereal. Other dry cereal is hard to eat.
<p>Vegetables 3 servings</p>		<p>ONE SERVING IS</p> <ul style="list-style-type: none"> • 1 to 2 tablespoons, chopped • 2 ounces vegetable or tomato juice 	<p>GIVE ME</p> <ul style="list-style-type: none"> • Cooked, not raw vegetables. • Many kinds and colors: dark green, orange, red, yellow, and purple.
<p>Fruits 2 servings</p>		<p>ONE SERVING IS</p> <ul style="list-style-type: none"> • 1 to 2 tablespoons, chopped • 2 ounces 100% fruit juice 	<p>GIVE ME</p> <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.
<p>Milk 4 servings</p>		<p>ONE SERVING IS</p> <ul style="list-style-type: none"> • 1/2 cup whole milk or yogurt • 1/2 to 1 slice cheese 	<p>GIVE ME</p> <ul style="list-style-type: none"> • Whole (not lowfat) milk. • Milk in a cup. 16 ounces a day is plenty.
<p>Meat & Beans 2 servings</p>		<p>ONE SERVING IS</p> <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 	<p>GIVE ME</p> <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>

Meal Idea

Breakfast

Chopped egg
Toasted bread or tortilla
Chopped plum
WIC milk or breast milk

Morning Snack

O-shape WIC cereal
WIC juice

Lunch

Chopped chicken
Noodles
Chopped green beans
WIC milk or breast milk

Afternoon Snack

WIC cheese
Chopped carrots

Dinner

Mashed WIC beans
Rice
Chopped broccoli
WIC milk or breast milk

Evening Snack

Puffed WIC cereal

Tip:

Let me drink water between meals and snacks.

Look what I can do!



Health and Safety Tips



- I can drink from a cup. Use a small cup that cannot break. I am learning to use a spoon. Please be patient with my mess as I learn.
- I can walk. My legs are getting strong. Let's walk together.
- I can say a few words. I listen to you. Talk with me so I can learn more.
- I must sit when I eat. Buckle me into a high chair.
- Brush my teeth, front and back, 2 times a day. Use a small, soft toothbrush and water.
- Take me to the doctor at 12 months and 15 months for my shots and checkup. I may need a blood test for lead.
- Buckle me into a child safety seat before I ride in a car.
- I need a nap every day. Could you sing me to sleep?



I to 1½ years

My name is _____.

I weigh _____ pounds. I am _____ inches long.

A special note for me: _____
