

Snacks can be good for me.

**I get
hungry
between
meals.**

A snack helps me get what I need to grow, play, and learn. I should eat my snack about 2 hours before a meal. Do not let me eat food all day long.

A snack is a little meal. To make a snack, we can choose foods from 2 to 3 food groups in the Food Guide Pyramid.

Here are some examples of snacks

crackers and cheese
banana slices with peanut butter
milk and oatmeal cookies

Here are some healthy foods to choose for snacks

Bread/Cereal Foods

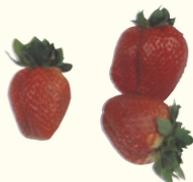
crackers
graham crackers
pretzels
corn tortilla
bread
muffin
WIC cereal
oatmeal cookies

Vegetables and Fruits

carrot sticks
zucchini slices
tomato wedges
sweet pepper slices
banana slices
strawberries
applesauce
peach or pear slices
WIC juice

Milk and Meat Foods

cheese
milk
milkshake
yogurt
pudding
cocoa
hard cooked egg
peanut butter
tuna salad
cold chicken



Let's make a healthy snack.



- **Just a little sugar is plenty.**

Foods high in sugar do not help my body grow strong and healthy. Eating too much sugar makes me less hungry for other foods and can hurt my teeth. Save sweet foods like punch, soda, and candy for treats once in a while.

A little sugar on my food is okay with a meal or snack. I can put a spoonful on my WIC cereal. A little jelly on my peanut butter sandwich tastes good.

- **I do not need too much fat.**

Fried foods like French fries and snacks like potato chips and most cookies have a lot of fat. Salad dressing, mayonnaise, and spreads like margarine and butter are all fat. If I eat too many foods that are high in fat, I may not get what my body needs to grow. As I grow up, I should eat only a little fat to keep my body healthy.

It is okay to eat small amounts of foods that are high in fat. I can spread some margarine on my bread or corn. I can eat French fries once a week, but not every day. If we have a fried food like chicken, we can have mashed or boiled potatoes instead of fried potatoes.

Helpful Reminders

Use the Food Guide Pyramid to plan 3 meals and 2 healthy snacks every day.

Please 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

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 $\frac{1}{3}$ of the serving size a grown-up eats (about 4 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.

- **Let's eat meals together.**

We can talk about the shapes of foods.
Peas are round. They roll off my spoon!
Teach me that carrots and potatoes grow under the ground. Let's read a book about how vegetables grow!

Look what I can do!



- I eat with a spoon and a fork. I drink from a small cup that I hold with one hand.
- I run, climb, and jump. Can we go to the playground with my friends?
- I like to pretend. Can we play store? We can use empty cereal boxes and egg cartons.
- I like to count. When we set the table, I can count the plates, cups, and spoons.
- I feel good when I do things for myself. I can learn to pour my cereal in a bowl and peel a banana. Help me pour the milk.
- I want to help. I can wash vegetables and tear lettuce for a salad.
- I can learn to say “Please” and “Thank you.” Teach me to say “Please pass the bread.”

Use foods to teach me.



Mealtimes can be used to teach me so much. I can learn new words. I can learn where foods come from. What animal does cheese come from? How is cheese made from milk? Teach me the sounds some foods make. Crunch! Snap!

Ask me to tell you the colors and shapes of foods. Teach me to count foods. Help me learn that some foods are cold and some are hot. Some foods we must cook and others we can eat raw. Tell me about foods we eat on holidays. What else can you show me?

Health and Safety Tips



- Buckle me into a child safety seat when we ride in a car. I will need a booster seat at 4 years or 40 pounds.
- Wash our hands often to help kill germs
- Help me brush and floss my teeth every day.
- Check my teeth for white or dark spots. If you see any, take me to the dentist right away.
- Hold my hand when we cross the street.
- Keep me away from cigarette smoke.
- Keep me away from matches and lighters.
- Stay with me when I am in the bathtub or near any water.

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**



3 1/2 to 4 years

My name is _____.

I weigh _____ pounds. I am _____ inches tall.

A special note for me: _____
