

Help me be HEALTHY



3 to 3½ years

My name is: _____

I weigh _____ pounds.

I am _____ inches tall.

A special note for me: _____

I am a preschooler. I love to learn!

I learn so much when we eat together.

I am growing tall and strong. I feed and dress myself. I know many words. Meals are times to learn. Here are some ways.

- I can serve myself. If you hold the bowl, I will take a serving. I know how much I want. I might ask for more.
- I can try a new food and refuse one I do not like. I learn from you. When I see you eating a food, I want to eat it. If I won't eat the food, don't force me to eat it. Try again at another time. It might take ten tries before I will taste it.
- I can try a food like soup or a salad with dressing. Show me how to eat it. I might be messy as I learn. Tell me you are still proud of me.
- I can help fix a meal or snack. Can we make some fun foods? I can make a happy face sandwich. Let's count the raisins in the smile.

Praise me with words, not foods.

Please do not use food to reward or punish me. If you say I will get ice cream if I behave, I will want a treat all the time. When I am good, give me a hug. Tell me:

I am proud of you!

You did a good job!

Thank you for...!

Find balance between food and physical activity.

- Offer me foods from the five food groups every day.
- I need to play actively several times a day.



Grains 4 servings daily	How much is one serving of Grains?	Tips
	 <ul style="list-style-type: none"> ■ 1 slice bread or tortilla. ■ 1/2 cup rice, noodles, or cooked cereal. ■ 1 cup dry cereal. ■ 5 to 7 crackers. 	<ul style="list-style-type: none"> ■ Try giving me a new whole grain cereal. ■ Choose whole wheat pasta instead of white pasta.
Vegetables 3 servings daily	How much is one serving of Vegetables?	Tips
	 <ul style="list-style-type: none"> ■ 1/2 cup chopped vegetables. ■ 1/2 cup 100% vegetable or tomato juice. 	<ul style="list-style-type: none"> ■ Offer many kinds and colors: dark green, orange, red, yellow, and purple. ■ Try vegetable soup. ■ Try a green salad.
Fruits 3 servings daily	How much is one serving of Fruit?	Tips
	 <ul style="list-style-type: none"> ■ 1/2 cup chopped fruit. ■ 1/2 cup 100% fruit juice. 	<ul style="list-style-type: none"> ■ Offer many kinds and colors: red, yellow, orange, blue, and green. ■ 4 ounces of juice per day is plenty.
Dairy 5 servings daily	How much is one serving of Dairy?	Tips
	 <ul style="list-style-type: none"> ■ 1/2 cup milk or yogurt. ■ 1 slice cheese. 	<ul style="list-style-type: none"> ■ Give me 1% low-fat or skim (nonfat) milk. ■ 16 ounces of milk per day is plenty.
Protein 3 servings daily	How much is one serving of Protein?	Tips
	 <ul style="list-style-type: none"> ■ 3 to 4 tablespoons meat, chicken, turkey or fish. ■ 1 egg. ■ 1/4 cup cooked beans or tofu. ■ 1 tablespoons peanut butter. 	<ul style="list-style-type: none"> ■ Meat can still be hard to eat. Try: <ul style="list-style-type: none"> - Meat stews. - Dried beans, cooked and mashed.

Help me learn healthy eating habits.

- Offer me the same healthy foods the rest of the family is eating.
- Try to set regular times for meals and snacks.
- Lay out a variety of healthy foods, and then let me serve myself.
- Listen to me when I say I am full. Young kids will eat the amount they need.

What about fats and sweets?

I need some fat to grow right, but, don't give me too much. You can put a small amount of butter or tub margarine on my foods. Also, you can cook with a small amount of healthy vegetable oils, such as canola oil or olive oil.

Sugar does not give my body what it needs to grow right. Some sugary foods can hurt my teeth. Save most sweets for special times like birthdays.

When I am thirsty, give me water to drink. Do not give me punch, sweet tea, sports drinks or soda. If you give me fruit juice, do not give me more than four ounces a day. Make sure it is 100% fruit juice.

Keep me safe while I eat.

Not all foods are right for me. I could get hurt or sick. Some foods I should not eat. Other foods are okay if you cut them into tiny pieces. I must sit at the table to eat.

Foods I could choke on:

- Hard foods like candy, peanuts, popcorn, or nuts.
- Seeds (such as pumpkin or sunflower seeds).
- Raw vegetables and hard raw fruits.
- Slick, round foods like hot dogs, whole grapes, and cherry tomatoes.
- Sharp foods like corn chips.

Foods that could make me sick:

- Raw or rare meat, chicken, turkey, or fish.
- Raw or soft-cooked eggs.
- Unpasteurized (raw) milk and cheese, fruit juice, or cider.
- Deli meats (like bologna) unless reheated to steaming hot, and then cooled.

Help me enjoy vegetables.

Do you worry? Too many kids eat only french fries. Here are some healthy vegetables.

- Eat many kinds yourself. You are my teacher. I learn from you.
- Let me pick out a vegetable at the store or farmer's market. Teach me the names and colors. Let's fix orange squash for dinner.
- Try some vegetables raw. I can eat broccoli "trees" dipped in some salad dressing.



Meal Ideas

Breakfast

- Pancakes.
- Orange slices.
- Milk, 1% low-fat or skim (nonfat).

Morning Snack

- Peanut butter spread thinly on whole wheat toast.

Lunch

- Grilled cheese sandwich.
- Tomato slices.
- 100% fruit juice.

Afternoon Snack

- Whole-grain cereal.
- Milk, low-fat (1%) or skim (nonfat).

Dinner

- Spaghetti with meatballs.
- Whole-wheat bread.
- Green beans.
- Lettuce and tomato.
- Milk, 1% low-fat or skim (nonfat).

Evening Snack

- Banana pudding.

Look what I can do!

- I can use a fork. Use a small one with dull edges. Teach me how to use it.
- I run, hop and throw a ball. Let's play catch.
- Other grown-ups understand me when I talk. I ask Why a lot. Why do apples have seeds?
- I like word games. You start and I finish:
I eat my food with a . . .
I drink my milk from . . .

I might say a silly word. Silly words help my mind grow.

Health and Safety Tips

- Take me to the doctor for my checkup.
- Ask my doctor before you give me vitamins.
- Help me brush my teeth two times a day. Use a pea-size amount of toothpaste with fluoride. Floss my teeth once a day. Get my teeth checked by a dentist.
- Stay with me when I am in the tub or near water.
- Teach me to wash my hands often, including after I use the toilet and before I eat. Sing "Happy Birthday" with me as I wash my hands. This helps me know how long I need to scrub.
- Buckle me into a child safety seat in the back seat when I ride in a car.
- Put sunscreen on me when I play in the sun. Use a sunscreen that protects against UVA and UVB rays. Make sure the sunscreen has an SPF of at least 30. Apply every two hours.
- Make sure I wear a helmet if I am riding a bike or scooter.
- Help me limit my TV time to less than two hours each day.
- Keep me away from cigarette smoke, drugs and alcohol. Those habits are not healthy for you or me.

Ask the WIC Nutritionist if you need help with any of these tips.