

Help me be
HEALTHY



4½ to 5 years

My name is: _____

I weigh _____ pounds.

I am _____ inches tall.

A special note for me: _____

*I'm growing up right.
Thank you for helping me!
I will soon be five 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.
- Help me eat more whole fruit by packing apples, oranges or bananas for snacks to eat at the park or in the shopping mall.

Find balance between food and physical activity.

- Let's eat foods from the five food groups everyday for meals and snacks.
- I need to play actively several times a day.

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| Grains 5 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"> ■ Choose whole-grains for 3 of my servings: <ul style="list-style-type: none"> - Whole wheat flakes. - Corn tortilla. - Whole grain breads and cereals. |
| Vegetables 3 servings daily | How much is one serving of Vegetables? | Tips |
| |  <ul style="list-style-type: none"> ■ 1/2 cup chopped vegetables. ■ 1 cup raw leafy salad greens. ■ 1/2 cup 100% vegetable or tomato juice. | <ul style="list-style-type: none"> ■ Teach me to eat many kinds and colors: dark green, orange, red, yellow, and purple. |
| 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"> ■ Teach me to eat many kinds and colors: red, yellow, orange, blue, and green. ■ 4 ounces of 100% 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 4 servings daily | How much is one serving of Protein? | Tips |
| |  <ul style="list-style-type: none"> ■ 1/4 cup meat, chicken, turkey or fish. ■ 1 egg. ■ 1/4 cup cooked beans or tofu. ■ 1 tablespoon peanut butter. | <ul style="list-style-type: none"> ■ Try low-fat and lean meats. ■ Try a meatless main dish like beans and rice. |

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.

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.

Fried foods like french fries, potato chips and doughnuts have a lot of fat. Eating too many fried foods is not healthy. If we eat fried foods, we can balance them with foods that are not fried.

- If we eat fried chicken, let's have mashed or baked sweet potatoes, green beans and sliced tomatoes.
- If we have french fries, let's have baked chicken, broccoli and a fruit salad.

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.

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 |
|--|---|--|
| <i>Examples:</i> <ul style="list-style-type: none">• Whole wheat flakes.• Whole grain bread.• Whole wheat or corn tortilla.• Whole grain crackers.• Biscuits.• Waffles.• Brown rice. | <ul style="list-style-type: none">• 1% low fat or skim (nonfat) milk.• Low-fat yogurt.• Low-fat cheese.• Dried beans, cooked.• Peanut butter.• Chicken.• Egg.• Pork. | <ul style="list-style-type: none">• Peach slices.• Strawberries.• Orange slices.• Watermelon.• Banana.• Spinach.• Tomato.• 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.

- 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.
- Teach me rules for safety and help me follow them.
- 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.