

Help me be  
**HEALTHY**



**3½ to 4 years**

My name is:

I weigh \_\_\_\_\_ pounds.  
I am \_\_\_\_\_ inches tall.  
A special note for me: \_\_\_\_\_

**Snacks can be healthy. Let's make one!**

**I get hungry between meals.**

A snack helps me get what I need to grow, play and learn. I should eat my snack about two hours before a meal. Do not let me eat food all day long. A snack is a little meal. To make a healthy snack, choose two foods from the five food groups. Here are some ideas:

- Whole wheat crackers and cheese.
- Banana slices and peanut butter.
- Oatmeal cookies and milk, 1% low-fat or skim (nonfat).
- Whole-wheat or corn tortilla and scrambled egg.
- Whole-grain cereal and milk, 1% low-fat or skim (nonfat).
- Carrot sticks and low-fat yogurt dip.
- Vanilla pudding with sliced peaches.

**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.

**Find balance between food and physical activity.**

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

<b>Grains</b> 4 servings daily	<b>How much is one serving of Grains?</b>	<b>Tips</b>
	 <ul style="list-style-type: none"> <li>■ 1 slice bread or tortilla.</li> <li>■ 1/2 cup rice, noodles, or cooked cereal.</li> <li>■ 1 cup dry cereal.</li> <li>■ 5 to 7 crackers.</li> </ul>	<ul style="list-style-type: none"> <li>■ Choose whole grains for 3 of my servings:                             <ul style="list-style-type: none"> <li>- Whole wheat flakes.</li> <li>- Corn tortilla.</li> <li>- Whole-grain breads and cereals.</li> </ul> </li> </ul>
<b>Vegetables</b> 3 servings daily	<b>How much is one serving of Vegetables?</b>	<b>Tips</b>
	 <ul style="list-style-type: none"> <li>■ 1/2 cup chopped vegetables.</li> <li>■ 1/2 cup 100% vegetable or tomato juice.</li> </ul>	<ul style="list-style-type: none"> <li>■ Teach me to eat many kinds and colors: dark green, orange, red, yellow and purple.</li> </ul>
<b>Fruits</b> 3 servings daily	<b>How much is one serving of Fruit?</b>	<b>Tips</b>
	 <ul style="list-style-type: none"> <li>■ 1/2 cup chopped fruit.</li> <li>■ 1/2 cup 100% fruit juice.</li> </ul>	<ul style="list-style-type: none"> <li>■ Teach me to eat many kinds and colors: red, yellow, orange, blue and green.</li> <li>■ 4 ounces of 100% juice per day is plenty.</li> </ul>
<b>Dairy</b> 5 servings daily	<b>How much is one serving of Dairy?</b>	<b>Tips</b>
	 <ul style="list-style-type: none"> <li>■ 1/2 cup milk or yogurt.</li> <li>■ 1 slice cheese.</li> </ul>	<ul style="list-style-type: none"> <li>■ Give me 1% low-fat or skim (nonfat) milk.</li> <li>■ 16 ounces of milk per day is plenty.</li> </ul>
<b>Protein</b> 3 servings daily	<b>How much is one serving of Protein?</b>	<b>Tips</b>
	 <ul style="list-style-type: none"> <li>■ 1/4 cup meat, chicken, turkey or fish.</li> <li>■ 1 egg.</li> <li>■ 1/4 cup cooked beans or tofu.</li> <li>■ 1 tablespoon peanut butter.</li> </ul>	<ul style="list-style-type: none"> <li>■ Meat can still be hard to eat. Try:                             <ul style="list-style-type: none"> <li>- Meatballs.</li> <li>- Meat in a stew.</li> <li>- Dried beans, cooked.</li> <li>- Baked, skinless chicken or fish, cut into small pieces.</li> </ul> </li> </ul>

## 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.

## 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 that 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?



## 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.

### Midday snack

Whole grain cereal.  
Milk, 1% low-fat 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 help you. Let me wash vegetables and tear lettuce for a salad.
- I can learn to say please and thank you.
- I run, hop and climb. Let's walk to the playground with our friends.
- I like to pretend. We can play store with empty cereal boxes and egg cartons.
- I like to count. When we set the table, I can count the plates, cups and forks.
- I can pour my WIC cereal in a bowl and peel a banana. Help me pour the milk.

## 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 bathroom 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.
- Hold my hand when we cross the street.
- 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.**