

Help me be HEALTHY



4 to 4½ years

Help me learn good habits.

- You are my favorite teacher!
- Teach me about healthy foods.

Tell me how foods help grow and make me strong.

- Grains give me energy to grow and learn.
- Whole grains have fiber to keep me healthy inside.
- Vegetables and fruits help my body fight disease and keep me looking good.
- Milk makes my bones and teeth strong.
- Meats and beans give me healthy blood and strong muscles.

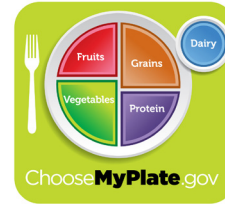
I need all these foods! Most are WIC foods, too.



me

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.

Visit ChooseMyPlate.gov for healthy eating advice and a mobile app.

My name is: _____

I weigh _____ pounds.

I am _____ inches tall.

A special note for me: _____

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.

Teach me to stay active.

Do you think I am active? I like to run, jump and climb. I need to play like this for at least one hour a day. Teach me to stay active as I grow up.

We can:

- Take walks.
- Do chores like sweeping or raking.
- Turn on the radio and dance.
- Go for a swim.
- Go for a hike.
- Play catch.
- Play follow the leader.

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.

Let's eat together.

- Let's start with breakfast. We can talk about what we will do today and what we are eating. Tell me where eggs come from. Does a chicken talk?
- Teach me to eat because I am hungry, not because I am good or feel sad. Do not use food to reward me or make me obey.

Look what I can do!

- I can learn to use a dull knife to spread peanut butter. Can you show me how?
- I can cut soft fruits with a plastic knife.
- I can pass foods like bread at the table. I can say please and thank you and sit for 20 to 30 minutes to eat.
- I can hop on one foot. Watch me hop like a bunny! Hop with me.
- I can count. Let me count fruit when we shop. Let me count the cans of WIC juice.
- I like to tell stories. Let's make a special storybook. We can glue pictures on paper and tie the pages together.

Meal Ideas

Breakfast

Scrambled egg with low-fat cheese.
Whole wheat toast.
100% fruit juice.

Morning Snack

Low-fat vanilla yogurt with crushed pineapple.

Lunch

Chicken salad.
Whole wheat bread.
Carrot sticks.
Milk, 1% low-fat or skim (nonfat).

Afternoon Snack

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

Dinner

Red beans and brown rice.
Corn bread.
Tomatoes.
Green salad.
Milk, 1% low-fat or skim (nonfat).

Evening Snack

Oatmeal raisin cookie.

Health and Safety Tips

- Take me to the doctor for my checkup. I might need a shot at my next visit.
- 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.
- 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.**