

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.

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"> ■ 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. ■ 1/2 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 3 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"> ■ Meat can still be hard to eat. Try: <ul style="list-style-type: none"> - Meatballs. - Meat in a stew. - Dried beans, cooked. - Baked, skinless chicken or fish, cut into small pieces.

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.**