



HELP ME BE HEALTHY



I AM 4



I can do **so**
many things.



I CAN HELP MORE!

My name is _____.

I weigh _____ pounds and _____ ounces.

I am _____ inches tall.

My Hemoglobin is _____.

A special note for me _____

Help me learn to eat only when I'm hungry

- I know if I am hungry or full. Let me stop eating when I have had enough. Do not force me to eat or "clean my plate."
- I like to make some choices. You know what foods I need to be healthy. Offer them to me for meals and snacks. Let me choose which ones to eat.
- Do not worry if I do not eat a meal or snack. I will eat more on some days than on others. Do not beg me to eat or fix other foods for me. Do not let me eat unhealthy foods between meals.



**Offer me
small amounts
and let me ask
for more.**

Offer me safe foods

- Give me foods that are bite sized and easy enough for me to chew.
- Stay close when I try foods I can choke on: raw hard vegetables, grapes, nuts, popcorn, dried fruits, hot dogs, and pieces of meat.
- Cut grapes and hot dogs the long way. Spread peanut butter thinly on bread or crackers.



Teach me how foods help me grow and learn

- Grains give me energy to grow and think.
- Vegetables and fruits help my body fight germs and stay healthy.
- Milk builds strong bones and teeth.
- Meat and beans make strong blood and muscles.

Make our family meals relaxed

- Let's wash our hands together before and after we eat.
- I like being your helper. I can put spoons, forks, and napkins on the table.
- I feel proud when I sit and eat with our family. I can eat the same foods.
- You are my favorite teacher! Show me how you eat many healthy foods. I will copy you!
- I feel grown up when I serve myself. I will learn how much to take.
- Please turn off all our TVs and cell phones so we can talk more and enjoy our food.



Every day offer me:



Fruits

- 1/2 cup chopped or mashed fruit
- 4 ounces 100% fruit juice

Offer me a vitamin C fruit every day—
oranges, strawberries, or WIC juice.

No more than 4 ounces of juice a day.

Vegetables

- 1/2 cup vegetables
- 1/2 cup vegetable or tomato soup
- 4 ounces vegetable or tomato juice
- 1 cup fresh salad greens

Offer me a dark green or orange
vegetable every day.



Grains



- 1 slice bread or tortilla
- 1/2 cup cooked cereal, rice, or noodles
- 1 cup cold cereal
- 5 or 7 small crackers

Half the grains I eat should be whole grains.



Protein

- 1/4 cup meat, chicken, turkey, or fish
- 1 egg
- 1/4 cup beans or tofu
- 1 tablespoon peanut butter

Beans, meat, chicken, turkey, and fish give me lots of iron to keep my blood strong.

Dairy

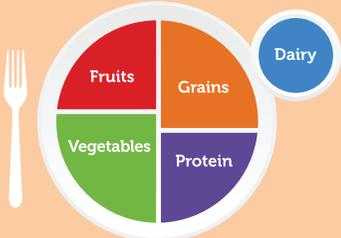
- 4 ounces nonfat or 1% milk
- 1/2 cup lowfat yogurt
- 1 slice lowfat cheese

No more than 16 ounces of milk a day.

WIC gives me nonfat or 1% milk. It is what I need.



If I drink breastmilk, it counts in my daily servings.



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Let's eat

Breakfast

- 1 scrambled egg with
1 slice lowfat cheese
- 1 slice whole grain bread
- 4 ounces orange juice

Morning Snack

- 1/2 cup lowfat vanilla yogurt
- 1/4 cup crushed pineapple
- 4 ounces water

Lunch

- Tuna sandwich:
 - 1/4 cup tuna salad
 - 2 slices whole grain bread
 - lettuce
- 6 baby carrots
- 4 ounces nonfat or 1% milk

Afternoon Snack

- 1/2 cup pear slices
- 2 graham cracker squares
- 4 ounces nonfat or 1% milk

Dinner

- 1 cup chili with beans
- 1/2 cup chopped lettuce and
tomato
- 1 corn tortilla
- 4 ounces nonfat or 1% milk

Evening Snack

- 1/2 cup apple slices with
cinnamon
- 4 ounces water



I can help in the kitchen

- Let me rinse fruits and vegetables.
- I can mash soft fruits and vegetables.
- Can you help me measure dry ingredients?
- I can learn to crack eggs and stir batter.



I feel good
when I help you.
I will probably
eat better too!

Let's play

- I like to play at home. Please make it safe for me.
- I can catch a large ball most of the time.
- We can dance together and have fun.
- I like to play games with my friends like follow-the-leader.
- Teach me to share and take turns. Praise me when I play well with others.
- I love when we read together. Let's walk to the library and get some books.
- I like to tell stories. Let's make a storybook with our own words and pictures.

Keep me safe and healthy

- Buckle me into my car seat or booster seat when we drive.
- Take me to my doctor for a checkup. Ask how I am growing. I might need a shot or a lead test.
- Put sunscreen on me when I play outside.
- Keep me away from smoke, matches, lighters, and vaping tools. I can be poisoned by swallowing, breathing, or absorbing e-cigarette liquid through my skin or eyes.

- If you own a gun, please keep it locked in a safe place.
- If there is marijuana in the house, especially edibles, please store it where I cannot get it. It can make me dizzy and fall down, sleep so I cannot wake up, and even stop breathing. Take me to the Emergency Room if this happens.
- Teach me to wash my hands often.
- Always watch me around water.
- Limit my screen time to 1 or 2 hours a day.

**Sugary drinks
can give me
cavities.**

Help me keep my teeth healthy

- Take me to the dentist every 6 months.
- Remind me to brush my teeth every morning and night. Then you brush them to be sure they are clean.
- I still need a small toothbrush and a thin smear of fluoride toothpaste. Make sure I spit out the toothpaste after brushing.
- Please help me floss my teeth once a day to clean between them.
- I need a new toothbrush that is just for me. This is one thing I should not share.
- Give me water to drink when I am thirsty.





1-800-242-4942 | www.mdwic.org



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