



1-1½ YEARS

My name is _____

I weigh _____ and I am _____ inches tall.

A special note for me:

I AM A TODDLER.

PLEASE HELP ME AS I LEARN TO EAT.

I am changing. I want to feed myself and learn about food. But some days, I won't eat! All toddlers act this way. Please:

- Give me breakfast, lunch, dinner, and 2 or 3 healthy snacks. Have them at the same times every day.
- I can choke! Cut my food into tiny pieces.
- Let me eat until I act full. If I am not hungry now, I will be at snack time. Please don't force me to eat.
- Eat with me. I eat and learn better when we eat as a family.

WHAT KINDS SHOULD WE EAT?

- Fresh, frozen, and canned fruits and vegetables are all smart choices. Buy some of each to last until your next shopping trip.



- Frozen vegetables have as many vitamins and minerals as fresh. Choose packages that contain vegetables and nothing else-no added fat, salt, or sugars.

- Buy canned fruits that are packed in "100% juice" or water.

- Rinse canned beans and vegetables with cold water to make them lower in salt.

- Look for canned vegetables that say "No added salt" on the front of the can. Buy them when they go on sale.

- Cooked vegetables or ripe fruits that are cut into small pieces are easy for your child to eat.
- Cut whole grapes and cherry tomatoes into smaller pieces to prevent choking.



OFFER SOFT VEGETABLES AND FRUITS AT MEALS AND SNACKS.



I WANT TO DO THINGS MYSELF!

LOOK WHAT I CAN DO!

- I can drink from a cup. Use a small cup that cannot break. I am learning to use a spoon. Please be patient with my mess as I learn.
- I can walk. My legs are getting strong. Let's walk together.
- I can say a few words. I listen to you. Talk with me so I can learn more.



FOOD GROUP	ONE SERVING IS...	TIPS
GRAINS 6 Servings	 <ul style="list-style-type: none"> • ¼ slice bread or tortilla • 1-2 tablespoons rice, noodles, or cooked cereal • 2-4 tablespoons dry cereal • 2 to 3 crackers 	Puffed or O-shape cereal. Other dry cereal is hard to eat.
VEGETABLES 3 Servings	 <ul style="list-style-type: none"> • 1-2 tablespoons, chopped • 2 ounces vegetable or tomato juice 	<ul style="list-style-type: none"> • Cooked, not raw vegetables. • Many kinds and colors: dark green, orange, red, yellow, and purple.
FRUITS 2 Servings	 <ul style="list-style-type: none"> • 1-2 tablespoons, chopped • 2 ounces 100% fruit juice 	<ul style="list-style-type: none"> • Cooked or soft raw fruit. • Many kinds and colors: red, yellow, orange, blue, and green. • Juice in a cup. 4 ounces a day is plenty.
MILK & MILK PRODUCTS 4 Servings	 <ul style="list-style-type: none"> • ½ cup whole milk or yogurt • ½ to 1 slice cheese 	<ul style="list-style-type: none"> • Whole (not low-fat) milk. • Milk in a cup. 16 ounces a day is plenty.
MEAT & BEANS 2 Servings	 <ul style="list-style-type: none"> • 1 to 2 tablespoons meat, chicken, turkey, or fish • ½ egg • 1 to 2 tablespoons cooked WIC beans or tofu 	<ul style="list-style-type: none"> • Well-done, but moist and chopped meats. • Mashed, cooked WIC beans. <p>Don't give me hot dogs or peanut butter. I can choke on them.</p>

MEAL IDEA

BREAKFAST

- Chopped egg
- Toasted whole grain bread or corn tortilla
- Chopped plum
- WIC milk or breast milk

AFTERNOON SNACK

- Cheese
- Chopped carrots

DINNER

- Mashed WIC beans
- Rice
- Chopped broccoli
- WIC milk or breast milk

MORNING SNACK

- O-shape WIC cereal
- WIC juice

EVENING SNACK

- Puffed WIC cereal

LUNCH

- Chopped chicken
- Noodles
- Chopped green beans
- WIC milk or breast milk



LET ME DRINK WATER BETWEEN MEALS AND SNACKS.

HEALTH AND SAFETY TIPS

- I must sit when I eat. Buckle me into a high chair.
- Brush my teeth, front and back, 2 times a day. Use a small, soft toothbrush and water.
- Buckle me into a child safety seat before I ride in a car.
- Keep me away from cigarette and other tobacco smoke, matches, and lighters.