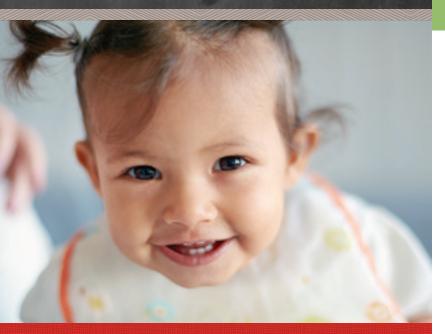
# GROW HEALTHY



# 1-11/2 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.

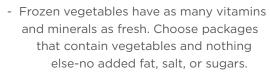
I am changing. I want to feed myself and learn about food. But some days, I won't eat! All toddlers act this way. Please:

- 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.

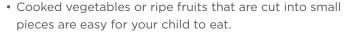
• Eat with me. I eat and learn better when we eat as a family.

## 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.



- 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.



 Cut whole grapes and cherry tomatoes into smaller pieces to prevent choking.



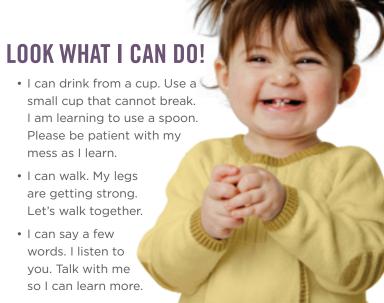
**FOOD GROUP** 

I WANT TO DO THINGS MYSELF!

GRAINS

MEAT & BEANS

2 Servings





#### BREAKFAST

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

#### MORNING SNACK

- O-shape WIC cereal
- WIC juice

#### LUNCH

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

### AFTERNOON SNACK

- Cheese
- Chopped carrots

#### DINNER

- Rice
- Chopped broccoli
- WIC milk or breast milk

### **EVENING SNACK**

- Puffed WIC cereal

LET ME DRINK WATER BETWEEN MEALS AND SNACKS.

TIPS

Puffed or O-shape cereal. Other dry

- Well-done, but moist and chopped
- Mashed, cooked WIC beans.

Don't give me hot dogs or peanut butter. I can choke on them.

## 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.



or fish

• ½ egg

tofu

• 1/4 slice bread or tortilla

• 1-2 tablespoons rice, noodles, or

ONE SERVING IS...

• 1 to 2 tablespoons meat, chicken, turkey,

• 1 to 2 tablespoons cooked WIC beans or

This institution is an equal opportunity provider.