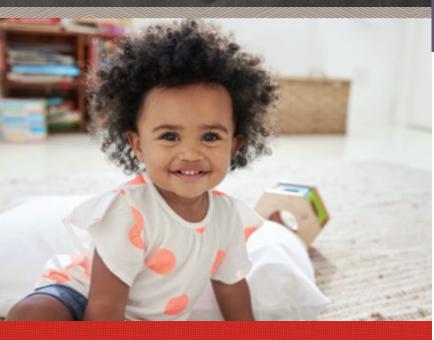
GROW HEALTHY



2-21/2 YEARS

My name is		
I weigh	_ and I am	_ inches tall.
A special note for me:		



HELP ME LEARN TO MAKE CHOICES.

I feel proud when I make a choice.

YOU MAY THINK "NO!" IS MY FAVORITE WORD.

Saying **No** is part of growing up. I want to make some choices. Here are choices you can let me make.

• I can choose between 2 healthy foods to eat. You can ask me:

Do you want applesauce or peaches? Or

Do you want oatmeal or corn flakes?

I NEED SOME LIMITS.

- If I don't eat my meal, tell me I can eat at snack time. If I don't eat my snack, tell me I can eat at the next meal. Do not let me "graze" for foods or drinks.
- If I won't eat, don't beg, force, or bribe me.
- Don't let me fill up on juice, punch, tea, or soda. Give me water to drink between meals and snacks.

ON BUSY WEEKNIGHTS...

- Cooking together can mean more "mommy and me" time on busy days. Ask your child to help with easy tasks, like adding veggie toppings to a cheese pizza.
- Let me choose which veggies to add to soup. Only an adult should heat and stir hot soup.
- Make sandwiches together.



- THEY LEARN BY WATCHING YOU. Kids get curious when they see you eating fruits or vegetables. Before you know it, they'll want to taste what you are having.
- YOU TEACH THEM LESSONS THEY'LL USE FOR LIFE. It's normal for 2- to 5-year-olds to be "picky" eaters. Help them increase the types of fruits and vegetables they like by setting a good example.

WHAT ABOUT FATS AND SWEETS?

I need some fat. You can put butter, margarine, or salad dressing on my foods. A little sugar is okay, too.



MAKE HALF OF MY GRAINS WHOLE. CHOOSE GRAINS LIKE WHEAT, OATS, RYE, OR BARLEY.



Cook macaroni according to directions on box. Drain & set aside. Have your child tear the cheese into pieces and put in a microwave safe bowl. Add 2 ounces milk and then

- 4 slices cheese

- 2 ounces milk

MEAL IDEA

- 1/2 box elbow macaroni

EASY MACARONI & CHEESE

3. Add cheese sauce to macaroni.

microwave 2 minutes or until sauce is creamy.

4. Serve!

COOKING ACTIVITIES FOR 2-YEAR-OLDS

- Make "faces" out of pieces of fruits and vegetables.
- Scrub vegetables or fruits.
- Tear lettuce or greens.
- Snap green beans.

LOOK WHAT I CAN DO!

- I like to feed myself. I feel proud. Please say you are proud of me.
- I run, jump, and climb. Can we play in the park? Play with me so I stay safe.
- I learn new words from you. Point to foods so I can name them. Pepper! Tomato! Peach! Teach me the colors of foods.
- I get into things to learn about my world. Let me learn but keep me safe. Lock up cleaners, sprays, and medicines.

ONE SERVING IS... TIPS **FOOD GROUP** ¼ slice bread or tortilla • 2 tablespoons rice, noodles, or GRAINS Try a new WIC cereal cooked cereal 6 Servings • 4 tablespoons dry cereal 2 to 3 crackers • Offer many kinds and colors: dark green, orange, red, yellow, **VEGETABLES** • 2 tablespoons, chopped and purple. 2 ounces vegetable or tomato juice 3 Servings • Try raw spinach or lettuce. I can dip pieces in salad dressing. · Many kinds and colors: red, yellow, **FRUITS** • 2 tablespoons, chopped orange, blue, and green. • 2 ounces 100% fruit juice 2 Servings • 4 ounces of juice a day is plenty. MILK & MILK • ½ cup whole milk or yogurt **PRODUCTS** • 16 ounces of milk a day is plenty. • ½ to 1 slice cheese 4 Servings 2 tablespoons meat, chicken, turkey, Try well-done, moist, chopped or fish meats and cooked WIC beans. MEAT & BEANS • I get peanut butter from WIC. • ½ egg • 1 to 2 tablespoons cooked WIC Teach me to eat it. Spread it thin 2 Servings beans or tofu and make it moist with some 1 tablespoon peanut butter applesauce or jelly.

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