

## REDUCE RISKS OF CHOKING

Always watch children during meals and snacks.

Keep the following foods from children until 4 years of age:

- nuts, seeds, and chunks of peanut butter
- hot dogs and chunks of meat and cheese
- whole grapes
- hard candies, popcorn, and chewing gum
- raw vegetables
- marshmallows

## THIRSTY?

- When your child is thirsty, try to encourage water instead of juice or milk.
- He or she may fill up on juice or milk and not eat the recommended amounts from the food groups.
- After 2 years of age, it is recommended that children begin drinking low-fat or nonfat milk.

## DENTAL HEALTH

- Limit foods high in sugar such as soft drinks, candy, cookies, pastries, jams, syrups, and presweetened cereals.
- Encourage children to brush their teeth after meals and snacks.

## BONE HEALTH

The American Academy of Pediatrics recommends that children who are ingesting less than 1 liter (1 quart) per day of vitamin D-fortified formula or milk, should receive a vitamin D supplement of 400 IU/Day. Since 1 quart of milk is in excess of the recommended 2 cups of milk per day for pre-school children, most children will require a vitamin D supplement.

## AVOID HARMFUL SUBSTANCES

Alcohol, drugs, cigarettes and e-cigarettes (vaping) and other habits are harmful to you and your family.

- Tobacco is smoked in cigarettes, cigars, and pipes.
- Second-hand smoke is tobacco smoke in the air.
- Snuff is a form of smokeless or spit tobacco that is chewed, sniffed, or “dipped”.
- Alcohol use includes drinking liquor, mixed drinks, beer, wine, and wine coolers.
- Street (illegal) drugs have many names and forms. Examples are cocaine/crack, heroin, marijuana, methamphetamine and LSD. Common household products, such as cleaning fluids, aerosol spray cans, and glues, can be harmful drugs if they are sniffed, inhaled, or consumed.
- Medicines (both those prescribed by a health-care provider and store-bought drugs, such as sleeping, pain, and diet pills) also can be harmful drugs when not used as directed.

## REMEMBER

Alcohol, tobacco, and drug exposure are hazardous to a child. Eliminate substance use and give your child a healthy start.

For more information, including referrals, ask your WIC counselor.

## NUTRITION GOALS

CHILD'S NAME \_\_\_\_\_

GOALS \_\_\_\_\_  
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For additional information visit with your WIC nutritionist or go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

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◀ Feeding Your Child ▶



Parents or Caregivers are responsible for what food is served and when and where it is served. Children are responsible for how much they eat and whether or not they eat at all.



- Play with your children.
- Children need at least 60 minutes of active play every day.
- Find an activity that you'll both enjoy to create a balance between food and fun!

**GRAINS**

**Make Half their Grains Whole**

Look for the word "whole" on the ingredients list.

Whole grains include:

- 100% whole wheat bread
- whole wheat pastas
- whole grain WIC cereals
- brown rice

1oz. is about:

- 1 slice of bread
- 1 cup of breakfast cereal
- ½ cup of cooked rice, cereal, or pasta

**Daily Goal**

- Age 2 3 oz.
- Age 3 3 oz.
- Age 4 5 oz.

**VEGETABLES**

**Vary the Veggies**

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.

Include more orange vegetables like carrots and sweet potatoes.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

**Daily Goal**

- Age 2 1 cup
- Age 3 1 cup
- Age 4 1 ½ cups

**FRUITS**

**Focus on Fruits**

Enjoy a variety of fruit.

Choose fresh, frozen, canned, and dried fruit.

Limit juice to 6 oz. per day.

**Daily Goal**

- Age 2 1 cup
- Age 3 1 cup
- Age 4 1 to 1 ½ cups

**DAIRY**

**Serve Calcium-rich Foods**

Choose lowfat, or nonfat when you choose milk, yogurt, and other milk products.

If your child doesn't or can't drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

**Daily Goal**

- Age 2 2 cups
- Age 3 2 cups
- Age 4 2 ½ cups

**PROTEIN FOODS**

**Go Lean with Protein**

Choose lean meats and poultry. Bake it, broil it, or grill it.

Vary your protein routine.

- Choose more fish, beans, peas, nuts, and seeds.

3 oz. of protein is about the size of a deck of playing cards.

**Daily Goal**

- Age 2 2 oz.
- Age 3 2 oz.
- Age 4 4 oz.

**HEALTHY TIPS**

There will be times when your child will only want one food to eat. The best thing to do is continue to offer a variety of healthy foods at meal and snack times. Your child will outgrow this phase.

**RULE OF THUMB**

A serving size for a child is usually 1 tablespoon for every year of age.

**SNACK IDEAS**

Snacks are important because children often can't eat enough during regular meal times to satisfy all of their nutritional needs. Establish regular meal and snack times. Space snacks a couple of hours before the next meal and a couple of hours after the last meal.

**HEALTHY SNACK IDEAS**

- quartered sandwiches
- ready-to-eat cereals
- thin slices of cheese
- whole grain toast or crackers
- hard cooked egg
- pieces of fresh or canned fruit
- low-fat or nonfat yogurt
- graham crackers and low-fat milk

**KNOW THE LIMITS ON FATS, SUGARS, & SALTS**

- Limit solid fats like butter, margarine, shortening, and lard, as well as foods containing these fats.
- Check the nutrition facts label and choose foods that are low in saturated fats and sodium.
- Offer food and beverages low in added sugars.