

MarylandWIC

Better Nutrition Brighter Future

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Martin O'Malley, Governor | Anthony G. Brown, Lt. Governor | Joshua M. Sharfstein, M.D., Secretary, DHMH

MarylandWIC
help me
be healthy
I am
2



"No!" is how I say I want to choose.

Offer me healthy choices.

My name is _____.

I weigh _____ pounds and _____ ounces.

I am _____ inches tall.

My Hemoglobin is _____.

A special note for me _____

You can trust me to eat the right amount

- You decide what healthy foods to offer me. I decide which of these foods to eat, and how much.
- You help me learn to love healthy food.
- Offer me foods from the 5 food groups.
- Offer me 3 meals and 2 or 3 snacks every day. Try to have them around the same time each day.
- My tummy is still little. Start with small portions — 2 or 3 tablespoons of each food. If I am still hungry, I will let you know I want more.
- Don't worry if I don't eat. I will eat more on some days than others.
- If I won't eat, please do not beg or force me.



Please let me pick from two healthy foods. Ask me:

Do you want pears or peaches?

Do you want yogurt or cheese?

That is how I learn to make choices.

Offer me safe foods

- I am old enough for peanut butter now! Spread a little bit on bread so I don't choke.
- Give me foods that are bite sized and soft enough for me to chew easily.
- Don't give me foods that I can choke on: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, dried fruits, hot dogs, chunks of meat, or hard candy.
- Cut grapes and hot dogs the long way.

Help me to like new foods

- Keep offering me new foods along with foods I already like, but please don't force me to eat them. It might take many tries before I taste the new food. I might even like it!
- I change my mind a lot. I like a food today, but not tomorrow. I might ask for only one food. This is normal. It won't last long.



Make our family meals relaxed

- I like to be with you. Let's enjoy eating together. Please turn off all our TVs and cell phones, and take away things that might distract me.
- I do best when I sit to eat or drink. Put me in my highchair or booster seat at the table with our family.
- I can eat most of our family foods, just like you. You don't need to fix special meals for me.
- Put a little of each food on my plate. I love my small plate, cup, fork, and spoon. They are just the right size for me.



Let me be hungry for healthy food

- Do not let me have food or sweet drinks between meals and snacks.
- Do not let me fill up on juice, tea, punch, soda, or even too much milk.
- Give me water to drink between meals.

Every day offer me:



Grains

- 1/2 slice bread or 1/2 tortilla
- 1/4 cup cooked cereal, rice, or noodles
- 1/2 cup cold cereal
- 2 or 3 small crackers

Half the grains I eat should be whole grains.



Protein

- 2 tablespoons meat, chicken, turkey, or fish
- 1/2 egg
- 2 tablespoons beans or tofu
- 1/2 tablespoon peanut butter

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

Vegetables

- 1/4 cup chopped, cooked vegetables
- 2 ounces vegetable or tomato juice

Offer me a dark green or orange vegetable every day.



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 lowfat milk. It's what I need.



Fruits

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

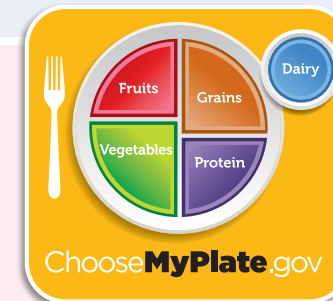
Offer me a vitamin C fruit every day—
oranges, strawberries, or WIC juice.

No more than 4 ounces of juice a day.



Fats, Oils & Sweets

Only a little bit.



Let's eat

Breakfast

1/4 cup oatmeal
1/4 chopped banana
4 ounces nonfat or
1% milk

Morning Snack

3 animal crackers
4 ounces nonfat or 1% milk

Lunch

1/2 cup macaroni and
cheese
1/4 cup green beans
1/4 cup mandarin oranges
4 ounces nonfat or
1% milk



Afternoon Snack

1/2 tablespoon peanut butter
1/2 slice whole grain bread
1/4 cup chopped carrots
3 ounces of water

Dinner

2 tablespoons chopped
hamburger
1/4 cup corn
1/2 slice whole grain bread
1/4 cup sliced strawberries
4 ounces nonfat or 1% milk

Evening Snack

1/2 cup vanilla pudding

I am learning

- Please don't worry if I get messy. This is how I learn to feed myself.
- I like new words. Point to foods and help me name them. Teach me the colors of foods.
- I like to copy what you do. Let's wash our hands before and after we eat.



We can use
MyPlate to make
healthy meals
like this!

Look what I can do

- I like to do things for myself. Please say you are proud of me.
- I can build a tower out of blocks.
- I love to run, jump, and climb. Please watch me and keep me safe.
- I am learning new words. I can even put words together like “Want snack, Mommy” or “Where ball, Daddy?” Talk, sing, or read to me so I can learn more. Teach me the names of things like elbows, knees, and toes.

Let's play

- Let's go to the playground. Play with me so I stay safe.
- I want to kick and throw a ball. I like to do it over and over again so I can do it well.
- When you play with me, I get stronger and smarter.
- We'll get to know each other better when we play.



Keep me safe and healthy

- Take me to the doctor for my checkup. Ask if I need a lead test.
- Buckle me into my child safety seat in the car.
- I get into things to learn about my world. Let me learn but keep me safe. Lock up cleaners, sprays, and medicines.

Look how many teeth I have

- Brush my teeth, front and back, 2 times a day.
- Use a small toothbrush with soft bristles and a pea size amount of fluoride toothpaste.
- Do not share food, spoons, or forks with me. Taking things from your mouth and putting them in mine spreads germs that can give me cavities.
- Take me to the dentist to keep my teeth strong and healthy.
- Please help me give up my sippy cup and use a big kid cup instead.

