

Maryland WIC

Better Nutrition Brighter Future

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

Maryland WIC
**help me
be healthy**
I am
3 1/2



I am a preschooler.

I love to learn!

My name is _____.

I weigh _____ pounds and _____ ounces.

I am _____ inches tall.

My Hemoglobin is _____.

A special note for me _____

My stomach is still little

- Start with about 3 tablespoons of each food. Let me ask for more.
- I like to make some choices. Let me choose between healthy foods.
- I get hungry between meals. A healthy snack helps me get what I need to grow and learn. Pick foods from the 5 food groups.
- Don't worry if I don't eat a meal or snack. I will eat more on some days than others. Please don't beg me to eat or fix other food for me.
- Too much sugar fills me up, but does not give me what I need to grow healthy. Please give me fruit to eat. It tastes sweet and is good for me, too.
- Praise me with words, not food. Do not use food to reward or punish me. These words are the best reward: "I am proud of you!" "You did a good job!" "Thank you!"



Help me to enjoy vegetables

- I want to eat foods that taste good and are healthy, so I can play and grow!
- You are my teacher. If you eat many kinds of vegetables, I will learn from you.
- Let's try some raw vegetables. I can eat broccoli flowers dipped in salad dressing.
- If I am hungry between meals, let me eat some vegetables or fruit.
- I can learn to eat vegetable soup or salad with dressing. I will be messy. Please tell me you are proud of me for trying.

Give me
water when
I ask for a
drink.



Make our family meals relaxed

- I want to help. Let me set the table with you. I can count the plates, cups, and forks.
- Please let me serve myself. I can spoon food from a large bowl onto my plate.
- Please turn off all of our TVs and cell phones while we eat. Let's focus on our family and our food.
- It is okay if I don't eat a food. It takes me many tries to see if I like something. Please be sure to try that food with me again.
- I need to sit down while I eat or drink. Let me sit in my booster seat at the table.
- Give me a small spoon or fork and a small plate and cup. I may still be a little messy when I eat. I am learning!
- Let's wash our hands together before and after we eat.



Every day offer me:



Grains

- 1 slice bread or tortilla
- 1/2 cup cooked cereal, rice, or noodles
- 1 cup cold cereal
- 5 to 7 small crackers

Half the grains I eat should be whole grains.



Protein

- 1/4 cup meat, chicken, turkey, or fish
- 1 egg
- 1/4 cup beans or tofu
- 1 tablespoon peanut butter

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

Vegetables

- 1/2 cup vegetables
- 1/2 cup vegetable or tomato soup
- 4 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

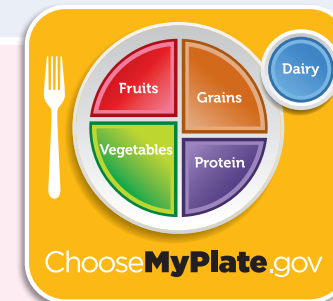
- 1/2 cup fruit
- 4 ounces 100% fruit juice

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

No more than 4 ounces of juice a day.



Only a little bit.



Let's cook

Frozen Banana Treats

1 medium sized banana, peeled
1/4 cup lowfat yogurt, vanilla or flavored
1/4 cup cold cereal such as corn flakes, crushed

Cut banana into 1/2 inch slices. Dip slices in your choice of yogurt. Roll banana pieces in crushed cereal. Place the slices on a cookie sheet then in the freezer. When frozen, store the pieces in a freezer bag. You can eat the banana slices even if they are not frozen.

Makes 2 to 3 servings
– 1 serving is 4 to 6 pieces.



I can help in the kitchen

- I want to help fix a meal or snack. Can we make fun food like a happy face sandwich? Let's count the raisins in the smile.
- I can spread butter or peanut butter on bread.
- Let me put food on the table for lunch or dinner.
- I like to help clear the table when we finish eating.
- Let's wipe off the table when we are done.



Look what I can do

- I can learn to say “Please” and “Thank you”.
- I like to pretend. We can play store with empty cereal boxes and egg cartons.
- I can spread peanut butter on bread.
- I can pour cereal into a bowl and peel a banana.

Playing with
me helps me grow
smarter, stronger,
healthier and
happier!

Let's play

- Let's jump in and out of a hula hoop.
- Let's pretend I can hop like a frog or gallop like a horse.
- I am ready for a tricycle now.
- Can we make an obstacle course that I can go over, under, around, and through?
- Let's walk to the playground with our friends and swing on the swings.



Keep me safe and healthy

- Hold my hand when we cross the street.
- Check to see if I need a doctor's visit and a lead test.
- Keep me away from tobacco smoke, matches, and lighters.
- Put sunscreen on me when I play outside.
- Buckle me into a child safety seat when we ride in a car.
- Spread peanut butter thinly on bread so I don't choke. Please cut grapes and hot dogs the long way.

Help me keep my smile bright

- Take me to the dentist twice a year.
- Let me start brushing my teeth each day. Then you brush them too, for hard to reach spots.
- Get me a small toothbrush with soft bristles.
- I need just a pea size amount of fluoride toothpaste. Remind me to spit out the toothpaste.
- Please floss my teeth once a day to clean between them.
- Sugary drinks can hurt my teeth. Let me drink water instead of punch, tea, or soda.

