

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
4



I can do **so many things.**

I can help more!

My name is _____.

I weigh _____ pounds and _____ ounces.

I am _____ inches tall.

My Hemoglobin is _____.

A special note for me _____

Help me learn to eat **only** when I'm hungry

- I know if I am hungry or full. Let me stop eating when I have had enough. Don't force me to eat or "clean my plate."
- I like to make some choices. You know what foods I need to be healthy. Offer them to me for meals and snacks. Let me choose which ones to eat.
- Don't worry if I don't eat a meal or snack. I will eat more on some days than on others. Don't beg me to eat or fix other foods for me. Do not let me eat unhealthy foods between meals.



Offer me
small amounts
and let me ask
for more.

Offer me safe foods

- Give me foods that are bite sized and easy enough for me to chew.
- Stay close when I try foods I can choke on: raw hard vegetables, grapes, nuts, popcorn, dried fruits, hot dogs, and pieces of meat.
- Cut grapes and hot dogs the long way. Spread peanut butter thinly on bread or crackers.



Teach me how foods help me grow and learn

- Grains give me energy to grow and think.
- Vegetables and fruits help my body fight germs and stay healthy.
- Milk builds strong bones and teeth.
- Meat and beans make strong blood and muscles.

Make our family meals relaxed

- Let's wash our hands together before and after we eat.
- I like being your helper. I can put spoons, forks, and napkins on the table.
- I feel proud when I sit and eat with our family. I can eat the same foods.
- You are my favorite teacher! Show me how you eat many healthy foods. I will copy you!
- I feel grown up when I serve myself. I will learn how much to take.
- Please turn off all our TVs and cell phones so we can talk more and enjoy our food.



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
- 1 cup fresh salad greens

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

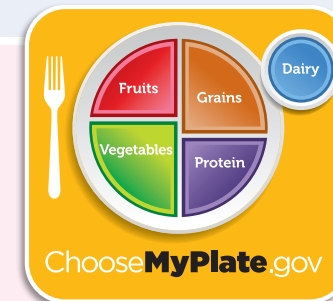
Offer me a vitamin C fruit every day—
oranges, strawberries, or WIC juice.

No more than 4 ounces of juice a day.



**Fats, Oils
& Sweets**

Only a little bit.



Let's eat

Breakfast

1 scrambled egg with
1 slice lowfat cheese
1 slice whole grain bread
4 ounces orange juice

Morning Snack

1/2 cup lowfat vanilla
yogurt with
1/4 cup crushed pineapple
4 ounces water

Lunch

Tuna sandwich:
1/4 cup tuna salad
2 slices whole grain bread
lettuce
6 baby carrots
4 ounces nonfat or 1% milk

Afternoon Snack

1/2 cup pear slices
2 graham cracker squares
4 ounces nonfat or 1% milk

Dinner

1 cup chili with beans
1/2 cup squash
1 corn tortilla
4 ounces nonfat or 1% milk

Evening Snack

1 oatmeal raisin cookie
4 ounces water



I can help you in the kitchen

- Let me rinse fruits and vegetables.
- I can mash soft fruits and vegetables.
- Can you help me measure dry ingredients?
- I can learn to crack eggs and stir batter.

I feel good
when I help you.
I will probably
eat better too!



Let's play

- I like to play at home. Please make it safe for me.
- We can dance together and have fun.
- I like to play games with my friends like hopscotch and follow-the-leader.
- Teach me to share and take turns. Praise me when I play well with others.
- I love when we read together. Let's walk to the library and get some books.
- I like to tell stories. Let's make a storybook with our own words and pictures.

Keep me safe and healthy

- Buckle me into my car seat or booster seat when we drive.
- Take me to my doctor for a checkup. Ask how I am growing. I might need a shot or a lead test.
- Put sunscreen on me when I play outside.
- Teach me to wash my hands often.
- Always watch me around water.
- Limit my screen time to 1 or 2 hours a day.
- Keep me away from tobacco smoke, matches, and lighters.

Help me keep my teeth healthy

- Take me to the dentist every 6 months.
- Remind me to brush my teeth every morning and night. Then you brush them to be sure they are clean.
- I still need a small toothbrush and a pea size amount of fluoride toothpaste. Make sure I spit out the toothpaste after brushing.
- Please help me floss my teeth once a day to clean between them.
- I'd like a new toothbrush that's just for me. This is one thing I should not share.
- Give me water to drink when I am thirsty.

Sugary drinks
can give me
cavities.

