Make our family meals relaxed.

- I like to be with you. Let's enjoy eating together. Please turn off the TV.
- I need to always sit when I eat or drink. Put me in my high chair or booster seat at the table with our family. I can eat most of our family foods.
- I am learning to eat with my hands and my spoon. I need lots of practice! Let me touch and play with my food. I will be messy as I learn to feed myself!

Healthy Snack Recipe:

Quesadilla

- Heat whole wheat tortilla in frying pan
- Place grated cheese on tortilla; fold and cook until cheese is melted and tortilla is lightly browned
- Let cool a little before serving

Snacks are important!

Healthy snacks help me grow. Plan my snacks, and don't let me fill up on snacks all day long.

Wash my hands before and after I eat.

Give me safe foods.

- 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, and hard candy.
- Cut grapes in half, spread peanut butter thinly, cut hot dogs the long way.

I love my cup!

- I drink from a cup now, not a baby bottle. This helps protect my nice new teeth!
- Ask WIC for ideas if I need help to change from the bottle to the cup.
- Offer me water to drink between meals and snacks, not sweet drinks.

Ask WIC if you have any questions about what I am eating.

Breastfeeding

- I love this special time. Keep it up as long as we both want!
- You can count breastfeeding as a milk serving for me.

Let's play!

I love to play every day. Mark what you would like to try doing with me.

- Dance
- Play follow-the-leader
- Play hide-and-seek
- Roll a ball
- Chase each other
- Take a walk
- Climb stairs
- Make houses with pillows, couch cushions, and blankets

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

Look what I can do!

- I love to jump and climb. Please watch me to keep me safe.
- I can say a few words. Talk, sing and read to me so I can learn more.
- I have teeth! Clean them twice a day. Use a small soft toothbrush with a tiny dot of fluoride toothpaste.

Keep me safe and healthy.

- Always put me in my car seat when we drive.
- Take me to my doctor and dentist. I may need a blood test for lead.
- Keep things that can hurt me out of my reach.
- Always watch me around water.
- Keep me away from cigarette smoke.
- NO TV is better for me!
- Put me down for my nap every day. I need some quiet time. Could you read me a story?

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My name is _____ Date _____

I weigh _____ pounds

I am _____ inches tall

One healthy thing our family will do is:

_____

_____

Now I am a toddler. I am ready to try new foods!

Over the next year, I will change a lot. Now I am eating more like a baby, but soon I will eat more like you do.

- I like to copy you. If you eat healthy foods, I will want to try them too.
- If I try a lot of different foods when I am little, I will get a taste for them.
- I am growing, but not as fast as before. I might eat less.
- My tummy is still little.
- I know if I am hungry or not.

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 to eat.
- Start with small amounts, about 1 tablespoon of each food. Let me ask for more.
- Let me decide when I have had enough. Don't force me to eat or make me "clean my plate".
- Don't worry if I don't eat a meal or a snack. I will eat more on some days than others.
- Serve me foods that I like along with a new food. You may need to offer me a new food 10 times before I will try it. This is normal. I am learning about foods.

Good food for one year olds — offer me every day:

Grains

5 or 6 of these choices:

- ¼ to ½ slice bread or tortilla
- ¼ to ½ cup dry cereal
- ¼ cup cooked noodles, rice, oatmeal
- 2 or 3 small crackers

Half the grains I eat should be whole grains!

Protein

3 or 4 of these choices:

- 1 tablespoon chopped meat, chicken, turkey, fish
- ½ egg
- 2 tablespoons cooked, mashed beans
- ½ tablespoon peanut butter
- 2 tablespoons tofu

Meat and beans give me the most iron to keep my blood strong!

Vegetables

3 or more of these choices:

- ¼ cup cooked chopped vegetables
- ¼ cup cooked mashed vegetables
- 2 ounces vegetable juice

Offer me a dark green or orange vegetable every day!

Dairy

4 of these choices:

- 4 ounces milk
- 4 ounces yogurt
- 1 slice cheese

No more than 16 ounces of milk per day! *WIC gives me whole milk until I am 2, then low-fat milk.*

Fats, oils & sweets

only a little bit

Fruits

3 or more of these choices:

- ¼ cup soft fresh fruit
- ¼ cup soft canned or frozen fruit
- 4 ounces 100% fruit juice (no more!)

Offer me a vitamin C fruit every day (oranges, strawberries, melons, mangos, papayas, WIC juices).

Start with small amounts and let me ask for more.

I get lots of new WIC foods now!

Sample menus for me

Offer me 3 meals and 2 or 3 snacks every day. I like to eat around the same times every day.

Here is a sample menu to give you ideas. **Fill in the blanks to make a healthy menu that is good for me.** Pick foods from all of the food groups to help me grow and be strong.

	Sample menu—offer me:	My menu—offer me:
Breakfast	scrambled egg, ½	
	whole grain toast, ½ slice	
	milk, 4 ounces	
Snack	quesadilla (½ small whole wheat tortilla, 1 slice cheese grated)	
	soft pear, peeled and sliced, ½	
	water, a few ounces	
Lunch	peanut butter sandwich (½ slice whole wheat bread, ½ tablespoon peanut butter spread thin, 1 tablespoon mashed banana)	
	mashed cooked sweet potato, ¼ cup	
	milk, 4 ounces	
Snack	dry cereal, ¼ cup	
	cooked sliced carrots, ¼ cup	
	juice, 4 ounces	
Dinner	chicken noodle soup (1 tablespoon chicken, no skin, ¼ cup noodles)	
	stir-fried chopped broccoli, ¼ cup, with 2 tablespoons chopped tofu	
	applesauce, ¼ cup	
	water, a few ounces	
Snack	graham cracker, ½ to 1 whole	
	milk, 4 ounces	