

Maryland WIC

help me
be healthy

I am
4½



I am **growing up right.**

I still need your help.

My name is _____.

I weigh _____ pounds and _____ ounces.

I am _____ inches tall.

My Hemoglobin is _____.

A special note for me _____

Help me choose healthy foods

- I will soon be 5 years old! I still have lots of growing to do. Please help me.
- Teach me how to choose healthy foods. I will need to know what to eat at school.
- Help me learn to balance foods. If we choose ice cream, let's top it with fresh strawberries.
- Help me try new foods. Let's do it once a week. We could make a stir-fry. I can wash the vegetables.
- Please trust me to know when I am hungry and when I am full. Don't force me to eat or "clean my plate."
- Eating breakfast helps me learn. If I don't eat, I am too hungry to think or listen.
- Let's plan breakfast the night before. At night we can put the cereal box, bowls, and spoons on the table. In the morning, we can get out the milk and fruit.



**Ask about the
breakfast and
lunch program
at my school.**

Offer me safe foods

- Give me foods that are bite sized and easy for me to chew.
- Stay with me when I try foods I can choke on: raw hard vegetables, grapes, nuts, popcorn, dried fruits, hot dogs, and chunks of meat.

Growing up isn't always easy

I need you to talk with me and listen. Here are words that are sweeter than candy:

- You are special!
- You are trying really hard!
- You are doing a good job!
- I love you!
- I am proud of you!



Make our family meals relaxed

- Let's wash our hands before and after we eat. I like to copy what you do.
- I will help set the table.
- Let's sit and eat together. I feel special sharing this time with our family.
- Can we turn off the TV and all our screens while we eat?
- I like to serve myself. Show me how to pass food around the table and practice my manners.
- I am getting better with my fork and spoon!
I can use a napkin to wipe my mouth and hands.
- I can help clear the table 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.

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.



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.



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.

Dairy

- 4 ounces nonfat or 1% milk
- 1/2 cup lowfat yogurt
- 1 slice lowfat cheese



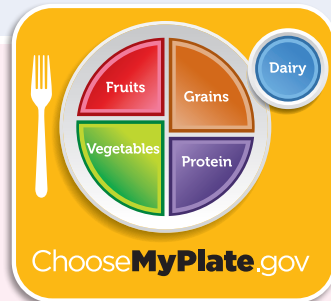
No more than 16 ounces of milk a day.

WIC gives me lowfat milk. It's what I need.



Fats, Oils & Sweets

Only a little bit.



Let's cook

Sweet Potato Fries

1 medium sweet potato, about 5 inches long

1 teaspoon vegetable or olive oil

1 teaspoon brown sugar

Cinnamon or ginger to taste

Preheat oven to 400° F.

Scrub and peel sweet potato. Cut the sweet potato in half, lengthwise. Place halves on a cutting board, with flat sides down. Cut into fries 3 inches long, 1/4 inch thick and 1/2 inch wide. Cut into bite sized pieces for younger children.

In a large bowl, mix oil, brown sugar, and cinnamon or ginger. Add sweet potato strips and stir to coat them with oil and spice mixture. Place coated strips in a single layer on a baking sheet. Bake for 30 to 45 minutes, or until tender.

Makes 2 servings,
1/2 cup each.



I can help pack a lunch

- I like to spread peanut butter on bread.
- I will cut soft foods with a plastic knife.
- I want to peel hard-boiled eggs, oranges, and bananas.
- Let me wash fruits and vegetables.



I can make
a sandwich.



Let's play

- I can run, hop, and throw a ball.
- Let's play my favorite games like hide-and-seek.
- Can we make a play date with my friends?
- We can explore the world together.
Let's pretend we are animals in the jungle.
- In all kinds of weather, we can play safely together.
- I like stories. Can we read together?



Keep me safe and healthy

- Help me put on sunscreen when I play outside.
- Teach me rules for safety and help me follow them.
- Be sure to buckle me into my booster seat before I ride in the car.
- Limit my screen time to no more than 1 or 2 hours a day.
- Keep me away from smoke, matches, lighters, and vaping tools. I can be poisoned by swallowing, breathing, or absorbing e-cigarette liquid through my skin or eyes.
- If you own a gun, please keep it locked in a safe place.
- Before I go to school, make sure I have all my shots and a lead test.

I want my teeth to be healthy

- Take me to the dentist every 6 months.
- Keep coaching me to brush my teeth morning and night. I need your help with spots I miss.
- I still need a small toothbrush and a thin smear 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.
- Can you get me 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.



MarylandWIC

Better Nutrition Brighter Future

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