help me be healthy

I am 3
My name is ________________________________________.

I weigh ___________ pounds and ___________ ounces.

I am ________________ inches tall.

My Hemoglobin is ________________.

A special note for me ____________________________________

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
I will learn to like most foods

- You decide what healthy foods to offer me. I decide which of these to eat, and how much.

- I can serve myself if you hold the bowl for me. I know how much I want. I might ask for more.

- Please let me decide when I have had enough. Don’t force me to eat or make me “clean my plate.”

- Offer me foods I like along with a new food. I might need to see the new food 10 times before I try it. I change my mind a lot. I may like a food one day and not the next. This is how I learn about new foods.
Offer 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: hard raw vegetables like carrots, spoonfuls of peanut butter, chips, nuts, popcorn, dried fruits, chunks of meat, or hard candy.

- Please cut grapes and hot dogs the long way, and spread peanut butter thinly on bread.
Make our family meals relaxed

- Do not use food to reward or punish me. If you say I will get ice cream if I am good, I will want a treat all the time. These words are the best rewards: “I am proud of you!” “You did a good job!”

- I am learning every day! Teach me the names of foods. Talk about their shapes, colors, and tastes. I can learn where different foods come from.

- I need to sit down while I eat or drink. Let me sit in my booster seat at the table. I can eat most foods you do.

- Give me a small spoon or fork and a small plate and cup.

- 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.

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.

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 eat

**Breakfast**
1 pancake
1/2 orange
4 ounces nonfat or 1% milk

**Morning Snack**
1 tablespoon peanut butter
6 whole grain crackers
4 ounces water

**Lunch**
Grilled cheese sandwich:
1 slice lowfat cheese
1 slice whole grain bread
1/2 tomato, sliced
6 to 8 grapes, cut in half
4 ounces water

**Afternoon Snack**
1 cup whole grain, cold cereal
4 ounces nonfat or 1% milk

**Dinner**
Spaghetti with meat sauce:
1/2 cup cooked pasta
1/4 cup meat sauce
1/2 cup green beans
1 slice whole grain bread
4 ounces nonfat or 1% milk

**Evening Snack**
1/2 cup pudding
I can help in the kitchen

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

- Let’s fix a meal or snack. We can use pieces of fruits and vegetables to make a funny face pizza.
- I can pour milk if you help me.
- Let me rinse lettuce and tear it for a salad.
- I can put forks, spoons, and napkins on the table.
- I like to put things in the trash.
Let’s play

- Please help me learn to play with others.
- Let’s find play that I like.
- Bounce a ball and let me catch it.
- Roll a ball so I can kick it.
- I like to run across the playground. I can start and stop easily now.

Look what I can do

- Give me room! I can hop and stand on one foot.
- I can go upstairs and downstairs without holding your hand.
- I can dress and undress myself.
- I love to play with other children.

Can we play “Simon Says”? 
Keep me safe and healthy

- Take me to the doctor for my checkup. Ask how I am growing, and if I need a lead test.
- Keep me away from tobacco smoke, matches, and lighters.
- Put sunscreen on me when I play outside.
- Buckle me into my child safety seat when I ride in a car.

Help me have healthy teeth

- Don’t give me sugary drinks and food. They can give me cavities.
- Help me brush my teeth in the morning and before I go to bed at night.
- Use a toothbrush with soft bristles and a pea size amount of fluoride toothpaste. Make sure I spit out the toothpaste.
- Please floss my teeth once a day to clean between them.
- Take me to the dentist twice a year to make sure my teeth are healthy.
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