

## Trust me to eat the right amount.

- You decide what healthy foods to offer me at each meal and snack. I decide which of these foods to eat, and how much to eat.
- I like to make some choices. You know what foods I need to be healthy. Let me choose between healthy foods.
- Offer me small servings of foods. Let me ask for more.
- I know if I'm hungry or not. Let me stop eating when I'm full. 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'll eat more on some days than others. Don't beg me to eat or fix other foods for me.



### Healthy Snack Recipe: Tropical Yogurt Smoothie

- Place in blender: plain yogurt, any chopped tropical fruits (banana, mango, papaya, pineapple), ice.
- Blend until smooth and serve!



### Snacks are important!

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

## Give me safe foods.

- Give me foods that are bite-sized and soft enough for me to chew easily.
- Be careful and stay close by if you give me foods I might choke on: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, dried fruits, hot dogs, chunks of meat, and hard candy.
- It's best to cut grapes in half, spread peanut butter thinly, cut hot dogs the long way.



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

### I can help!

- Let me help you in the kitchen. I can:
  - Rinse fruits and vegetables.
  - Mash soft fruits and vegetables.
  - Help measure dry ingredients.
  - Crack eggs.
  - Mix batter.
  - Spread butter or peanut butter on bread.
  - Make a sandwich.
  - Cut soft foods with a plastic knife.
  - Peel oranges, bananas, and boiled eggs.
  - Set the table.
  - Clear the table and wipe it off after a meal.
  - Put things into the trash.
- When I help you, I feel good. I'll probably eat better too!



## Let's play!

I love to play every day. Playing with me helps me grow smarter, stronger, healthier, and happier! These are things I like to do with you:

- Dance to music
- Play follow-the-leader
- Play leap frog
- Play hopscotch
- Play hide-and-seek
- Take a walk together
- Play catch
- Make believe that we're cooking, exploring the jungle, being animals, etc.



I love to play every day.

### Look what I can do!

- I like to do things for myself.
- I can run, hop, and throw a ball. Let's play catch!
- I like to pretend, like playing store.
- I like stories. Can we read together?
- I can pick out a vegetable at the store.
- I can serve myself at the table. If you hold the bowl, I can take a spoonful of food.
- I can take turns.
- I can learn to say "Please" and "Thank you".
- I need to hear you tell me:
  - "You are doing a good job!"
  - "I'm proud of you!"
  - "You are special!"

### Keep me safe and healthy.

- Always put me in my car seat when we drive.
- Take me to my doctor and dentist.
- Always watch me around water.
- Keep me away from cigarette, tobacco, and all other smoke.
- Help me brush and floss my teeth every day.
- Put sunscreen on me when I play outside.
- Hold my hand when we cross the street.
- No more than 1 or 2 hours a day of screen time: TV, tablet, phone, or computer!



I'm 4  
Let's explore!

Explore with me fun ways to eat healthy and be active!



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**PUBLIC HEALTH**  
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

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## Make our family meals relaxed.

- I like to be with you. Let's enjoy eating together. Please turn off the TV, phone, tablet, or computer.
- I'm learning every day! Teach me the names of foods. Talk about their shapes, colors, and tastes. I can learn where foods come from. I can count foods.
- I can serve myself from a small bowl. I'll learn how much to take.
- Teach me to enjoy many foods. Let's try a new food every week. I'll learn to like most foods.
- I like to eat with our family. I can eat most of our family foods. I like to talk, and I love attention! I like to tell stories.
- I need to always sit when I eat or drink.
- Give me a small spoon or fork. I may still be a little messy when I eat. I'm getting better at it!
- I can use a napkin to wipe my mouth and hands.
- Make sure we wash our hands before and after we eat.



## Good food for four year olds — offer me every day:

### Grains



#### 4 or 5 of these choices:

- 1 slice bread or tortilla
- 1 cup dry cereal
- ½ cup cooked noodles, rice, or oatmeal
- 6 small crackers

*Half the grains I eat should be whole grains!*

### Protein



#### 3 or 4 of these choices:

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

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

### Vegetables



#### 3 of these choices:

- ½ cup cooked chopped vegetables
- 1 cup raw vegetables
- 4 ounces vegetable juice

*Offer me a dark green or orange vegetable every day!*

### Dairy



#### 4 or 5 of these choices:

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

*I can drink low-fat or fat-free milk. Foods in the Dairy Group give me calcium for stronger bones and teeth.*

### Fats, oils, and sweets

*Only a little bit*

### Fruits



#### 2 or 3 of these choices:

- ½ cup fresh, canned or frozen fruit
- 4 to 6 ounces 100% fruit juice (no more!)

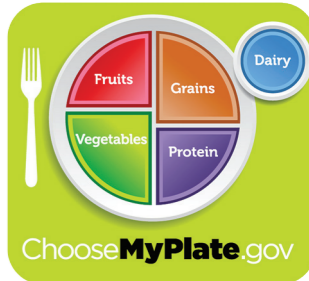
*Offer me a vitamin C food every day (oranges, strawberries, melons, mangos, papayas, WIC juices).*

*Start with small amounts and let me ask for more.*

## Meal and snack plans for me

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

Here are meal and snack plans to give you ideas. Pick a variety of foods to help me grow and be strong.



### Meal and Snack Plan A (1400 calories per day)

<b>Breakfast</b>	1 ounce Grains ½ cup Fruit ½ cup Dairy*
<b>Snack</b>	1 ounce Grains ½ cup Fruit 1 ounce Protein Foods
<b>Lunch</b>	1 ounce Grains ½ cup Vegetables ½ cup Fruit ½ cup Dairy* 1 ounce Protein Foods
<b>Snack</b>	½ cup Vegetables ½ cup Dairy*
<b>Dinner</b>	2 ounces Grains ½ cup Vegetables 1 cup Dairy* 2 ounces Protein Foods

### Meal and Snack Plan B (1400 calories per day)

<b>Breakfast</b>	1 ounce Grains ½ cup Dairy* 1 ounce Protein Foods
<b>Snack</b>	½ cup Fruit ½ cup Dairy*
<b>Lunch</b>	2 ounces Grains ½ cup Vegetables ½ cup Fruit ½ cup Dairy*
<b>Snack</b>	½ cup Vegetables ½ cup Fruit 1 ounce Protein Foods
<b>Dinner</b>	2 ounces Grains ½ cup Vegetables 1 cup Dairy* 2 ounces Protein Foods

\*Offer me fat-free or low-fat milk, yogurt, and cheese.

#### 1 ounce Grain =

- 1 slice bread **or**
- 1 ounce ready-to-eat cereal **or**
- ½ cup cooked rice, pasta, or cereal