



I'm 2
Look what I
can do!

My name is _____ Date _____

I weigh _____ pounds | I am _____ inches tall

One healthy thing our family will do is:

I like to say no!

Saying No! is my way of saying I want to do things for myself.

I like to make some choices. You know what foods I need to be healthy. Let me choose between healthy foods. Let me decide how much I want to eat.



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. You don't need to fix meals for me that are different from what you eat.
- Give me a small spoon or fork, and a small plate and cup. I may still be messy when I eat. This is how I learn to feed myself!
- Make sure we wash our hands before and after we eat.

Good food for two year olds — **offer** me every day:

Grains

6 of these choices:

- $\frac{1}{4}$ to $\frac{1}{2}$ slice bread or tortilla
- $\frac{1}{4}$ to $\frac{1}{2}$ cup dry cereal
- $\frac{1}{4}$ cup cooked noodles, rice, oatmeal
- 2 or 3 small crackers

Half the grains I eat should be whole grains!



Vegetables

4 or more of these choices:

- $\frac{1}{4}$ cup cooked chopped vegetables
- $\frac{1}{4}$ cup cooked mashed vegetables
- 2 ounces vegetable juice

Offer me a dark green or orange vegetable every day!



Fruits

4 or more of these choices:

- $\frac{1}{4}$ cup soft fresh fruit
- $\frac{1}{4}$ 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).



Protein

4 of these choices:

- 1 tablespoon chopped meat, chicken, turkey, fish
- $\frac{1}{2}$ egg
- 2 tablespoons cooked, mashed beans
- $\frac{1}{2}$ tablespoon peanut butter
- 2 tablespoons tofu

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



Dairy

4 of these choices:

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

WIC gives me whole milk until I am 2, then low-fat milk.



Fats, oils & sweets

only a little bit

Start with
small amounts
and let me ask
for more.



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

cereal, $\frac{1}{2}$ cup

banana, sliced, $\frac{1}{4}$

milk, 4 ounces

Snack

yogurt fruit dip (4 ounces
yogurt, $\frac{1}{4}$ cup sliced soft
fruits)

crackers, 3 small

water, a few ounces

Sample menu—offer me:**My menu—offer me:****Lunch**

vegetable beef soup, $\frac{3}{4}$ cup

grilled cheese sandwich, $\frac{1}{2}$

milk, 4 ounces

Snack

whole grain toast, $\frac{1}{2}$ slice,
spread with $\frac{1}{2}$ tablespoon
peanut butter

cooked carrots, $\frac{1}{4}$ cup

water, a few ounces

Dinner

soft taco with beans and
meat ($\frac{1}{2}$ soft corn tortilla,
2 tablespoons beans,
1 tablespoon meat)

cooked brown rice, $\frac{1}{4}$ cup

cooked peas, $\frac{1}{4}$ cup

orange, sliced, $\frac{1}{2}$

milk, 4 ounces

Sample menu—offer me:

My menu—offer me:

Snack

animal crackers, 4

water, a few ounces

I can help!

- Let me help you in the kitchen. I can:
 - help decide which vegetables to have for dinner
 - rinse fruits and vegetables
 - tear lettuce
 - make “faces” with pieces of fruits and vegetables
 - put napkins, forks, and spoons on the table
 - put things into the trash
- I might not be neat, but I am doing my best. Sometimes I drop things because my fingers are still small.
- When I help you, I feel good. I will probably eat better too!



Healthy Snack Recipe:

Yogurt Fruit Dip

- In a small bowl, mix vanilla yogurt with a tablespoon of orange juice for a dip
- Slice soft fruits to serve with the dip



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.
- Don't give me foods that I can choke on such as: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, hot dogs, chunks of meat, and hard candy. Be careful and stay close by when you give me dried fruits.
- Cut grapes in half, spread peanut butter thinly, cut hot dogs the long way.



Trust me to eat the right amount.

- My stomach is still little. Start with small servings, 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. Don't beg me to eat or fix other foods for me.
- 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.
- I change my mind a lot. I may like a food one day and not the next. I will learn to like most foods.



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

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
- Make believe that we are cooking, exploring the jungle, being animals, etc.
- Take a walk together

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



Look what I can do!

- I like to do things for myself. Please say you are proud of me.
- I love to run, jump and climb. Please watch me to keep me safe.
- I like to copy what you do, like cooking food and talking on the phone.
- I am learning new words. Talk, sing and read to me so I can learn more. Teach me the names of things.



Keep me safe and healthy.

- Always put me in my car seat when we drive.
 - Take me to my doctor and dentist.
 - Keep things that can hurt me out of my reach.
 - Always watch me around water.
 - Keep me away from cigarette smoke.
 - Help me brush and floss my teeth every day.
 - Too much TV or computer time isn't good for me. An hour a day is enough.
 - Put me down for my nap every day. I need some quiet time. Could you read me a story?
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