

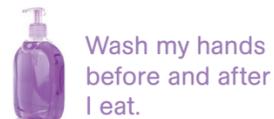


### Make our family meals relaxed.

- I like to be with you. Let's enjoy eating together. Please turn off the TV, phone, and mobile devices.
- 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'm learning to eat with my hands and my spoon. I need lots of practice! Let me touch and play with my food. I'll 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.
- Cut into small pieces.
- 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.

### 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 can try these foods now, unless our family has food allergies: cow's milk, whole eggs, peanut butter. Watch me for allergies.



### Help me love my cup!

- I drink from a cup now, not a baby bottle. This helps protect my nice new teeth from cavities!
- 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, like juice.

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

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

- 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



I love to play every day.

### 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.
- Help me brush and floss my teeth.
- Keep things that can hurt me out of my reach.
- Always watch me around water.
- Keep me away from cigarette, tobacco, and all other smoke.
- No TV, tablet, phone, or computer time is better for me!
- Put me down for my nap every day. I need some quiet time. Will you read me a story?
- Put sunscreen on me when I play outside.



**I'm 1**  
Let's have fun!

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



DOH 961-997 May 2014



Washington State WIC Nutrition Program



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## Now I'm a toddler. I'm ready to try new foods!

Over the next year, I'll change a lot. Now I'm eating more like a baby, but soon I'll eat more like you.

- I like to copy you. If you eat healthy foods, I'll want to try them too.
- If I try a lot of different foods when I'm little, I'll learn to like them.
- I'm growing, but not as fast as before. I might eat less.
- My tummy is still little.
- I know if I'm 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'll eat more on some days than others.
- Serve me foods I like along with a new food. You may need to offer me a new food 10 times before I'll like it. This is normal. I'm 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, or 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'm 2. Foods in the Dairy Group give me calcium for stronger bones and teeth.*

### Fats, oils, and 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 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 (1000 calories per day)

<b>Breakfast</b>	1 ounce Grains ½ cup Fruit ½ cup Dairy
<b>Snack</b>	½ ounce Grains ½ cup Fruit
<b>Lunch</b>	1 ounce Grains ¼ cup Vegetables ½ cup Dairy 1 ounce Protein Foods
<b>Snack</b>	¼ cup Vegetables ½ cup Dairy
<b>Dinner</b>	½ ounce Grains ½ cup Vegetables ½ cup Dairy 1 ounce Protein Foods

### Meal and Snack Plan B (1000 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>	1 ounce Grains ¼ cup Vegetables ½ cup Dairy
<b>Snack</b>	¼ cup Vegetables ½ cup Fruit
<b>Dinner</b>	1 ounce Grains ½ cup Vegetables ½ cup Dairy 1 ounce Protein Foods

#### 1 ounce Grain =

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

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:** I'm 1 – Let's Have Fun!

**Size:** 22 x 9"

**Paper stock:** 80# text, matte, white

**Ink color:** 4-color process

**Special instructions:** Prints 2 sides with bleeds. Finished job folds to 5.375 x 9"

**DOH Pub #:** 961-997