

I have a new WIC food package!

- The foods I now get from WIC are:

Cereal
Juice
Milk and cheese
Eggs
Dry beans
Peanut butter

Please give me some of my WIC foods every day. They help me grow healthy and strong. I can eat cereal and juice at breakfast. You might give me an egg at lunch time. Cheese makes a great snack. Cook the beans for dinner. I can drink milk with meals and have some in pudding for a snack. Ask the WIC staff about the type of cereal I can eat at this age.



Keep me from choking!

- As I learn to eat new foods, I need your help. Do not let me eat alone! I can choke easily. Please give me foods that are:

Cooked (soft, raw fruits are okay)
Soft
Chopped into small pieces
Moist, not dry
Cooled a little
Not too spicy or salty
Not hard or sharp
Not sticky



- Do not feed me:
Hot dogs
Hard foods (like candy, peanuts, raisins, or chips)
Whole grapes

Look what I can do!



- I can drink from a small cup. I hold it with both hands. Be sure the cup cannot break. I should stop drinking from a baby bottle.
- I eat food with my fingers, but am learning to use a spoon. The more I feed myself, the better I get. I will be messy as I learn how to eat.
- I am starting to walk. Walking makes my legs strong. Please keep an eye on me so I am safe.
- I can say a few words. I listen to you. Talk to me so I can learn more.
- I have teeth! I need them to chew and talk. Clean them 2 times a day. Use a small, soft toothbrush and water. Brush both the front and back sides.

Health and Safety Tips



- Buckle me into a child safety seat when I am in a car.
- Take me to the doctor at 12 months and 15 months for my shots and checkup.
- I may need a blood test for lead. Ask the doctor at my next visit.
- Place objects that can hurt me out of my reach.
- Keep me away from cigarette smoke.
- Put me down for a nap every day. I need some quiet time. Could you sing me to sleep?



I to 1½ years

My name is _____.

I weigh _____ pounds. I am _____ inches long.

A special note for me: _____



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California WIC Program
California Department of Public Health
Arnold Schwarzenegger, Governor, State of California
Kimberly Belshé, Secretary, California Health and Human Services Agency
Mark B Horton, MD MSPH, Director, California Department of Public Health
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I'm ready to try new foods!

Use the Food Guide Pyramid to choose healthy foods.



I am now a toddler.

I want to try new foods.

Please help me.

- Use the Food Guide Pyramid to choose healthy foods for me.
- Offer me breakfast, lunch, and dinner and 2 to 3 healthy snacks every day.
- Have my meals and snacks at the same times each day. If we are away from home, please bring some food (like my WIC cereal) for me to eat.
- Offer me small servings of foods. My stomach is little.
- Cut my food into very small pieces.
- Eat with me! We can enjoy our meals together and I learn so much from you.
- I must sit when I eat. Please let me sit in a high chair or with support at the table.
- Offer me water to drink between meals and snacks.
- If you are still breastfeeding me, I love this special time.

Every day offer me:

2 or more servings

One serving is:

- 2 tablespoons chopped meat, poultry, fish
- 1 egg
- 2 to 4 tablespoons cooked, mashed beans

Fats, Oils, and Sweets



Meat, Poultry, Fish, Dry Beans, and Eggs Group

4 servings

One serving is:

- 1/2 cup whole milk or yogurt
- 1/2 slice cheese



Milk, Yogurt, and Cheese Group

2 or more servings

One serving is:

- 2 tablespoons soft, chopped fruit
- 1/4 cup 100% fruit juice



Fruit Group

3 or more servings

One serving is:

- 2 tablespoons cooked, chopped vegetables
- 1/4 cup vegetable juice



Vegetable Group

6 or more servings

One serving is:

- 1/4 to 1/2 slice bread or tortilla
- 2 tablespoons cooked rice or pasta (noodles)
- 2 tablespoons cooked cereal
- 4 tablespoons ready-to-eat cereal
- 2 to 3 crackers



Bread, Cereal, Rice, and Pasta Group

