Let's have fun!

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

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

I love to play every day.

I'm 1

Let's have fun!

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!

Give me safe foods.

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.

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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!

Help me love my cup!

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.

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

Wash my hands before and after I eat.

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Wash my hands before and after I eat.
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.

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)

<table>
<thead>
<tr>
<th>Time</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 ounce Grains</td>
<td>1 ounce Grains</td>
<td>½ ounce Grains</td>
</tr>
<tr>
<td></td>
<td>Breakfast</td>
<td>Lunch</td>
<td>Dinner</td>
</tr>
<tr>
<td></td>
<td>½ cup Fruit</td>
<td>½ cup Dairy</td>
<td>½ cup Dairy</td>
</tr>
<tr>
<td></td>
<td>½ cup Dairy</td>
<td>1 ounce Protein Foods</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>½ cup Fruit</td>
<td>½ cup Dairy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>¼ cup Vegetables</td>
<td>1 ounce Protein Foods</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
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<td>½ cup Dairy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 ounce Protein Foods</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Meal and Snack Plan B** (1000 calories per day)

<table>
<thead>
<tr>
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<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 ounce Grains</td>
<td>1 ounce Grains</td>
<td>½ ounce Grains</td>
</tr>
<tr>
<td></td>
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<td>½ cup Dairy</td>
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<td></td>
<td>1 ounce Protein Foods</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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:
- ½ to 1 sliced bread or tortilla
- ½ to 1 cup dry cereal
- ½ cup cooked noodles, rice, oatmeal
- 2 or 3 small crackers

Half the grains I eat should be whole grains!

### Vegetables

3 or more of these choices:
- ½ cup cooked chopped vegetables
- ½ cup cooked mashed vegetables
- 2 ounces vegetable juice

Offer me a dark green or orange vegetable every day!

### 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).

### Protein

3 or more 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!

### 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

3 or more of these choices:
- 1 tablespoon margarine, butter, or oil

Only a little bit

Start with small amounts and let me ask for more.

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