

Get your child on the path to **HEALTHY EATING.**



Now that your child is 2 years old, "No!" is how he says he wants to choose. Offer your child healthy foods at meals and snacks. Let him decide which foods to eat, and how much.

HELP YOUR CHILD LEARN HOW TO MAKE CHOICES. Let him pick from two healthy foods. Ask him: Do you want banana or peaches?

TRY TO OFFER MEALS AND SNACKS AT ABOUT THE SAME TIMES EVERY DAY. When you are away from home, take a snack for your child to sit and eat—like WIC cereal or crackers. If a meal or nap is late, your child gets too hungry or tired. He might throw a tantrum. He doesn't know how to wait.

YOU CAN TRUST YOUR CHILD TO EAT THE RIGHT AMOUNT. Don't worry if he does not eat a meal or a snack. Children eat more on some days than others. Don't force your child to eat or make him "clean his plate".

MAKE TIME FOR RELAXED FAMILY MEALS. Put your child in his highchair at the table with the family. He wants to be with you. He likes for you to talk with him. Turn off the TV and cell phone. Your child wants to copy what you do and be just like you. If you make healthy choices and try new foods, he will do it too.

HELP YOUR CHILD LIKE NEW FOODS. Keep offering your child new foods along with foods he already likes, but don't force your child to eat them. It may take many tries before he tastes the new food. He might even like it!

LET CHILDREN FEED THEMSELVES. Put a little of each food on your child's plate. Your child will love his own small fork or spoon and small plate and cup. They are just the right size for him. It's okay if he uses his fingers too.

OFFER SAFE FOODS.

- + Cut your child's food into small bite-size pieces that are soft enough for him to chew. Cut grapes in quarters. Cut hot dogs the long way.
- + Sit with your child and watch him while he eats. He can't make noise if he chokes.

DON'T GIVE FOODS YOUR CHILD CAN CHOKE ON SUCH AS:

- + Raw hard vegetables
- + Nuts unless finely chopped
- + Hard candy
- + Whole grapes
- + Hard round foods
- + Dried fruit unless finely chopped or soft cooked
- + Spoonfuls of peanut butter (Spread thinly on a cracker or bread instead.)
- + Whole hot dogs
- + Chunks of meat
- + Chips, popcorn

AVOID DRUGS, ALCOHOL, AND TOBACCO.

- + Don't smoke around your child. Children of smokers have more coughs, colds, and ear infections.
- + Don't use alcohol or drugs—they can harm you and your child and affect everyone in the family.



Healthy Eating
FOR
2 YEAR OLDS

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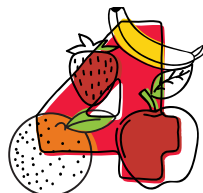
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DAILY Food Plan

Children can only eat a small amount at one time, so offer your child 3 meals and 2-3 snacks from the 5 food groups every day. Use this Food Plan as a general guide. Your child may need less or more. Children need more during growth spurts.

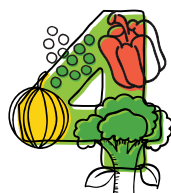


servings OF FRUIT

Fruit Serving Sizes

- 1/4 cup mashed or chopped fruit
- 1/4 cup 100% fruit juice*
- 1/4 small banana
- 1-2 medium strawberries
- 2 tablespoons finely chopped dried fruit

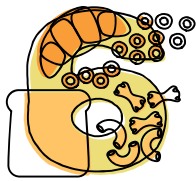
*No more than 1/2 cup juice a day.



servings OF VEGETABLES

Vegetable Serving Sizes

- 1/4 cup mashed, sliced, or chopped vegetables
- 1/4 cup tomato or vegetable juice

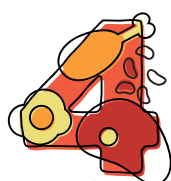


servings OF GRAINS

Grain Serving Sizes

- 1/2 slice bread or 1/2 small tortilla
- 1/4 cup cooked cereal, grits, rice, or noodles
- 1/2 cup dry cereal
- 2 or 3 small crackers

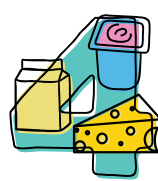
Make half your grains whole.



servings OF PROTEIN

Protein Serving Sizes

- 2 tablespoons lean meat, poultry, or fish
- 1/2 egg
- 1/2 tablespoon peanut butter
- 2 tablespoons beans or peas (kidney, pinto)
- 1 tablespoon finely chopped nuts

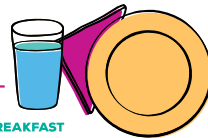


servings OF DAIRY

Dairy Serving Sizes

- 1/2 cup 1% low fat or fat free milk
- 1/2 cup lowfat yogurt
- 3/4 ounce (1 slice) cheese

WIC gives lowfat and fat free milk to children 2 and older. It's what they need.



Sample MENU

BREAKFAST

- 1 small pancake
- 1/4 cup applesauce
- 1/4 cup blueberries
- 1/2 cup low fat milk

MORNING SNACK

- 1/2 cup WIC dry cereal
- 1-2 medium chopped strawberries
- 1/2 cup lowfat yogurt

LUNCH

- 2 tablespoons tuna
- 1/4 cup sliced cherry tomatoes
- 1/4 cup grated carrots
- 1/2 mini whole grain bagel
- 1/2 cup low fat milk

AFTERNOON SNACK

- 2-3 small crackers
- 1 tablespoon peanut butter
- A few ounces of water

DINNER

- Spaghetti and meat sauce
- 1/4 cup cooked pasta chopped
- 2 tablespoons tomato sauce
- 2 tablespoons crumbled hamburger
- 1/2 medium ear corn on the cob
- 1/2 cup low fat milk

EVENING SNACK

- Frozen graham cracker sandwich
- 1 graham cracker square
- 1/4 cup mashed banana
- A few ounces of water

Let's COOK



Try this for breakfast or as a low fat dessert.

Rice Pudding

- 1 cup 1% low fat or fat free milk
- 1 cup cooked brown rice
- 1 1/2 tablespoons raisins (optional)
- 1/2 teaspoon salt
- 1 1/2 tablespoons brown (or white) sugar
- 1/2 teaspoon vanilla (optional)
- 1/2 teaspoon cinnamon (optional)

1. Combine milk, rice, raisins, and salt in a large microwave safe bowl.
 2. Microwave uncovered on high for 5 minutes or until mixture comes to a boil. Reduce setting to 50% power, and cook an additional 10 minutes.
 3. Carefully remove hot bowl from microwave. Add sugar, vanilla, and cinnamon. Mix well.
- Serve hot or refrigerate and serve cold. Makes 2 cups. One serving is 1/2 cup.



Fats & Oils

It's okay to use a little fat or oil in cooking and at the table. To protect your child from heart disease, use fats that come from plant sources (soft tub margarine, vegetable oils, mayonnaise, salad dressing) instead of fats that come from animal sources (fat back, salt pork, lard, bacon grease, butter).



Sweets

It's okay to use a little bit of sugar and a dessert a day. Don't let sweets take the place of foods your child needs from the 5 food groups. Make most desserts from the 5 food groups, such as fruit cobbler, pudding, cereal bar treats, and jello with fruit.



Young children should not eat Shark, Swordfish, King Mackerel, or Tilefish.

They contain enough mercury to hurt a young child's nervous system. They can eat up to 2 servings of a variety of other fish and shellfish a week. Limit Albacore (white) tuna to 1 of the 2 allowed servings. Pay attention to local advisories about the safety of fish caught in local lakes, rivers, and coastal areas.