

# Custom designed to communicate and inform

- 1 Pamphlets include an area to personalize and monitor a child's growth, developmental progress, and goals
- 2 Key points for parents and caregivers are written in concise sentences
- 3 Updated photographs of children and caregivers are multi-ethnic to appeal to largest audience
- 4 Topics presented in pamphlets are based on national EPSDT standards
- 5 Pamphlets reflect current USDA dietary guidelines
- 6 Headline introduces and reinforces page topic
- 7 All pamphlets are available in both English and Spanish
- 8 Pamphlets include the current civil rights statement

## MOTHER SERIES

- Pre-natal–  
*Tips for a Healthy Pregnancy*
- Post-partum–  
*Health Tips for New Moms*

## INFANT SERIES

- Birth to 6 months
- 6 to 12 months

## CHILD SERIES

- 1 to 1½ years
- 1½ to 2 years
- 2 to 2½ years
- 2½ to 3 years
- 3 to 3½ years
- 3½ to 4 years
- 4 to 4½ years
- 4½ to 5 years

## CUSTOM ORDERING

ALLOWS YOU TO SELECT THE HELP ME BE HEALTHY PAMPHLETS YOU NEED.

## TO ORDER, EMAIL

info@helpmebehealthy.net

## OR CALL

1.888.531.9001 x102

<p><b>I am a toddler.</b></p> <p><b>Please help me as I learn to eat.</b></p>  <p>I am changing. I want to feed myself and learn about food. But some days, I won't eat! All toddlers act this way. Please:</p> <ul style="list-style-type: none"> <li>• Give me breakfast, lunch, dinner, and 2 or 3 healthy snacks. Have them at the same times every day.</li> <li>• I can choke! Cut my foods into tiny pieces.</li> <li>• Give me foods my body needs. Don't feed me candy or snack chips.</li> <li>• Let me eat until I act full. If I am not hungry now, I will be at snack time. Please don't force me to eat.</li> <li>• Teach me to use a cup and spoon. Show me how, but don't take over.</li> <li>• Eat with me. I eat and learn better when we eat as a family.</li> </ul> <p><b>Teach me to eat my WIC foods.</b></p> <p>WIC foods help me grow strong. I can eat them at meals and snacks. My WIC foods are:</p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Eggs</li> <li>• Beans</li> <li>• Cereal</li> <li>• Juice</li> <li>• Whole grains</li> <li>• Fruits and vegetables</li> </ul>		<p><b>I want to do things myself!</b></p> <p><b>Find balance between food and physical activity:</b></p> <p>Offer me foods from the 5 food groups every day.</p> <p>I need 30 to 60 minutes of physical activity every day.</p>	
<p><b>Grains</b> 3 ounces (6 servings)</p>		<p><b>½ OUNCE IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• ½ slice bread or tortilla</li> <li>• 2 tablespoons rice, noodles, or cooked cereal</li> <li>• 4 tablespoons dry cereal</li> <li>• 2 to 3 crackers</li> </ul>	<p><b>GIVE ME</b></p> <ul style="list-style-type: none"> <li>• Puffed or O-shape cereal. Other dry cereal is hard to eat.</li> </ul>
<p><b>Vegetables</b> 1 cup (4 servings)</p>		<p><b>¼ CUP IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• ¼ cup, chopped</li> <li>• 2 ounces vegetable or tomato juice</li> </ul>	<p><b>GIVE ME</b></p> <ul style="list-style-type: none"> <li>• Cooked, not raw vegetables.</li> <li>• Many kinds and colors: dark green, orange, red, yellow, and purple.</li> </ul>
<p><b>Fruits</b> 1 cup (4 servings)</p>		<p><b>¼ CUP IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• ¼ cup, chopped</li> <li>• 2 ounces 100% fruit juice</li> </ul>	<p><b>GIVE ME</b></p> <ul style="list-style-type: none"> <li>• Cooked or soft raw fruit.</li> <li>• Many kinds and colors: red, yellow, orange, blue, and green.</li> <li>• Juice in a cup. 4 ounces a day is plenty.</li> </ul>
<p><b>Milk</b> 2 cups (4 servings)</p>		<p><b>½ CUP IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• ½ cup whole milk or yogurt</li> <li>• ½ to 1 slice cheese</li> </ul>	<p><b>GIVE ME</b></p> <ul style="list-style-type: none"> <li>• Whole (not lowfat) milk.</li> <li>• Milk in a cup. 16 ounces a day is plenty.</li> </ul>
<p><b>Meat &amp; Beans</b> 2 ounces (4 servings)</p>		<p><b>½ OUNCE IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• 1 to 2 tablespoons meat, chicken, turkey, or fish</li> <li>• ½ egg</li> <li>• 1 to 2 tablespoons cooked WIC beans or tofu</li> </ul>	<p><b>GIVE ME</b></p> <ul style="list-style-type: none"> <li>• Well-done, but moist and chopped meats.</li> <li>• Mashed, cooked WIC beans.</li> <li>• Don't give me hot dogs or peanut butter. I can choke on them.</li> </ul>

*Help Me Be Healthy pamphlets are currently used in 38 states and territories, the District of Columbia, several Tribal Nations, and by the U.S. military overseas.*

