

I'm 3

Please play  
with me!

My name is \_\_\_\_\_ Date \_\_\_\_\_

I weigh \_\_\_\_\_ pounds ∴ I am \_\_\_\_\_ inches tall

One healthy thing our family will do is:

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## **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.
- I like to make some choices. You know what foods I need to be healthy. Let me choose between healthy foods.
- My stomach is still little. Start with small servings 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 will eat more on some days than others. Don't beg me to eat or fix other foods for me.
- Serve me foods that I like along with a new food. You may need to offer me the new food 10 times before I will try it. This is normal. I am learning about foods.
- I change my mind a lot. I may like a food one day and not the next. I will learn to like most foods.



# Good food for three year olds — offer me every day:

## Grains

### **4 of these choices:**

- 1 slice bread or tortilla
- 1 cup dry cereal
- ½ cup cooked noodles, rice, oatmeal
- 6 small crackers

*Half the grains I eat should be whole grains!*



## Vegetables

### **3 of these choices:**

- ½ cup cooked chopped vegetables
- 1 cup raw (not hard) vegetables
- 4 ounces vegetable juice



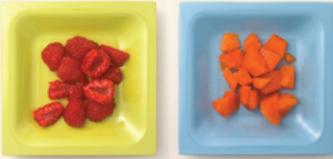
## Fruits

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### **2 or 3 of these choices:**

- ½ cup fresh, canned or frozen fruit
- 4 ounces 100% fruit juice (no more!)

*Offer me a vitamin C fruit every day (oranges, strawberries, melons, mangos, papayas, WIC juices).*



## Protein

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### **3 or 4 of these choices:**

- 2 tablespoons chopped meat, chicken, turkey, fish
- 1 egg
- 4 tablespoons cooked, mashed beans
- 1 tablespoon peanut butter
- 4 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

*WIC gives me low-fat milk.*



## Fats, oils & sweets

***only a little bit***

Start with  
small amounts  
and let me ask  
for more.

# Sample menus for me

Offer me 3 meals and 2 or 3 snacks every day. I like to eat around the same times every day.

Here is a sample menu to give you ideas. **Fill in the blanks to make a healthy menu that is good for me.**

Pick foods from all of the food groups to help me grow and be strong.



Sample menu—offer me:	My menu—offer me:
<p><b>Breakfast</b></p>	
<p>oatmeal cooked with diced apple and cinnamon, ½ cup</p>	
<p>peach, sliced, ½</p>	
<p>milk, 4 ounces</p>	
<p><b>Snack</b></p>	
<p>whole wheat English muffin “pizza” (½ English muffin, 2 tablespoons tomato sauce, 1 tablespoon cheese)</p>	
<p>cooked mixed veggies, ½ cup</p>	
<p>water, a few ounces</p>	

**Sample menu—offer me:****My menu—offer me:****Lunch**

egg burrito (1 scrambled egg, 1 small whole wheat tortilla, ½ slice cheese)

cooked corn, ½ cup

milk, 4 ounces

**Snack**

dry cereal, 1 cup

yogurt, 4 ounces

grapes, sliced, about 4

water, a few ounces

**Dinner**

spaghetti with ground turkey sauce (2 tablespoons turkey, ½ cup cooked noodles)

green salad, 1 cup

orange, sliced, ½

milk, 4 ounces

Sample menu—offer me:

My menu—offer me:

**Snack**

small whole grain crackers,  
6, spread with 1 tablespoon  
peanut butter

juice, 4 ounces

## Make our family meals relaxed.

- I like to be with you. Let's enjoy eating together. Please turn off the TV.
- I am learning every day! Teach me the names of foods. Talk about their shapes, colors and tastes. I can learn where foods come from.
- I like to eat with our family. I can eat most of our family foods.
- I need to always sit when I eat or drink. Let me sit in my booster seat at the table.
- Give me a small spoon or fork, and a small plate and cup. I may still be a little messy when I eat. I am learning!
- Make sure we wash our hands before and after we eat.



### Healthy Snack Recipe:

## Whole Wheat English Muffin “Pizza”

- Split English muffins and toast in toaster
- Spread with pizza sauce, top with grated cheese and some veggies
- Microwave until cheese melts

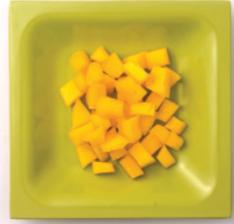
**Snacks are important!**

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 such as: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, hot dogs, chunks of meat, and hard candy. Be careful and stay close by when you give me dried fruits.
- Cut grapes in half, spread peanut butter thinly, cut hot dogs the long way.



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**Ask WIC if you have any questions about what I am eating.**  
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## I can help!

- Let me help you in the kitchen. I can:
  - rinse fruits and vegetables
  - tear lettuce for salad
  - spread butter or peanut butter on bread
  - name and count foods
  - make faces with pieces of fruits and vegetables
  - talk about cooking
  - put things on the table
  - put things into the trash
- When I help you, I feel good. I will probably eat better too!



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**Make sure I wash my hands before I help.**  
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## Let's play!

I love to play every day. Mark what you would like to try doing with me.

- Dance
- Play follow-the-leader
- Play leap frog
- Play hide-and-seek
- Make believe that we are cooking, exploring the jungle, being animals, etc.
- Take a walk

Playing with me helps me grow smarter, stronger, healthier and happier!



## Look what I can do!

- I like to do things for myself. Please say you are proud of me.
- I can run, hop and throw a ball. Let's play catch!
- I like to pretend, like playing store.
- I know lots of words, and I can talk with you. I like to talk. I ask "Why?" a lot.
- I can serve myself at the table. If you hold the bowl, I can take a spoonful of food. Please be patient if I spill.
- I can learn to say "Please" and "Thank you."
- I can pick out a vegetable at the store.

# Keep me safe and healthy.

- Always put me in my car seat when we drive.
  - Take me to my doctor and dentist.
  - Keep things that can hurt me out of my reach.
  - Always watch me around water.
  - Keep me away from cigarette smoke.
  - Help me brush and floss my teeth every day.
  - Put sunscreen on me when I play outside.
  - Hold my hand when we cross the street.
  - No more than 1 or 2 hours a day of TV or computer time!
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**California Department of Public Health, California WIC Program**

*This institution is an equal opportunity provider.*

Some content adapted from “Help Me Be Healthy” series,  
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