

## I can help!

- Let me help you in the kitchen. I can:
  - Help decide which vegetables to have for dinner.
  - Rinse fruits and vegetables.
  - Tear lettuce.
  - Make “faces” with pieces of fruits and vegetables.
  - Put napkins, forks, and spoons on the table.
  - Put things into the trash.
- I might not be neat, but I’m doing my best. Sometimes I drop things because my fingers are still small.
- When I help you, I feel good. I’ll probably eat better too!



## 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: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, dried fruits, hot dogs, chunks of meat, and hard candy.
- Cut grapes in half, spread peanut butter thinly, cut hot dogs the long way.



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

## Trust me to eat the right amount.

- My stomach is still little. Start with small servings, 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. 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 a new food 10 times before I’ll like it. This is normal. I’m learning about foods.
- I change my mind a lot. I may like a food one day and not the next. I’ll learn to like most foods.



## Healthy Snack Recipe: Yogurt Fruit Dip

- In a small bowl, mix plain yogurt with a tablespoon of orange juice for a dip.
- Slice soft fruits to serve with the dip.

## Snacks are important!

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



## Let’s play!

I love to play every day. Playing with me helps me grow smarter, stronger, healthier, and happier! These are things I like to do with you:

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



*I love to play every day.*

## Look what I can do!

- I like to do things for myself. Please say you are proud of me.
- I love to run, jump, and climb. Please watch me to keep me safe.
- I like to copy what you do, like cooking food, and talking on the phone.
- I’m learning new words. Talk, sing, and read to me so I can learn more. Teach me the names of things.



## Keep me safe and healthy.

- Always put me in my car seat when we drive.
- Take me to my doctor and dentist.
- Help me brush and floss my teeth every day.
- Keep things that can hurt me out of my reach.
- Always watch me around water.
- Keep me away from cigarette, tobacco, and all other smoke.
- Too much TV, tablet, phone, or computer time isn’t good for me. An hour a day is enough.
- Put me down for my nap every day. I need some quiet time. Will you read me a story?
- Put sunscreen on me when I play outside.



**I’m 2**  
Look what I can do!

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



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**PUBLIC HEALTH**  
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

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## I like to say no!

Saying No! is my way of saying I want to do things for myself.

I like to make some choices. You know what foods I need to be healthy. Give me two choices of healthy foods and let me choose. Let me decide how much I want to eat.



## 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. You don't need to fix meals for me that are different from what you eat.
- Give me a small spoon or fork, and a small plate and cup. I may still be messy when I eat. This is how I learn to feed myself!
- Make sure we wash our hands before and after we eat.



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

### Grains



#### 6 of these choices:

- ¼ to ½ slice bread or tortilla
- ¼ to ½ cup dry cereal
- ¼ cup cooked noodles, rice, oatmeal
- 2 or 3 small crackers

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

### Protein



#### 4 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!*

### Vegetables



#### 4 or more of these choices:

- ¼ cup cooked chopped vegetables
- ¼ cup cooked mashed vegetables
- 2 ounces vegetable juice

*Offer me a dark green or orange vegetable every day!*

### Dairy



#### 4 of these choices:

- 4 ounces milk
- 4 ounces yogurt
- 1 slice cheese

*I can drink low-fat or fat-free milk now that I'm 2. Foods in the Dairy Group give me calcium for stronger bones and teeth.*

### Fats, oils, and sweets

*Only a little bit*

### Fruits



#### 4 or more of these choices:

- ¼ cup soft fresh fruit
- ¼ cup soft canned or frozen fruit
- 4 ounces 100% fruit juice (not more!)

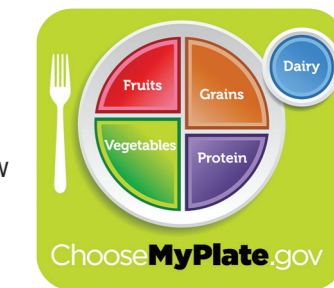
*Offer me a vitamin C food every day (oranges, strawberries, melons, mangos, papayas, WIC juices).*



## 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)

<b>Breakfast</b>	1 ounce Grains
	½ cup Fruit
	½ cup Dairy*
<b>Snack</b>	½ ounce Grains
	½ cup Fruit
<b>Lunch</b>	1 ounce Grains
	¼ cup Vegetables
	½ cup Dairy*
	1 ounce Protein Foods
<b>Snack</b>	¼ cup Vegetables
	½ cup Dairy*
<b>Dinner</b>	½ ounce Grains
	½ cup Vegetables
	½ cup Dairy*
	1 ounce Protein Foods

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

<b>Breakfast</b>	1 ounce Grains
	½ cup Dairy*
	1 ounce Protein Foods
<b>Snack</b>	½ cup Fruit
	½ cup Dairy*
<b>Lunch</b>	1 ounce Grains
	¼ cup Vegetables
	½ cup Dairy*
<b>Snack</b>	¼ cup Vegetables
	½ cup Fruit
<b>Dinner</b>	1 ounce Grains
	½ cup Vegetables
	½ cup Dairy*
	1 ounce Protein Foods

\*Offer me fat-free or low-fat milk, yogurt, and cheese.

1 ounce Grain =

1 slice bread **or**

1 ounce ready-to-eat cereal **or**

½ cup cooked rice, pasta, or cereal