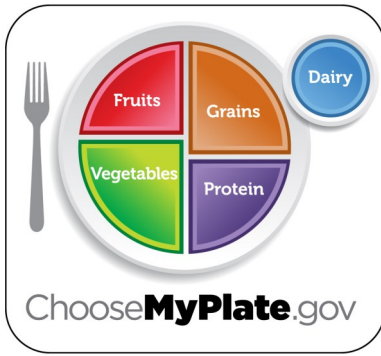


# Healthy Choices for You and Your Family

Thank you for letting WIC be your partner  
in growing a healthy family.

A balanced and healthy diet is important throughout your life. To learn more about healthy eating go to <http://www.choosemyplate.gov/>



**Use skim or 1% milk:** Both have the same amount of calcium and other essential vitamins and nutrients as whole milk, with less fat and calories. Whole milk is recommended for children under age 2.

**Make half of your grains whole-grains:** Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.

**Vary your protein food choices:** Choose lean meats, poultry, fish and other protein sources such as dried beans, nuts, and seeds.

**Make half your plate fruits and vegetables:** Choose from fresh, frozen, canned, or dried fruits and vegetables.

## Folic Acid

Foods with folic acid help make healthy red blood cells and may reduce the risk of some birth defects. Good sources of folic acid include:

- Orange Juice
- Eggs
- WIC Approved Cereals
- Bread
- Whole Wheat Tortillas
- Beans, Peas, Lentils
- Dark Green Vegetables
- Vegetable Juice

## Calcium

Foods with calcium help build strong teeth and bones and help muscles work. Good sources of calcium include:

- Milk
- Cheese
- WIC Approved Soymilk
- WIC Approved Cereals
- Dried Beans
- Canned Fish (with bones)
- Dark Green Vegetables (spinach, kale, broccoli)

## Iron

Foods with iron help make healthy red blood cells. Good sources of iron include:

- WIC Approved Cereals
- Beans, Peas, Lentils
- Eggs
- Bread
- Canned Fish
- Lean Beef, Pork and Turkey
- Collard, Mustard and Turnip Greens

## Healthy Beverages

- Drink enough water to satisfy your thirst and prevent dehydration.
- Select skim or 1% milk.
- If you drink juice, choose 100% juice and limit to 4-6 ounces a day.
- Avoid or limit sugar-sweetened beverages such as soft drinks, sports drinks, and energy drinks. These beverages can make weight loss more difficult or may cause weight gain.



## Screen Time

- Limit screen time for children to no more than 2 hours a day to promote physical activity.
- Remove the television from the child's bedroom to help limit screen time and build healthy sleep habits.

# Healthy Choices for You and Your Family

## Breastfeeding Good for Mom, Baby and Family

- Medical experts, such as the American Academy of Pediatrics, recommend breastfeeding for the first year of life and beyond.
- Mother's milk has just the right amount of fat, sugar, water and protein needed for a baby's growth and development. Mother's milk changes as baby grows to meet baby's nutrition needs.
- Breast milk contains antibodies that help protect infants from infections and diseases, such as diarrhea and ear infections.
- Breastfeeding can help a mother to bond with her baby.
- Breastfeeding burns calories, which may make it easier to lose the weight gained during pregnancy.
- Since every breastfeeding experience is different, don't be afraid to ask for help if needed.

## Safe Sleep for Your Baby

Babies should always sleep alone on their back and in their own bed to reduce the risk of Sudden Infant Death Syndrome (SIDS) or Sudden Unexplained Infant Death (SUID). For more information visit <http://www.nichd.nih.gov/sts/Pages/default.aspx>



## Physical Activity

- Physical activity is important for adults and children of all ages.
- Women need at least 30 minutes of physical activity a day.
- Children need at least 60 minutes of physical activity a day.
- Infants should be encouraged to be physically active from the start of life. Play gently with your baby every day! This helps develop motor skills.

## Multi-Vitamin or Prenatal Vitamin with Folic Acid for Women

Take your multi-vitamin or prenatal vitamin every day. It contains folic acid.

- Folic acid is an important vitamin during pregnancy and between pregnancies.
- Folic acid may help prevent birth defects of the baby's brain and spine and may also help prevent heart disease, stroke and some cancers in adults.

## Immunizations (Shots)

- Shots protect you and your family against diseases like measles, mumps, polio and whooping cough.
- Immunizations can save your family time and money. A child with a vaccine-preventable disease may be kept out of school or the day care facility. An illness can cause lost time from work and high medical bills.
- Visit <http://www.cdc.gov/vaccines/schedules/> for more information.

## Substance Use Prevention

- Avoid smoking, alcohol and drugs. They are harmful to you and your family.
- If you or someone you know wants to stop smoking, call 1-800-Quit Now (1-800-784-8669).
- Talk to the physician before you or your child take any over-the-counter medications.



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