



Eat Healthy!

Prevent lead poisoning



Feed your child 3 meals* and 3 snacks* every day

*All child's serving sizes, based on WIC recommendations (Women, Infant and Children Supplemental Food Program)

Eat foods high in vitamin C every day



cantaloupe
1/4 cup*



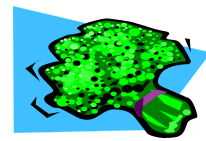
cabbage
1/4 cup cooked



orange
1/2 medium



green peppers
1/4 cup cooked

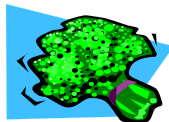


broccoli
1/4 cup cooked

Eat foods high in calcium every day



yogurt
1/2 cup



broccoli
1/2 cup raw



2% or skim milk
1/2 cup



greens
1/4 cup cooked



salmon with bones
1 ounce

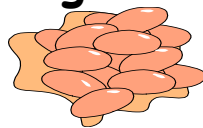
Eat foods high in iron every day



hot cereal
1/4 cup



spinach
1/4 cup cooked



beans
1/2 cup cooked



peanut butter
2 tablespoons

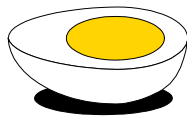


chicken
1 ounce

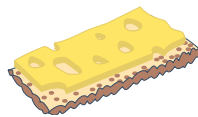
Eat low fat snacks every day



Pudding
1/2 cup



Hard boiled egg
1 egg



2 crackers
1 slice low fat
cheese



Apple
1/2
medium



Pretzel
5 Small



Banana
1/2 small

