

GENERAL GUIDELINES FOR A HEALTHY DIET.



LET'S PUT IT
ALL ON THE

TABLE.

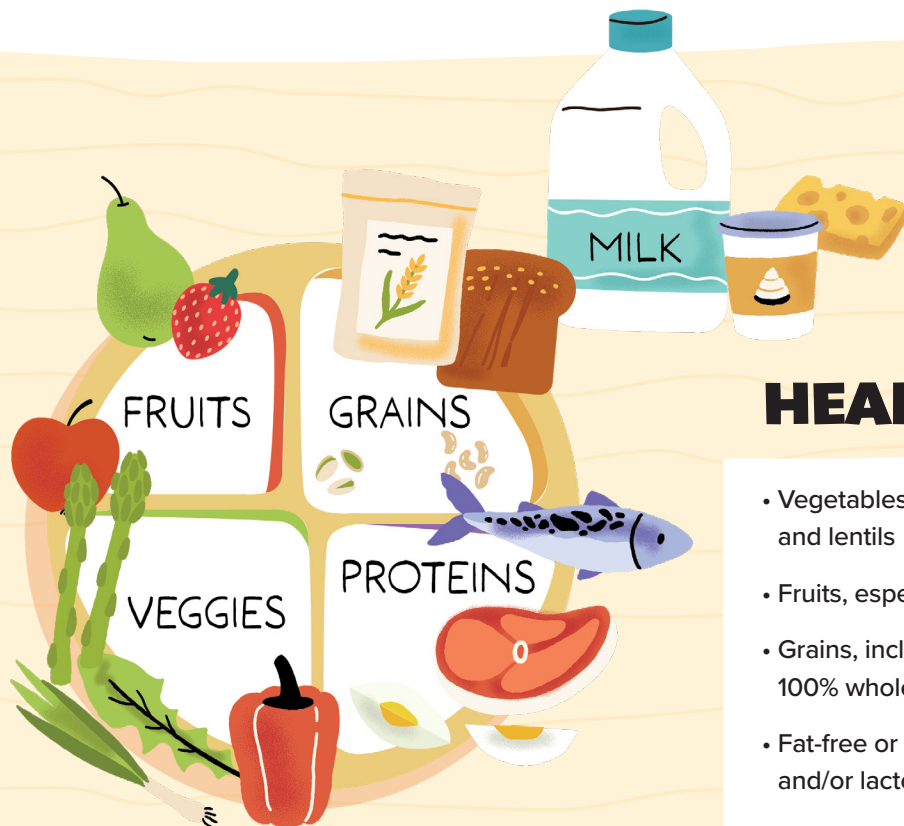


HEALTHY TIPS FOR HEALTHY EATING.

Follow a healthy dietary pattern at every life stage: For the first six months, breast milk is best. If that's not possible, offer formula that's high in iron for the first year of life. Start baby foods when your baby can sit supported (around six months). Follow your pediatrician's advice.

Make it personal. Eat healthy by choosing foods that fit your taste, budget, and traditions.

Make it easy. Use the WIC food package as the base of your child's diet. It's designed around the needs of your child, with protein, calcium, vitamin C, and iron.



HEALTHY DIETS INCLUDE:

- Vegetables of all types, including greens, beans, peas, and lentils
- Fruits, especially whole fruit (fresh, canned, or frozen)
- Grains, including brown rice, whole wheat pasta, 100% whole wheat bread, and cereal
- Fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions
- Protein-rich foods like meats, poultry, eggs, and seafood, as well as nuts, seeds, and soy products
- Oils, including vegetable oils and oils in food

REDUCE CERTAIN FOODS AND BEVERAGES

with added sugars, saturated fat, and sodium, and limit alcoholic beverages.

- Limit desserts, fruit snacks, and sugary cereals — and avoid adding sugar to foods.
- Limit added fats like butter and oils.
- Do not add salt at the table. Limit adding salt during cooking.
- For women, especially those who could become pregnant, it is very important to limit alcohol. Pregnant women should never drink alcohol. It can cause fetal alcohol spectrum disorders, resulting in lifelong learning and behavior problems for the child.



MAKE SIMPLE SWAPS

For a healthier diet, here are some simple everyday swaps you can make.



Shredded wheat for fruity cereal



Plain yogurt with fruit for yogurt with added sugars or candy mixed in



Canned items in water or natural fruit juices for canned items in syrups



Whole wheat pasta for regular pasta



Milk for soda