

# Arizona WIC Program Nutrition Care Standards Children Ages 1 to 4 Years

## Target Audience

The Nutrition Care Standards are for use by all nutrition personnel working in the Arizona WIC program that provide assessment or nutrition education services for WIC clients.

## Purpose

The purpose of the Nutrition Care Standards is to ensure that all Arizona WIC clients receive consistent nutrition services, to standardize the content of nutrition education for achieving behavior change, and to assist local agencies in identifying current and evidence-based nutrition information.

The Nutrition Care Standards are tools to assist the WIC staff in providing consistent nutrition information to participants after a comprehensive assessment of the client's nutritional and personal needs and interests. These standards are to be used with a participant-centered approach to nutrition education which helps lead to participants adopting behaviors that promote a healthy lifestyle.

## Client Category - Children

The Nutrition Care Standards include Core Topics to use in providing nutrition education for all Arizona WIC clients that are ages 1-4 years. High Risk Topics are also included for Arizona WIC clients that have special nutrition needs requiring more complex nutrition intervention.

## Overview

- 1 Year Olds (12-23 months old)
- 2 Year Olds (24-35 months old)
- 3 Year Olds (36-47 months old)
- 4 Year Olds (48-59 months old)

Each age range includes the following core topics:

- Breastfeeding
- Healthy Eating
- Healthy Weight
- Physical Activity
- Tailored Goal



## Screening and Assessment Tools

### *Growth*

There is a wide range of “normal” growth in the preschool years. Between the ages of 2 and 5, the average child grows about 2½ to 3½ inches taller each year and gains 4½ to 6½ pounds each year. As the growth rate declines during these early years, a child’s appetite will decrease and the amount of food eaten may become unpredictable. The preschool years are an important time for developing healthy habits for life. Preschoolers grow and develop in ways that affect behavior in all areas, including eating. The timing of these milestones may vary with each child. (1)

### *Developmental Milestones Related to Feeding and Mealtime*

At 1 to 1 1/2 years of age:

- Grasp and release foods with his fingers.
- Hold a spoon (but not be able to use it very well).
- Is able to use a cup (but will have difficulty letting go of it).
- Want foods that others are eating.

At 1 1/2 to 2 years of age:

- Eats less than babies and children two years and older.
- Likes to eat with his hands.
- Has favorite foods.
- Gets distracted easily.

At 2 to 3 years of age:

- Is able to hold a cup.
- Be able to chew more foods.
- Has definite likes and dislikes.

At 3 to 4 years of age:

- Is able to use a fork.
- Be able to pour liquids from a small pitcher.
- Request favorite foods.
- Like foods in various shapes and colors.
- Like to imitate the cook.
- Have an increased interest in foods.
- Is influenced by television.



At age 4 to 5 years of age:

- Be able to use a knife and fork.
- Be able to use a cup well.
- Be more interested in talking than in eating.
- Continue to have food “jags” when he only wants to eat a particular food.
- Likes to help prepare food.
- Is interested in where food comes from.
- Be influenced by other children.

*My Pyramid Servings for Preschoolers and Portion Sizes*

Use the MyPyramid for Preschoolers to guide individualized food choices. Amounts of foods recommended vary based on whether it is for a boy or girl and the amount of activity the child does each day. Preschoolers may not eat the exact amounts suggested. Each child’s needs may differ from the average, and appetites can vary from day to day. While the amount eaten daily may vary, the average amounts over time should be similar to this plan. (2)

Food Groups	Daily Amounts Recommended	
	Ages 2 and 3	Ages 4 and 5
<b>Grain Group (Fiber &amp; Iron, if fortified)</b>		
These foods count as 1 ounce: <ul style="list-style-type: none"> <li>• 1 slice whole wheat bread</li> <li>• 1/2 cup cooked oatmeal</li> <li>• 1/2 cup cooked rice or pasta</li> <li>• 1 cup ready-to-eat cereal</li> <li>• 1 flour or corn tortilla (6 inches)</li> </ul>	3 to 5 ounces	4 to 5 ounces
<b>Vegetable Group (Fiber, Vitamins A &amp; C)</b>		
These foods count as 1 cup: <ul style="list-style-type: none"> <li>• 1 cup raw or cooked vegetables, canned, frozen or fresh</li> <li>• 1 cup of vegetable juice</li> <li>• 2 cups of leafy vegetable</li> </ul>	1 to 1 ½ cups	1 ½ to 2 cups
<b>Fruit Group (Fiber, Vitamins A &amp; C)</b>		
These foods count as 1 cup: <ul style="list-style-type: none"> <li>• 1 cup cut-up fruit, fresh, frozen or canned</li> <li>• 1 cup 100% fruit juices*</li> <li>• 1/2 cup dried fruit</li> <li>• 1/2 cup is equal to 1 small fruit</li> </ul> *Fruit Juice should be limited to 4-6 ounces per day	1 to 1 ½ cups	1 to 1 ½ cups
<b>Milk Group (Calcium, Vitamins A &amp; D, Protein)</b>		
Use fat-free or 1% milk. These foods count as 1 cup: <ul style="list-style-type: none"> <li>• 1 cup fat-free milk or milk substitute</li> <li>• 1 cup low fat yogurt</li> <li>• 1 1/2 ounces natural cheese</li> <li>• 2 ounces American cheese</li> <li>• 1 cup pudding made with milk</li> </ul>	2 cups	2 to 3 cups



<b>Meat, Fish, Beans, and Nuts Group (Iron, Protein and Vitamin A in eggs)</b>		
These foods count as 1 ounce: <ul style="list-style-type: none"> <li>• 1 ounce cooked meat, fish or poultry</li> <li>• 1 egg</li> <li>• 1 tablespoon peanut butter**</li> <li>• 1/4 cup cooked dry beans or peas</li> </ul> **Peanut butter can be a choking hazard and should be spread thinly on bread or crackers for children under 3 years of age.	2 to 4 ounces	3 to 5 ounces

Some foods fit into more than one group. Dry beans, peas, and lentils can be counted as servings in either the meat and beans group or vegetable group. Count these foods as servings from either one or the other group, but not both.

Children between 1 and 2 years of age have small stomachs, about the size of their fist. They cannot eat very much at one time. This is why it is important to offer them three meals and 2 to 3 snacks each day. Whole milk needs to be provided to children that are 1 year of age. Begin offering fat free or 1% low fat milk when the toddler turns 2 years old. The recommended servings for the 1 year old child will be similar (or maybe a little smaller) than the amounts shown below in the sample menus for children ages 2 to 3 years old.

#### *Sample Menus for a Preschool Child*

<b>Meal/Snack</b>	<b>2 to 3 Year Old Child</b>	<b>4 to 5 Year Old Child</b>
<b>Breakfast</b>	1 cup WIC cereal 1/2 cup sliced banana 1/2 cup fat free or 1% low fat milk*	Egg Sandwich: 1 hard cooked egg 1 slice 100% whole wheat bread 1/2 cup sliced apple 1/2 cup fat free or 1% low fat milk*
<b>Snack</b>	1 slice cinnamon toast 1/2 large orange	Fruit Smoothie: 1/2 cup berries 1/4 cup fat free or 1% low fat milk* 1/4 cup low fat yogurt
<b>Lunch</b>	Soft Taco: 1 small tortilla 1/4 cup salad greens 1/4 cup chopped tomatoes 1/4 cup refried beans 1/2 cup fat free or 1% low fat milk*	English Muffin Pizza: 1 English Muffin (100% whole wheat) 1/4 cup tomato sauce 1/4 cup mixed vegetables 3 tablespoons shredded cheese 1/2 cup peaches 1/2 cup fat free or 1% low fat milk*
<b>Snack</b>	1/2 cup veggie "matchsticks" (carrot, celery, zucchini) 1 ounce low fat string cheese	Ants on a Log: 1/2 cup celery sticks spread with 1 tablespoon peanut butter 1/4 cup raisins or other dried fruit
<b>Dinner</b>	Spaghetti and Meatballs: 1/2 cup cooked pasta 1/4 cup tomato sauce 2 meatballs (2 ounces) 1/4 cup broccoli 1/2 cup fat free or 1% low fat milk*	Stir Fry on Rice: 1/2 cup vegetables (broccoli, bell peppers, sweet potato) 2 ounces cooked chicken 1 cup cooked brown rice 1/2 cup fat free or 1% low fat milk*



\*Serve whole milk to children that are one year old, begin fat free or 1% low fat milk when the toddler turns two years old.

### Anthropometrics

Anthropometric Index	Percentile Cut Off Value	Nutritional Status Indicator
Weight-for-length/stature	<p><u>Underweight:</u> ≤ 5th percentile</p> <p><u>At risk for under-weight:</u> 6-10<sup>th</sup> percentile weight/length and BMI/age</p> <p><u>Overweight:</u> ≥ 90 percentile BMI for age and sex or weight/stature</p>	<p>Reflects body weight relative to length and classifies children from 1 to 2 years old as underweight for age and gender.</p> <p>For 2 to 5 year olds the percentile is based on BMI for age and gender.</p>
Stature/length-for-age	≤ 10th percentile	Describes linear growth relative to age. Defines shortness or tallness. Short Stature
Weight-for-age*	Children (older than 2) and adolescents with an annual increase of 3 to 4 BMI units should be evaluated.	Reflects body weight relative to age and is influenced by recent changes in health or nutritional status. Not used to classify infants, children and adolescents as under or overweight
<p>Notes:</p> <ul style="list-style-type: none"> <li>All anthropometric measurements should be taken 2 times. Measurements need to be re-taken if there is a significant difference in the measurement or the child has changed weight category from previous visits. See the Anthropometric Manual for additional information.</li> <li>*Weight-for-age is not collected in the Arizona WIC program but may be included in information provided by health care providers. Sometimes, a client may say that what the doctor has said about a child's weight differs from what WIC staff indicates. The difference may be that the doctor was describing the child's "weight-for-age" while the WIC staff were discussing "weight-for length/stature" or "stature/length-for-age". It is important to explain the different kinds of measurements.</li> </ul>		

### Childhood Obesity

Over the last 30 years, the prevalence of childhood obesity in the United States has doubled. Interrelations with lifestyle, behavior, the environment, and family weight all contribute to the growing prevalence of overweight and obesity. Nutrition and physical activity are two of the most important factors in promoting a healthy weight for children and for adults. (3)

Body Mass Index (BMI) is recommended for screening children. BMI is calculated from weight and height measures and can be plotted on a standard growth chart. BMI for children, also referred to as BMI-for-age, is gender and age specific. BMI-for-age is



plotted on gender specific growth charts. Growth Charts are available at <http://www.cdc.gov/growthcharts>.

In 2007, an Expert Committee comprised of 15 professional organizations issued new guidelines on the prevention, assessment and treatment of child and adolescent overweight and obesity. These guidelines include new definitions for describing weight in children. (4) The new criteria will be incorporated into the Arizona WIC program in the future. At this time, the definitions from the Centers for Disease Control and Prevention, Pediatric Nutrition Surveillance System, will continue to be used in the Arizona WIC Program.

The Expert Committee recommends specific evidence-based behaviors for parents and families to adopt for improving eating and physical activity habits to promote healthy weight. These behaviors include:

- Limiting consumption of sweetened beverages.
- Encouraging consumption of the recommended quantities of fruits and vegetables (see MyPyramid.gov).
- Limiting television and screen time.\*
- Eating breakfast daily.
- Limiting eating out at restaurants, particularly fast food restaurants.
- Encouraging family meals.
- Limiting portion size.

**\*American Academy of Pediatrics Recommendations on Television (5)**

- Limit children's total media time (television, computers, video games) to no more than 1 to 2 hours of quality programming per day.
- Do not let children under the age of 2 watch television.
- Remove television sets from children's bedrooms.
- Encourage alternative entertainment for children, including reading, athletics, hobbies, and creative play.

The Expert Committee, Prevention Writing Group, also recommends based on available data and expertise, the following behaviors:

- Eating a diet rich in calcium.
- Eating a diet high in fiber.
- Eating a diet balanced in macronutrients (fat, carbohydrates, protein) in amounts recommended for age by the Dietary Reference Intakes.
- Encouraging exclusive breastfeeding to six months of age and continued breastfeeding after introduction of solid food to 12 months of age and beyond.
- Promoting moderate to vigorous physical activity for at least 60 minutes a day.



- Limiting consumption of high calorie foods.

### *Division of Responsibility*

Parents and child's other caregivers have the most influence on children's eating behaviors and attitudes toward food. Parents are responsible for what, when, and where the child eats. To meet children's nutrition needs, parents need to:

- Purchase and prepare food.
- Serve healthy foods at regular time.
- Make meal and snack times pleasant.
- Be sure the child develops eating skills (for example, progresses from using hand for eating to using utensils).

Children are responsible for deciding whether to eat and how much. (1)

### *Iron*

Iron deficiency is a condition resulting from too little iron in the body. Iron deficiency is the most common nutritional deficiency and the leading cause of anemia in the United States. Because of their rapid growth, preschoolers need more iron than older children. Sometimes it can be hard for them to get enough iron from their normal diet.

Among children, iron deficiency is seen most often between six months and three years of age due to rapid growth and inadequate intake of dietary iron. Those at greatest risk include:

- Children aged 1 to 5 years who drink too much milk per day. Excess milk intake can decrease the child's desire for food items with greater iron content, such as meat or iron fortified cereal.
- Children who have special health needs, for example, children with chronic infections or restricted diets.

Signs of iron deficiency anemia include:

- Feeling tired and weak
- Decreased work and school performance
- Slow cognitive and social development during childhood
- Difficulty maintaining body temperature
- Increased infections
- Inflamed tongue

To prevent iron deficiency, preschooler's diets should include iron-rich foods such as lean meats and iron-fortified cereals or breads. Fruits, vegetables or juices that are rich in vitamin C should be offered daily. Vitamin C helps child absorb non-heme iron



especially when the food that is a source of non-heme iron and the vitamin C-rich food are eaten at the same meal.

### *Calcium*

Children who do not like the taste of milk can get calcium through flavored milk, cheese, and yogurt; lactose-intolerant children may tolerate smaller amounts of milk served at one time, milk taken with meals, or may also tolerate hard cheeses and yogurt. Calcium-fortified juices and other foods may also be offered to the child that does not consume enough milk or dairy products to meet calcium needs. It is recommended that children 2 years of age and older receive fat free or 1% low fat milk. (6)

### *Vitamin D*

The AAP recommends that children get a minimum of 400 IU per day of vitamin D. Vitamin D acts more like a hormone than a nutrient and is important for bone growth, development and health; and more recently has been found to be important in immune function, cognitive function, and chronic disease prevention. Vitamin D deficiency is the main cause of rickets in children. Children need more vitamin D than previously thought. Vitamin D is found naturally in salmon, sardines, tuna, cod liver oil and egg yolks. Some foods are fortified such as orange juice, milk, and some yogurt. Vitamin D is made in the skin in the presence of sunlight, but it is dangerous to be exposed to too much sun, and sunscreen blocks this process. Because children often do not consume enough of the foods with naturally occurring vitamin D, it is likely that they may not be getting enough vitamin D. A supplement of 400 IU/day is recommended for all children. Not all child supplements have 400 IU of vitamin D. Chewable multi-vitamins and vitamin D supplements all contain 400 IU of vitamin D, but not all gummy vitamins have enough vitamin D. Parents will need to read the label to see if the gummy has 400 IU of vitamin D. It is best if WIC staff recommend the client talk to their health care provider about vitamin D supplements.

## **Nutrition Education – Core Topics**

At each visit, nutrition education is offered to the WIC Authorized Representative on Core Topics related to the child's age, assessment, and interests of the parent or caregiver. Nutrient needs and topics of interest to most clients will vary depending on the child's age. At every visit, it is important to focus on the needs of the individual child and the issues that he or she is facing. Tailored goals based on the client's interest and needs should always be considered.

### *One Year Old Children*

The one year old has changed from a rapidly growing baby who tripled his birth weight in the first year of life to an active toddler that runs and plays. Parents and other caregivers can encourage young children's independence in eating by serving a wide



variety of foods at regular times throughout the day and allowing children to choose what and how much to eat. Enjoyable meals provide the opportunity for good nutrition and social interaction. Encouraging physical activity through active play is an important part of the child's well-being.

<b>1 Year Old Children</b>		
<b>Core Topics</b>	<b>Content</b>	<b>Possible WIC Goals</b>
Breastfeeding	<ul style="list-style-type: none"> <li>It is recommended that breastfeeding continue for at least 12 months and longer if desired by mom and baby.</li> <li>Some babies choose to wean earlier than others as their interest in table foods increases.</li> </ul>	206- Offer whole milk until my child turns 2 years old.
Healthy Eating	<b>Breakfast and Mealtimes:</b> <ul style="list-style-type: none"> <li>Start your child's day with breakfast each morning.</li> <li>Offer your child meals at mid-day and in the evening.</li> <li>Give your child 2 or 3 snacks each day.</li> </ul>	2- Offer a variety of foods from all food groups every day. 1- Offer 3 meals a day and 2-3 healthy snacks. 126- Offer foods that are easy to prepare and eat. 40- Follow a regular feeding schedule, including breakfast, lunch and dinner.
Healthy Eating, Continued	<b>Division of Responsibility/Self-feeding:</b> <ul style="list-style-type: none"> <li>Encourage self-feeding.</li> <li>Cover the floor and do not worry about messes.</li> <li>Let the toddler decide on what and how much to eat from an assortment of nutritious foods.</li> </ul>	208- Allow my child to eat when hungry and stop when full. 133- Make mealtime more relaxing and pleasant. 209- Allow my child to use a spoon or fork when ready. 2- Eat/Offer a variety of foods from all food groups every day. 1- Eat/Offer 3 meals a day and 2-3 health snacks. 126- Use/Offer foods that are easy to prepare and eat.
	<b>Weaning to cup:</b> <ul style="list-style-type: none"> <li>If breastfeeding, discuss with a health care professional weaning from the breast when desired.</li> <li>If baby has been drinking formula, change from formula to whole milk and offer it in a cup.</li> <li>Milk requirements decrease to 16 ounces per day.</li> <li>If still using the bottle, offer only water.</li> </ul>	22-Wean my child from the bottle 206- Offer whole milk until my child turns 2 years old. 16- Offer liquids in a cup only. 28- Offer only milk, juice and water.



1 Year Old Children		
Core Topics	Content	Possible WIC Goals
	<p>Fruits and Vegetables:</p> <ul style="list-style-type: none"> <li>• Offer a wide variety of fruits and vegetables each day.</li> <li>• Let your toddler try different fruits and vegetables by touching and mouthing them. It may take a several times of trying before your toddler actually eats the new food.</li> </ul>	<p>224- Limit fruit juice to 4-6 ounces a day  2-Eat/Offer a variety of foods from all food groups every day.  123- Offer more fresh fruits and vegetables.</p>
	<p>Family Meals:</p> <ul style="list-style-type: none"> <li>• Offer 3 meals and 2or 3 healthy snacks a day.</li> <li>• Check to see what foods are offered to your child when he is away from you with family members or child care providers.</li> <li>• Toddlers tend to need to eat several times throughout the day.</li> <li>• They may eat a lot at one time and not much the next time.</li> <li>• Offer your toddler a new food several times and do not give up after 1 or 2 tries.</li> </ul>	<p>1- Eat/Offer 3 meals a day and 2-3 health snacks.  2- Eat/Offer a variety of foods from all food groups every day.  133- Make mealtime more relaxing and pleasant.  209- Allow my child to use a spoon or fork when ready.</p>
Healthy Eating, Continued	<p>Whole milk for one-year olds:</p> <ul style="list-style-type: none"> <li>• If breastfeeding, talk to your WIC worker or doctor when you are thinking about weaning your baby from the breast.</li> <li>• If bottle feeding, change from formula to whole milk and offer it in a cup.</li> <li>• Milk requirements decrease to 16 ounces per day.</li> <li>• If still using the bottle, offer only water.</li> </ul>	<p>22-Wean my child from the bottle  206- Offer whole milk until my child turns 2 years old.  16- Offer liquids in a cup only.  28- Offer only milk, juice and water.</p>
	<p>Iron:</p> <ul style="list-style-type: none"> <li>• Offer your child iron-rich foods to prevent iron-deficiency anemia.</li> <li>• Offer your child high Vitamin C foods when they eat iron-rich foods. Vitamin C helps their body use iron.</li> <li>• Limit your toddler's intake of milk to 16 ounces per day.</li> </ul>	<p>2-Eat/Offer a variety of foods from all food groups every day.  49- Offer my child more iron-rich foods like WIC cereals, meats, beans and eggs.  50- Offer my child Vitamin C-rich foods like WIC juices, citrus fruits, tomatoes, and green peppers.  51- Offer my child high-iron foods and Vitamin C-rich foods together.</p>



1 Year Old Children		
Core Topics	Content	Possible WIC Goals
	Vitamin D: <ul style="list-style-type: none"> <li>• Discuss supplementation of 400 IU of vitamin D with health care provider</li> <li>• Offer vitamin D rich or fortified foods</li> </ul>	
	Choking Foods: <ul style="list-style-type: none"> <li>• Avoid giving your toddler foods that may be aspirated or cause choking such as; nuts, chewing gum, popcorn, round slices of hot dogs and sausages, carrot sticks, whole grapes, hard candy, large pieces of raw vegetables or fruit, or tough meat.</li> </ul>	178-Do not offer foods like nuts, seeds, hot dogs, grapes, lollipops, and chips that might cause choking.
Healthy Weight	Sweetened Beverages and Juice: <ul style="list-style-type: none"> <li>• Avoid giving your toddlers drinks high in sugar.</li> <li>• Limit 100% fruit juices to no more than 1/2 to 3/4 cup per day (4-6 ounces).</li> </ul>	197- Offer juice in a cup. 224- Limit fruit juice to 4-6 ounces per day.
	Screen Time: <ul style="list-style-type: none"> <li>• The American Academy of Pediatrics recommends that children under the age of two do not watch television.</li> </ul>	223- Limit screen time and increase activity.
Physical Activity	Preschoolers need more than 60 minutes of unstructured physical play in a safe place every day. Morning, afternoon, and evening—let them set their own pace. <ul style="list-style-type: none"> <li>• Offer toys that encourage toddlers to use their muscles. Provide building toys, riding toys, balls and beanbags, and climbers.</li> <li>• Provide plenty of time for active free play. They can walk, run, roll, climb, slide, pull, push, throw, and jump until they're tired.</li> <li>• Be active together. Make it a part of your routine. Do stretches before lunch. Play in the park or take a walk before the sun goes down (but not too close to bedtime).</li> <li>• Toddlers generally should not sit in one place or lie down for more than an hour at a time except when sleeping.</li> </ul>	223- Limit screen time and increase activity time. 25- Encourage regular physical activity. 41- Spend quality time doing play activities with my child. 156- Ask my child's health care provider about regular physical activity.



1 Year Old Children		
Core Topics	Content	Possible WIC Goals
Tailored Goal	<ul style="list-style-type: none"> <li>An appropriate goal based on risk or set by the client and discussed at each visit with follow up may also be used.</li> </ul>	
	<p>Oral Health:</p> <ul style="list-style-type: none"> <li>Avoid giving your toddlers drinks high in sugar.</li> <li>Limit 100% fruit juices to no more than 1/2 to 3/4 cup per day (4-6 ounces).</li> <li>Begin brushing the toddler's teeth with plain water and soft toothbrush.</li> <li>Offer your child fluoridated water.</li> <li>If still using a bottle, offer only water in it.</li> <li>Take your child to a dental professional.</li> </ul>	<p>195- Don't let my baby/child fall asleep with the bottle.  171- Brush my child's teeth at least 2 times a day.  172- Take my child to regular dentist appointment.  22- Wean my child from the bottle.  16- Offer liquids in a cup only.  166- Find out if fluoride is in my water supply or ask my child's healthcare provider about fluoride supplement.</p>
Tailored Goal, Continued	<p>Lead Screening:</p> <ul style="list-style-type: none"> <li>Children should be screened for lead poisoning between 12 and 24 months.</li> <li>Wash hands after your child plays on the floor and before eating.</li> <li>Give your child foods high in iron, calcium and Vitamin C to minimize lead absorption.</li> <li>Do not use imported decorated dishes or homemade pottery that may contain lead.</li> <li>Avoid these items that may contain lead: <ul style="list-style-type: none"> <li>Dirt</li> <li>Stained Glass</li> <li>Fishing Weights</li> <li>Paint</li> <li>Radiators</li> <li>Car Batteries</li> </ul> </li> <li>Do not scrape, sand, burn, or sweep paint.</li> <li>Do not expose your child to paint chips.</li> <li>See information on home remedies that may contain lead given on next page.</li> </ul>	<p>27- Do not use imported and decorated dishes or homemade pottery that may contain lead.  62- Eat/Offer foods high in calcium and iron.  56-Do not scrape, sand, burn, or sweep paint; or expose my child to paint chips.  57- Avoid home remedies such as azarcon, greta, pay-loo-ah, kohl, kandu, bala goli, ghusard, cerussite, surma, and sattarang.  58- Remember to avoid these items since they contain lead: dirt, stained glass, fishing weights, paint, radiators, and car batteries.  61- Wash my baby's/child's hands after playing on the floor.</p>



1 Year Old Children		
Core Topics	Content	Possible WIC Goals
Tailored Goal, Continued	<p>Lead Screening, continued:</p> <ul style="list-style-type: none"> <li>• Avoid home remedies that might contain lead such as: <ul style="list-style-type: none"> <li>○ <i>Azarcon and Greta</i> - Traditional Hispanic folk remedies used to treat empacho and other stomach ailments (may also be known as Alarcon, coral, luiga, maria luisa, or rueda).</li> <li>○ <i>Pay-loo-ah</i> - Red or orange powder used in Hmong and Vietnamese cultures to treat fever or a rash.</li> <li>○ <i>Kohl and Surma</i> - Gray or black eye cosmetics from the Middle East, India, Pakistan, and some parts of Africa which may be used on the eyes of children or as a teething powder.</li> <li>○ <i>Kandu</i> - Red powder used in some Asian and Indian cultures to treat intestinal problems.</li> <li>○ <i>Bala goli</i> - Round flat black bean dissolved in water and used for stomach ache.</li> <li>○ <i>Ghusard</i> - Indian folk remedy used as a tonic.</li> <li>○ <i>Ba-baw-san</i> - Chinese herbal remedy used to treat colic.</li> <li>○ <i>Cerussite</i> - Lead carbonate found in Arizona and other locations that is popular among mineral collectors.</li> </ul> </li> </ul>	

### 2 Year Old Children

Toddlers will not eat as much as they did before. They are growing more slowly, and their energy needs are not as high. Your toddler will not be as hungry, so they will eat less overall. Your toddler still knows how much they need to eat. A toddler this age can use a cup, spoon, and fork to some extent.

### 3 Year Old Children

At around the third birthday, a very self-determined individualist appears. They make their own simple choices and learn from trial and error. They proudly show their independence with everyday living, such as feeding, bathing and dressing. Food



selections for meals remain a parental decision with minimal deviation allowed from the family's meals and food choices.

#### 4 Year Old Children

A 4 year olds language is developing rapidly and combined with curiosity, giving them a sense of independence. They frequently demand to know why, what, when, and how. They seem to have a lot of energy and enjoy running, climbing, swinging, sliding, and jumping. Poor appetite or limited food preferences usually is not a major concern but may be with some children.

<b>2, 3, and 4 Year Old Children</b>		
<b>Core Topics</b>	<b>Content</b>	<b>Possible WIC Goals</b>
Breastfeeding	<ul style="list-style-type: none"> <li>It is recommended that breastfeeding continue for at least 12 months and longer if desired by mom and child.</li> <li>Some babies choose to wean earlier than others as their interest in table foods increases.</li> </ul>	206- Offer whole milk until my child turns 2 years old.
Healthy Eating	<b>Breakfast and Mealtimes:</b> <ul style="list-style-type: none"> <li>Start your child's day with breakfast each morning.</li> <li>Offer your child meals at mid-day and in the evening.</li> <li>Give your child 2 or 3 snacks each day.</li> </ul>	2- Offer a variety of foods from all food groups every day. 1- Offer 3 meals a day and 2-3 healthy snacks. 126- Offer foods that are easy to prepare and eat. 40- Follow a regular feeding schedule, including breakfast, lunch and dinner.
	<b>Fruits and Vegetables:</b> <ul style="list-style-type: none"> <li>Offer a wide variety of fruits and vegetables each day.</li> </ul>	224- Limit fruit juice to 4-6 ounces a day 2-Eat/Offer a variety of foods from all food groups every day. 123- Offer more fresh fruits and vegetables.
Healthy Eating, Continued	<b>Family Meals:</b> <ul style="list-style-type: none"> <li>Enjoy meals together as a family on most days of the week.</li> <li>Encourage reasonable mealtime behavior, but do not force eating.</li> <li>Mealtimes are pleasant and provide a chance for your family to eat, talk, listen, laugh, and learn together.</li> <li>Start your child's day with breakfast each morning.</li> <li>Offer your child meals at mid-day and in the evening.</li> <li>Give your child two or three snacks each day.</li> </ul>	133- Make mealtime more relaxing and pleasant. 209- Allow my child to use a spoon or fork when ready. 2- Offer a variety of foods from all food groups every day. 1- Offer 3 meals a day and 2-3 healthy snacks. 126- Offer foods that are easy to prepare and eat.



2, 3, and 4 Year Old Children		
Core Topics	Content	Possible WIC Goals
	Portion Sizes: <ul style="list-style-type: none"> <li>• Offer age appropriate portion sizes.</li> <li>• Note comments in <i>Screening and Assessment Tools</i> section.</li> </ul>	154- Offer smaller feedings/meals more often.
	Low Fat Milk: <ul style="list-style-type: none"> <li>• Children 2 to 3 years old need 2 cups of fat free or 1% low fat milk or the equivalent each day.</li> <li>• Children 4 to 5 years old need 2-3 cups of fat free or 1% low fat milk, or the equivalent each day.</li> </ul>	219- Offer fat free or 1% low fat milk for children two years and older.
	Division of Responsibility: <ul style="list-style-type: none"> <li>• Parents are responsible for the what, when, and where of feeding.</li> <li>• The child is responsible for the how much and whether of eating.</li> <li>• Parents offer the structure and safety so the child can make good choices. Avoid engaging in struggles about eating.</li> <li>• Offer a variety of nutritious foods for the child to select from.</li> <li>• Parents choose the menu and do not let the child dictate will be served.</li> <li>• Most children will eat a large number of different foods.</li> </ul>	208- Allow my child to eat when hungry and stop when full. 133- Make mealtime more relaxing and pleasant. 209- Allow my child to use a spoon or fork when ready. 2- Offer a variety of foods from all food groups every day. 1- Offer 3 meals a day and 2-3 healthy snacks. 126- Offer foods that are easy to prepare and eat.
Healthy Weight	Sweetened Beverages and Juice: <ul style="list-style-type: none"> <li>• Avoid giving your toddlers drinks high in sugar.</li> <li>• Limit 100% fruit juices to no more than 1/2 to 3/4 cup per day (4-6 ounces).</li> </ul>	197- Offer juice in a cup. 224- Limit fruit juice to 4-6 ounces per day. 123- Offer more fresh fruits and vegetables. 185- Limit drinks like soda, tea, coffee, sports drinks (Gatorade) and fruit drinks (Kool-Aid).
	Screen Time: <ul style="list-style-type: none"> <li>• The American Academy of Pediatrics recommends that children under the age of two not watch television.</li> <li>• Limit television or other screen time for children over two to no more than one or two hours of quality programming per day.</li> <li>• Choose alternatives for together time, such as reading, listening to music, or playing games.</li> <li>• Do not allow television in the room where the child sleeps.</li> </ul>	223- Limit screen time and increase activity. 220- Decrease screen time to less than 2 hours per day for you and your children. 216- Engage your children in moderate intensity physical activity for at least 60 minutes on most days of the week, preferably daily. 41- Spend quality time doing play activities with my child.



2, 3, and 4 Year Old Children		
Core Topics	Content	Possible WIC Goals
	<ul style="list-style-type: none"> <li>Note comments in <i>Screening and Assessment Tools</i> section.</li> </ul>	
	<p>Eating Out/ Fast Food Restaurants:</p> <ul style="list-style-type: none"> <li>Limit eating out, especially at fast food restaurants.</li> <li>Order small hamburgers and drinks.</li> <li>Choose fat free or 1% low fat milk instead of soda.</li> <li>Order foods that are baked rather fried.</li> <li>Select smaller portions.</li> <li>Most food purchased away from home already has salt added. Try not to add extra salt to the food.</li> </ul>	<p>33- Avoid junk food. 184- Limit foods like candy, cookies, ice cream and chips.</p>
Physical Activity	<p>Preschoolers need more than 60 minutes of unstructured physical play in a safe place every day. Morning, afternoon, and evening—let them set their own pace.</p> <ul style="list-style-type: none"> <li>Offer toys that encourage toddlers to use their muscles. Provide building toys, riding toys, balls and beanbags, and climbers.</li> <li>Provide plenty of time for active free play. They can walk, run, roll, climb, slide, pull, push, throw, and jump until they're tired. Find ways to make exercise fun. Up to 60 minutes a day of structured physical activities can be good for toddlers, try these ideas: <ul style="list-style-type: none"> <li>Lead them in creative movement. They can pretend to be animals, workers, or machines. Teach them group games like "Follow the Leader" or "Ring Around the Rosie". They can practice their skills and learn new ways to move.</li> <li>Make an obstacle course. Indoors or out, toddlers can take turns going over, under, around, and through furniture, boxes, and climbing equipment.</li> <li>Move to music. Bounce, sway, clap, march, dance, or play rhythm instruments.</li> </ul> </li> </ul>	<p>223- Limit screen time and increase activity time. 25- Encourage regular physical activity. 41- Spend quality time doing play activities with my child. 156- Ask my child's health care provider about regular physical activity.</p>



2, 3, and 4 Year Old Children		
Core Topics	Content	Possible WIC Goals
	<ul style="list-style-type: none"> <li>Exercise together. Make it a part of your routine. Do stretches before lunch. Play in the park or take a walk before the sun goes down (but not too close to bedtime).</li> </ul>	
Physical Activity, Continued	<ul style="list-style-type: none"> <li>Share books about people who lead active lives. Stories of athletes, dancers, astronauts, farmers, and other physically fit people show children that exercise is important.</li> <li>Set a good example. Let your child see you walk, run, bike, build, dance, climb, or play ball.</li> </ul>	
Tailored Goal	<ul style="list-style-type: none"> <li>An appropriate goal based on risk or set by the client and discussed at each visit with follow up may also be used.</li> </ul>	

### Nutrition Education - High Risk Topics

Risk	General Recommendations	Emotion-based Language
<b>Risk 103- Underweight or at Risk of Becoming Underweight</b>	<ul style="list-style-type: none"> <li>Offer three meals a day and two or three healthy snacks.</li> <li>Offer a variety of foods from all food groups every day.</li> <li>Avoid the temptation to force-feed your child (they know when they are hungry and when they have had enough).</li> <li>Add higher-calorie foods like peanut butter, cheese, milk, puddings, shakes, oils, and margarines to the diet.</li> <li>Consider use of high-calorie nutritional supplements, if indicated.</li> <li>Refer to Health Care Provider.</li> </ul>	You mentioned that you were concerned about your child's weight; can we talk a little about it? Your doctor has recommended that we offer some higher calorie foods at meals and snacks to help her grow better. What can I do to help you be the most successful with this? What ideas do you have that you can do to add calories to the foods she likes?
<b>Risk 134- Failure to Thrive</b>	<ul style="list-style-type: none"> <li>Follow the recommendations of your health care provider.</li> <li>Add higher-calorie foods like peanut butter, cheese, milk, puddings, shakes, oils, and margarines to the diet.</li> <li>Consider use of high-calorie nutritional supplements, if indicated.</li> </ul>	When your doctor diagnosed your child with failure to thrive, I know you were concerned. I want you to know that you are a great mom for bringing her into WIC today and that it's obvious you want to do all you can to help her. What has your doctor or others told you to feed her? Do



Risk	General Recommendations	Emotion-based Language
	<ul style="list-style-type: none"> <li>Refer to Health Care Provider.</li> </ul>	<p>you want to talk about some things that have helped other moms like you?</p>
<p><b>Risk 141- Low Birth Weight (Children less than 24 months)</b></p>	<ul style="list-style-type: none"> <li>Bring your child to the WIC office in about 3-4 months for a weight and height check.</li> <li>Offer three meals and 2-3 healthy snacks every day.</li> <li>Add higher-calorie foods like peanut butter, cheese, milk, puddings, shakes, oils, and margarines to the diet.</li> <li>Consider use of high-calorie nutritional supplements, if indicated.</li> <li>Refer to Health Care Provider.</li> </ul>	<p>(For a child who is growing on their growth curve, though it may be at 5% or 10%.) Oftentimes parents who have babies with low birth weights try to feed the baby/child as much as possible because they want to do everything they can to help them grow. Fortunately, children know how much they need, even the ones who were born at a lower weight. What signals does your child give you when he has had enough to eat? What are your thoughts on this?</p>
<p><b>Risk 142- Pre-maturity (Children less than 24 months)</b></p>	<ul style="list-style-type: none"> <li>Bring your child to the WIC office in about three months for a weight and height check.</li> <li>Offer 3 meals and 2 or 3 healthy snacks every day.</li> </ul>	<p>Now that your premature baby is over a year old, what concerns are you having? Perhaps I can help guide you to make decisions that will impact him for life.</p>
<p><b>Risk 151- Small for Gestational Age</b></p>	<ul style="list-style-type: none"> <li>Follow the recommendations of your child's health care provider.</li> <li>Follow a regular feeding schedule, including breakfast, lunch, dinner and between-meal snacks.</li> </ul>	<p>(After baby has been coming to WIC for a year.) I'm really happy to see you and your toddler back. She seems so healthy; you must be doing a great job. Let's see how she's growing and talk about how you're feeling now. It can be a blessing and a challenge at the same time, right?</p>
<p><b>Risk 201- Anemia</b></p>	<ul style="list-style-type: none"> <li>Make sure your child is not drinking too much milk.</li> <li>Review current diet and make suggestions.</li> <li>Eat iron rich WIC foods such as: Iron fortified cereal, beans, and eggs.</li> <li>Eat other iron-rich foods: red meat and green leafy vegetables.</li> <li>Eat foods high in Vitamin C with the iron-rich foods such as: WIC juices and citrus fruit (oranges and grapefruit).</li> <li>Based on hemoglobin levels specified in the WIC Manual, refer to High Risk WIC Nutritionist and Health Care</li> </ul>	<p>Thank you for helping your child be brave as we took her blood. When I tested her blood, I found that her hemoglobin, or iron, is low. You know your child best, and if you want, I have some suggestions that may help get that iron a bit higher. Your baby may get sick less often, and this may ease your feelings knowing that you are doing everything you can to keep her as healthy as possible. Is it OK if we talk a bit about feeding her?</p>



Risk	General Recommendations	Emotion-based Language
<b>Risk 341- Nutrient Deficiency Disease</b>	Provider, if indicated. <ul style="list-style-type: none"> <li>• Eat at least three meals a day plus 2 or 3 healthy snacks.</li> <li>• Eat a variety of foods from all the food groups every day.</li> <li>• See chart to determine which nutrient may correspond to the nutrient deficiency disease with which you have been diagnosed.</li> <li>• Refer to Health Care Provider.</li> </ul>	Thank you for taking the time to talk to me today. You told your WIC certifier that your child has been diagnosed with juvenile diabetes. That must have been a tough appointment for you and your wife! I'm glad you are working with your doctor and with WIC to solve this. When your baby grows up, she will know how hard you worked to keep her safe and healthy. Please tell me a little bit about what your doctor recommended.

## Teaching Resources

Touching Hearts Touching Minds Materials:

- #7: Other Uses for Bottles (Weaning)
- #16: Set the Table (Family Meals)
- #17 Ten Tasteful Gifts (Super foods)
- #18: Grow Happy Kids (Child Nutrition)
- #19: Follow the Leader (Role Modeling)
- #20: Magic Cup (Weaning)
- #21: Food Fights (Picky Eating)
- #22: Balance Takes Practice (Fast Food)
- #26: Greatest Show on Earth (Role Modeling)
- #38: Keep him that way with iron (Iron)

MyPyramid for Preschoolers:

<http://mypyramid.gov>

USDA Food and Nutrition Services, Core Nutrition Messages:

<http://www.fns.usda.gov/fns/corenutritionmessages/>

Bright Futures Family Fact Sheets:

[http://brightfutures.aap.org/pocket\\_guides\\_and\\_other\\_resources.html](http://brightfutures.aap.org/pocket_guides_and_other_resources.html)



## High Risk Nutritionist Clinic Resources

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Otten, JJ, Hellwig, JP, Myers, LD., eds. *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*. Washington, D.C. National Academy of Sciences, 2006.

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5. American Academy of Pediatrics: Children, Adolescents, and Television. *Pediatrics*. 2001; 107(2):423-426.
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**Appendix A**  
**Supplemental Information for High Risk Nutritionists**

**MyPyramid Food Intake Patterns**  
**MyPyramid Food Intake Pattern Calories Levels**  
**USDA/FNS Messages for Preschool Moms**



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**Appendix B**  
**Counseling Tool/Circle Chart**  
**Mothers of Children Ages 1 to 4**

