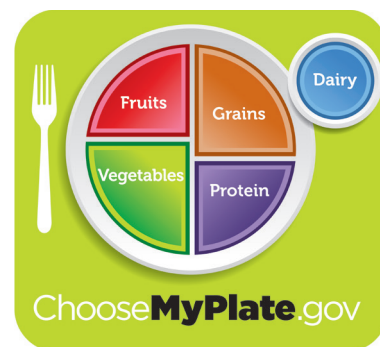
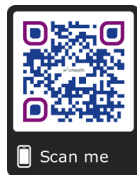


# Build a Healthy Eating Style

## Everything you eat and drink matters

- ◆ Focus on making healthy choices from all five food groups.
- ◆ Eat the right amount of calories for you. Go to [ChooseMyPlate.gov/MyPlatePlan](http://ChooseMyPlate.gov/MyPlatePlan) to get your personalized daily meal plan.
- ◆ Building a healthy eating style can help you reduce your risk of diseases such as heart disease, diabetes, and cancer.
- ◆ Choose water instead of sugary drinks.
- ◆ Go to [WICHealth.org](http://WICHealth.org) for new recipe ideas and helpful advice on how to feed your children.



## Start with a few of these small changes

- ◆ **Make half your plate fruits and vegetables.** Focus on whole fruits and vary your vegetables.
  - WIC provides fresh, frozen, and canned fruits and vegetables for women and children.
  - WIC provides baby fruits and vegetables for infants 6-11 months of age and fresh fruits and vegetables as an option at 9-11 months of age.
- ◆ **Make half your grains whole grains.**
  - WIC provides 100% whole wheat bread, pasta, and tortillas; corn tortillas; brown rice; oatmeal; bulgur; and breakfast cereals for women and children.
  - WIC provides baby cereal for infants 6-11 months of age.
- ◆ **Move to fat free and lowfat dairy products for adults and children 2 years and older.**
  - WIC provides milk, cheese, and yogurt for women and children.
- ◆ **Vary your protein foods.**
  - WIC provides eggs; and beans and/or peanut butter for women and children.
  - Fully breastfeeding women also receive canned fish.
  - WIC provides fully breastfed infants with baby meats from 6-11 months of age.

## Use all of your WIC food benefits each month

It is important for you to purchase all of the foods loaded on your WIC EBT card each month. Keep track of the food items on your card and buy the food within the allowed dates.

**Use the Florida WIC App on your Smartphone to view information about your WIC food benefits.** To get started, visit the App Store or Google Play to install the App. Use your Florida WIC EBT card to register.



Florida Department of Health  
WIC Program  
[FloridaWIC.org](http://FloridaWIC.org)  
[HealthiestWeightFL.com](http://HealthiestWeightFL.com)

## Picky eating and preschoolers

**Picky eating is usual for many preschoolers.** It's another step in growing up and becoming their own person.

Here are some tips to get your preschooler to try new foods:

- ◆ **Let your kids try small portions of new foods that you enjoy.** Give them a small taste at first and be patient with them. When they get used to the taste of more foods, it's easier to plan family meals.
- ◆ **Offer only one new food at a time.** Serve something that you know your child likes along with the new food.
- ◆ **Be a good role model.** Try new foods yourself. Talk about their taste, texture, and smell with your child.
- ◆ **Offer new foods first.** Your child is most hungry at the start of a meal.
- ◆ **Sometimes, new foods take time.** Children don't always take to new foods right away. Offer new foods many times. It may take up to a dozen tries for a child to enjoy a new food.