

Nutrition Education Resources, by MI-WIC Nutrition Education Topic

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| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|--|--|---|--|
| Alcohol and Substance Use/Abuse | | Welcome to Michigan WIC English Spanish Arabic Breastfeeding and Alcohol, Drugs, Smoking English | Planning for Pregnancy English Spanish Alcohol Use and Your Health English Spanish |
| Bottle Weaning | | | Discontinuing the Bottle – Sippy Cups English Spanish Weaning Your Baby English Spanish |
| Breakfast | | | Make Small Changes: Breakfast English |
| Breastfeeding an Older Baby/Toddler | | | Toddlers and Breastfeeding English Spanish |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|----------------------------------|--|---|--|
| Breastfeeding: Basics | -Breastfeeding: Building a Bond for a Lifetime | Breastfeeding Matters (DCH-3903) Making Milk–Yes You Can (DCH-3904) Getting Milk from Mom to Baby (DCH-3905) Making It Work (DCH-3909) Breastfeeding – Getting Started in 5 Easy Steps (DCH-0259) Diapers of the Breastfed Baby (DCH-1210) Human Milk, Formula or Both (DCH-1451) Latch Checklist (MDHHS-Pub-1223) Colostrum (DCH-1203) | Lactation Education Resources English Spanish Arabic Chinese Vietnamese Polish Breastfeeding Basics for New Moms English |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|---|--|--|--|
| Breastfeeding: Coffective | | We're Prepared Checklist DCH-1110) Get Ready to Fall in Love (DCH-1109) Together Growing Stronger Families (DCH-1514) | |
| Breastfeeding: Common Challenges | | Increasing Milk Supply (MDHHS-Pub-1222) Questions About Medicines, Alcohol, & Smoking While Breastfeeding (DCH-3910) Preventing Problems: Sore Nipples (DCH-3907) Preventing Problems: Breast Infection & Soreness (DCH-3908) | Lactation Education Resources English Spanish Arabic Chinese Vietnamese Polish |
| Breastfeeding: Nutrition for Mom | | | Tips for Breastfeeding Moms English Spanish Healthy Eating for Women Who Are Pregnant or Breastfeeding English |

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|--|--|--|--|
| Breastfeeding: Returning to School/Work | | Express Yourself! Milk Expression, Breast Milk Storage, & Bottle Feeding (DCH-3906) | Tips for Freezing & Refrigerating Breast Milk English Spanish Expressing Breastmilk on the Job English Spanish |
| Breastfeeding: Supplies | | | How to Keep Your Breast Pump Kit Clean English Spanish |
| Breastfeeding: Support | | Dad+Baby Booklet (MDHHS-Pub-1224) Dad Can Help in So Many Ways (MDHHS-Pub-1225) | Lactation Education Resources English Spanish Arabic Chinese Vietnamese Polish |
| Breastfeeding: Weaning | | | Lactation Education Resources English Spanish Arabic Chinese Vietnamese Polish |
| Drinks/ Beverages | -Fun and Healthy Drinks for Kids -Baby's First Cup | | Beverages: Make Every Sip Count (Dairy Council of CA) English/Spanish Choose health. Drink water. (CA Dept of Public Health) English Spanish Make Better Beverage Choices English MyPlate video English Hard Facts About Soft Drinks English |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|-------------------------------|--|---|--|
| Exercise and Nutrition | <ul style="list-style-type: none"> -Happy, Healthy, Active Children -Get Into Shape After Your Baby Arrives -Fun and Realistic Ways to Get More Exercise -Journey to Weight Loss | Before and Between Babies! Be a Healthy, Active Mom (SDE) | <p>Healthy Tips for Active Play English Spanish</p> <p>Move Your Way During and After Pregnancy English</p> <p>The Importance of Physical Activity During Pregnancy English</p> <p>Fitness and Women English Spanish</p> <p>Calories Burned During Physical Activity English</p> |
| Fad Diets | | | <p>Staying Away from Fad Diets English</p> |
| Family Meals | <ul style="list-style-type: none"> -Make Meals and Snacks Simple -Practical Ways to Cook Healthier <p>**For many recipes using WIC Foods, check out Health eKitchen</p> | | <p>MyPlate: Meal Planning English</p> <p>Healthy Eating for Families English</p> <p>Celebrations and Gatherings English</p> <p>Feed Your Family Healthfully on a Low Income Budget English</p> |
| Fish: Eat Safe | <ul style="list-style-type: none"> -Simple Ways to Include Seafood in your Family Meals | <p>Safe Fish for You and Your Family (DCH-1250)</p> | <p>Safe Fish for You and Your Family Eat Safe Fish English</p> |
| Food Label Reading | | | <p>Interactive Nutrition Facts Label English</p> <p>Get the Facts on Dietary Guidelines, MyPlate, and Food Labels English</p> |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|-----------------------------------|--|---|---|
| Food Safety | <ul style="list-style-type: none"> -Keeping Your Family Safe from E. Coli -Farm to Family: Keeping Food Safe -Food Safety for Moms-to-Be | Food Safety During Pregnancy (group or individual) | <ul style="list-style-type: none"> Be Food Safe English Food Safety for Pregnant Women booklet English Spanish Food Safety for Moms and Moms-To- Be English People at Risk: Children Under 5 English Food Safety for Children Under 5 English Food Safety Tips for Young Children English |
| Formula Feeding Issue(s) | | WIC Infant Formula Insert (All Languages) (DCH-0229) | <ul style="list-style-type: none"> Infant Formula Feeding English Formula Basics for Healthy Babies English |
| Formula Preparation | | | How to Safely Prepare Formula with Water English Spanish |
| Growth (Infants/ Children) | -Starting Your Infant on Solid Foods | | Healthy Tips for Active Play English Spanish |
| Infant Feeding: 1-5 Months | <ul style="list-style-type: none"> -Offer Your Baby the Right Foods As He Grows -Understanding Your Baby's Cues -Baby's First Cup -Starting Your Infant on Solid Foods | Feeding Your Baby – Birth to 6 months (English) (Spanish) (Arabic) (DCH-1480) | <ul style="list-style-type: none"> Do's and Don'ts for Baby's First Foods English For Infants, Hold the Milk English When Babies Need Extra Fluids English |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|--|---|--|---|
| Infant Feeding: 6-11 Months | <ul style="list-style-type: none"> -Offer Your Baby the Rights Foods As He Grows -Understanding Your Baby's Cues -Baby's First Cup -Starting Your Infant on Solid Foods | <p>Feeding Your Baby – 6 to 12 months (English) (Spanish) (Arabic) (DCH-1481)</p> <p>On The Menu (English) (Spanish) (Arabic) (DCH-1512)</p> <p>Let's Eat! (e-forms)</p> | <p>Do's and Don'ts for Baby's First Foods English</p> <p>For Infants, Hold the Milk English</p> <p>Healthy Eating for Infants English</p> <p>Making Your Own Baby Food https://extension.umaine.edu/publications/4309e/</p> <p>YouTube Video https://youtu.be/cili44BebXY</p> <p>Healthy Eating for Infants English</p> |
| Infant Feeding: Newborn | <ul style="list-style-type: none"> -Understanding Your Baby's Cues | <p>Feeding Your Baby – Birth to 10 days (DCH-1322) (English) (Spanish) (Arabic)</p> | <p>Breastfeeding Benefits for Baby and Mom English</p> <p>For Infants, Hold the Milk English</p> <p>When Babies Need Extra Fluids English</p> <p>Formula Basics for Healthy Babies English</p> |
| Nutrition and Lead | <ul style="list-style-type: none"> -Protect Your Family From Lead With Healthy Foods | <p>Well Fed Means Less Lead English Spanish Arabic (DCH-1515)</p> | <p>Protect Against Lead Exposure with WIC Foods WIC Works Resource System English</p> <p>Prevent Childhood Lead Poisoning English</p> |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|---|---|---------------------------|--|
| Meal Planning | <ul style="list-style-type: none"> -Using Substitutions in Healthy Meals -Recipes Made Easy -Saving Time with No-Cook Meals -Finding Recipes that Work -Make Meals and Snacks Simple -Making Healthy Meals -Practical Ways to Cook Healthier - Eating Healthy Meals on a Budget | | <p>Eating Healthy on a Budget English</p> <p>Eat Right when Money's Tight English</p> <p>Feed Your Family Healthfully on a Low-Income Budget English</p> <p>Healthy Food Preparation English</p> <p>Kitchen Time Savers English</p> <p>Meal Planning English</p> <p>MyPlate Kitchen Recipes English</p> <p>MyPlate Plan Menu English</p> <p>Spend Smart Eat Smart Recipes English</p> <p>Start Simple with MyPlate English</p> |
| Medical: Gestational Diabetes Mellitus | | | <p>Diabetes and Pregnancy: Gestational Diabetes English</p> <p>Diabetes During Pregnancy English</p> <p>Gestational Diabetes English Spanish</p> |
| Medical: Food Allergies | | | <p>Food Allergies Symptoms, Diagnosis & Treatment English</p> <p>Food Allergy-Free Recipes English</p> <p>Food Allergies and Intolerances English</p> |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|---|--|---------------------------|---|
| Medical: Food/Drug Interaction | | | <p>Drug Safety and Breastfeeding Q&A: Use of Codeine and Tramadol Products in Breastfeeding Women</p> <p>Drug Interactions: What You Should Know English</p> |
| Medical: GI Problems | | | <p>Irritable Bowel Syndrome English Spanish</p> <p>Celiac Disease English Spanish</p> <p>Reflux in Babies and Toddlers English</p> |
| Medical: Hypertension | | | <p>Healthy Blood Pressure for Health Hearts: Small Steps to Take Control English</p> <p>Small Steps to Take Control English</p> <p>Be Salt Smart English</p> <p>Why the DASH Eating Plan Works English</p> <p>A Week with the DASH Eating Plan English</p> <p>High Blood Pressure and Kidney Disease English</p> <p>High Blood Pressure English Spanish</p> |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|--|--|---|--|
| Medical: Iron Deficiency Anemia | | Iron for Strong Blood (DCH-0293, English, Spanish) (English, on website) Before and Between Babies! Stay Strong with Iron (SDE) | Iron English Iron Deficiency Anemia English Spanish Foods to Fight Iron Deficiency English Does My Child Need a Supplement? English |
| Medical: Lactose Intolerance | | | Lactose Intolerance English Spanish |
| Medical: Pica | | | What You Need to Know about Pica English/Spanish Pica English |
| Medical: Special Conditions | | | Eating Disorders English |
| Medical: Tube Feeding | | | What You Need to Know Now - A Parent's Introduction to Tube Feeding English Spanish |
| Medical: Type 2 Diabetes | | | Type 2 Diabetes - The Basics English Spanish |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|---------------------------------|--|---------------------------|---|
| Mothers in Motion (DVDs) | <ul style="list-style-type: none"> -Better Ways to Handle Everyday Stress -Time Saving Tips for Busy Moms -Effective Ways to Handle Negative Feelings -Effective Ways to Help with Parenting -Effective Ways to Reduce Junk Food -Useful Tips for Planning Meals and Helping Children Eat -Healthier Useful Tips for Grocery Shopping (Part I) -Useful Tips for Grocery Shopping (Part II) -Practical Ways to Cook Healthier -Fun and Realistic Ways to Get More Exercise -Journey to Weight Loss | | |
| MyPlate: Dairy | <ul style="list-style-type: none"> -Build Strong Kids With Dairy Foods | | <p>All About the Dairy Group English</p> <p>Yogurt 5 Ways English</p> <p>Growing Strong with Milk for Preschoolers English Spanish</p> <p>Move to Low-Fat or Fat-Free Dairy English</p> |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|---------------------------------------|---|--|--|
| MyPlate: Fruits | -Fruit and Veggies Grow Healthy Kids -Be Healthy With Fruits and Veggies | | Focus on Whole Fruits English Colorful Fruits for Preschoolers English Spanish Fruit and Veggie Recipes English Berries 5 Ways English Canned Peaches 5 Ways English |
| MyPlate: Grains | -Healthy Whole Grains | | Brown Rice 5 Ways English Make Half Your Grains Whole Grain English |
| MyPlate: Healthy Food Choices | -Fruit and Veggies Grow Healthy Kids -Be Healthy With Fruits and Veggies -Choose MyPlate to Build a Healthier Family -Eat Well—Spend Less -Practical Ways to Cook Healthier | Sesame Street: Eat Well, Anytime, Anywhere (SDE) | Start Simple with MyPlate English |
| MyPlate: Meat/Meat Alternative | | | Enjoy Vegetarian and Vegan Meals English Vary Your Protein Routine English |
| MyPlate: Vegetables | -Fruit and Veggies Grow Healthy Kids -Be Healthy With Fruits and Veggies | | Fruit and Veggie Recipes English Encouraging Vegetables for Preschoolers English Spanish Tomato English Bell Pepper English Vegetables English |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|---------------------------------------|---|---|--|
| Nutrition: Carbohydrates | | | Choosing Whole Grain Foods English Spanish Make Half Your Grains Whole Grains English |
| Nutrition: Fat/Cholesterol | | | The Skinny on Fat: The Good, The Bad, and the Unknown English Spanish Rethink Fats English |
| Nutrition: Fiber | | | Easy Ways to Boost Fiber in Your Daily Diet English |
| Nutrition: Protein | | | How Much Protein Should I Eat English Vary Your Protein Routine English |
| Nutrition: Postpartum | -Get Into Shape After Your Baby Arrives -Better Ways to Handle Everyday Stress | Healthy Moms - You've Got This! (MDHHS-PUB-1255) (English)(Spanish)(Arabic) Before and Between Babies! Be a Healthy, Active Mom (SDE) | Tips for Healthy Postpartum Weight Loss English Move Your Way During and After Pregnancy English Back to Basics with Healthy Weight Loss English |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|--|---|---|---|
| Nutrition: Prenatal | -A Recipe for Healthy Pregnancy -Preparing for a Healthy Pregnancy | Food Safety During Pregnancy (group or individual) Healthy Eating During Pregnancy (group) Pregnancy Pointers (SDE) Tips for a Healthy Pregnancy (English, Spanish, Arabic) (DCH-1323) | Tips for Pregnant Moms English Spanish Healthy Eating for Women Who Are Pregnant or Breastfeeding English |
| Nutrition: Toddler/ Preschool | | | Healthy Eating for Preschoolers English Healthy Eating for Toddlers English Feeding Your 2 to 5-Year-Old (UDIM) English Healthy Meals with MyPlate English Spanish Sample Menu for a One-Year- Old English Spanish Sample Menu for a Two-Year-Old English Spanish Selecting Snacks for Toddlers English Spanish Feeding and Nutrition Tips: Your 2-Year-Old Includes: Unsafe Foods, Healthy Eating Basics & Picky Eaters, Supplementation for Some Children. English Spanish |
| Oral Health | -Two Minutes Twice a Day for a Healthy Smile -Give You and Your Baby a Lifetime of Healthy Teeth | | Healthy Nutrition for Healthy Teeth English Nutrition & Your Child's Dental Health English Eat Right for a Healthy Mouth and Teeth English |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|--|--|---|--|
| Oral Health: Brush curriculum project | | | |
| Vitamin/ Minerals: Fluoride | | | Eat Right for a Healthy Mouth and Teeth English |
| Parenting at Mealtime | -Trust Your Child to Eat Enough -Help Your Child Make Good Eating Choices -Make Meals and Snacks Simple -Make Mealtime a Family Time | | Parenting at Mealtime & Playtime (Ohio AAP, English & Spanish resources, by age) |
| Picky Eating | -Secrets for Feeding Picky Eaters | No More Battles! Feeding Your Picky Eater (SDE) | Healthy Tips for Picky Eaters English Spanish Tips for a “Choosy Eater” English Spanish |
| Project FRESH: Food Demonstration | | | |
| Project FRESH: Food Safety | | | |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|---|---|--|--|
| Project Fresh: Fruits & Vegetables | | WIC Project FRESH – Fruits and Vegetables (SDE) (English) (Spanish) | MyPlate, MyState (English) |
| Project FRESH: Shop Smart | | | |
| Safe Sleep | -Understanding Your Baby’s Sleep -Help Your Baby Sleep Safe and Sound | Breastfeeding & Safe Sleep (SDE) | How Sleep Habits Affect Healthy Weight English MDHHS Infant Safe Sleep Program website (resources in English, Spanish, Arabic) |
| Sesame Street | | Sesame Street: Eat Well, Anytime, Anywhere (SDE) | |
| Shopping Smart | -Useful Tips for Grocery Shopping (Part I) -Useful Tips for Grocery Shopping (Part II) | | Shop Smart English Make a Plan English |
| Smoking | | | Give Your Baby a Healthy Start - The Dangers of Smoking, Drinking and Taking Drugs (USDA) English Spanish The Dangers of Secondhand Smoke (AAP) English Spanish |
| Snacks | -Make Meals and Snacks Simple -Effective Ways to Reduce Junk Food | | MyPlate video English Healthy Snacking with MyPlate English Healthy Snacks with Smiles English Spanish |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|--|--|--|---|
| Sugar/Artificial Sweeteners | | | Are Artificial Sweeteners Safe for Kids? English Cut Back on Added Sugars English |
| Vegetarian/ Meatless Meals | -Meatless Meals for Busy Families | | Vegetarian: The Basic Facts English Vegging Out: Tips on Switching to a Meatless Diet English How to Keep Your Vegetarian Child Healthy English Vegetarian Cookout Ideas English |
| Vitamins/ Minerals: Vitamin D | | | Vitamin D Fact Sheet for Consumers English |
| Vitamins/Miner als: Folic Acid | | Before and Between Babies! Moms Always Need Folic Acid (SDE) | Folic Acid is part of my Healthy Lifestyle English Spanish Folate Fact Sheet for Consumers English Folic Acid English Spanish |
| Vitamins/ Minerals: General | | | Why Take a Prenatal Supplement English Dietary Supplements - What You Need to Know English |
| Vitamins/ Minerals: Iodine | | | Iodine Fact Sheet for Consumers English |

| MI-WIC NE Topic | wichealth lesson (www.wichealth.org) | Michigan WIC Resources | Other Resources |
|---|--|--|---|
| Vitamins/ Minerals: Iron | | Iron for Strong Blood (English) Before and Between Babies! Stay Strong with Iron (SDE) | Iron Fact Sheet for Consumers English |
| Water | | | Water: It's a Great Choice For Preschoolers English Spanish Water: How Much Do Kids Need English How Much Water Do You Need? English |
| Water Safety | | | Drinking Water Quality English |
| Weight: Healthy Weight | -Better Ways to Handle Everyday Stress | Healthy Weight Gain for Baby and Me (individual) | We Can! Families Finding the Balance English |
| Weight: Prenatal Weight Gain | -Preparing for a Healthy Pregnancy | | Tips for Pregnant Moms English Spanish Healthy Weight During Pregnancy English |