

## Nutrition Education Resources, by MI-WIC Nutrition Education Topic

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

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	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 <a href="#">English</a> <a href="#">Spanish</a> <a href="#">Arabic</a> <a href="#">Chinese</a> <a href="#">Vietnamese</a> <a href="#">Polish</a> Breastfeeding Basics for New Moms <a href="#">English</a>
Breastfeeding: Coffective		We’re Prepared Checklist DCH-1110) Get Ready to Fall in Love (DCH-1109) Together Growing Stronger Families (DCH-1514)	

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
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 <a href="#">English</a> <a href="#">Spanish</a> <a href="#">Arabic</a> <a href="#">Chinese</a> <a href="#">Vietnamese</a> <a href="#">Polish</a>
Breastfeeding: Nutrition for Mom			Tips for Breastfeeding Moms ( <a href="#">English</a> ) <a href="#">(Spanish)</a>
Breastfeeding: Returning to School/Work		Express Yourself! Milk Expression, Breast Milk Storage, & Bottle Feeding (DCH-3906)	Tips for Freezing & Refrigerating Breast Milk <a href="#">English</a> <a href="#">Spanish</a>  Expressing Breastmilk on the Job <a href="#">English</a> <a href="#">Spanish</a>
Breastfeeding: Supplies			How to Keep Your Breast Pump Kit Clean <a href="#">English</a> <a href="#">Spanish</a>
Breastfeeding: Support		Dad+Baby Booklet (MDHHS-Pub-1224)  Dad Can Help in So Many Ways (MDHHS-Pub-1225)	Lactation Education Resources <a href="#">English</a> <a href="#">Spanish</a> <a href="#">Arabic</a> <a href="#">Chinese</a> <a href="#">Vietnamese</a> <a href="#">Polish</a>
Breastfeeding: Weaning			Lactation Education Resources <a href="#">English</a> <a href="#">Spanish</a> <a href="#">Arabic</a> <a href="#">Chinese</a> <a href="#">Vietnamese</a> <a href="#">Polish</a>

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Drinks/Beverages	<ul style="list-style-type: none"> <li>-Fun and Healthy Drinks for Kids</li> <li>-Baby's First Cup</li> </ul>		<p>Beverages: Make Every Sip Count (Dairy Council of CA) (<a href="#">English/Spanish</a>)</p> <p>Choose health. Drink water. (CA Dept of Public Health) (<a href="#">English</a>) (<a href="#">Spanish</a>)</p> <p>MyPlate video (<a href="#">English</a>)</p> <p>Hard Facts About Soft Drinks <a href="#">English</a></p>
Exercise and Nutrition	<ul style="list-style-type: none"> <li>-Happy, Healthy, Active Children</li> <li>-Get Into Shape After Your Baby Arrives</li> <li>-Fun and Realistic Ways to Get More Exercise</li> <li>-Journey to Weight Loss</li> </ul>	<p><a href="#">Before and Between Babies! Be a Healthy, Active Mom</a> (SDE)</p>	<p>Healthy Tips for Active Play (<a href="#">English</a>) (<a href="#">Spanish</a>)</p> <p>The Importance of Physical Activity During Pregnancy <a href="#">English</a></p> <p>Fitness and Women    <a href="#">English</a> <a href="#">Spanish</a></p> <p>Calories Burned During Physical Activity <a href="#">English</a></p>
Fad Diets			<p><a href="#">Staying Away from Fad Diets</a> (English)</p>
Family Meals	<ul style="list-style-type: none"> <li>-Make Meals and Snacks Simple</li> <li>-Practical Ways to Cook Healthier</li> </ul> <p>**For many recipes using WIC Foods, check out <a href="#">Health eKitchen</a></p>		<p>MyPlate: Making Family Meals (<a href="#">English</a>) (<a href="#">Spanish</a>)</p> <p>Choose MyPlate    <a href="#">English</a>    <a href="#">Spanish</a></p>

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Fish: Eat Safe	-Simple Ways to Include Seafood in your Family Meals	Safe Fish for You and Your Family (DCH-1250)	Safe Fish for You and Your Family Eat Safe Fish: <a href="http://www.michigan.gov/eatsafefish">www.michigan.gov/eatsafefish</a>
Food Label Reading			Interactive Nutrition Facts Label <a href="#">English</a>  Get the Facts on Dietary Guidelines, MyPlate, and Food Labels <a href="#">English</a>
Food Safety	-Keeping Your Family Safe from E. Coli -Farm to Family: Keeping Food Safe -Food Safety for Moms-to-Be	<a href="#">Food Safety During Pregnancy</a> (group or individual)	Be Food Safe ( <a href="#">English</a> )  Food Safety for Pregnant Women <a href="#">English</a> <a href="#">Spanish</a>  Food Safety for Pregnant Women, their Unborn Babies, and Children Under 5 (booklet) <a href="#">English</a>  Food Safety for Moms and Moms-To-Be ( <a href="#">English</a> )  People at Risk: Children Under 5 ( <a href="#">English</a> )  Food Safety for Children Under 5 ( <a href="#">English</a> )  Food Safety Tips for Young Children <a href="#">English</a>  Safe Eats for Food Safety for Moms to Be <a href="#">English</a> <a href="#">Spanish</a>
Formula Feeding Issue(s)		WIC Infant Formula Insert ( <a href="#">All Languages</a> ) (DCH-0229)	Infant Formula Feeding <a href="#">English</a>

Formula Preparation			How to Safely Prepare Formula with Water ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )
Growth (Infants/Children)	-Starting Your Infant on Solid Foods		Healthy Tips for Active Play ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )

<b>MI-WIC NE Topic</b>	<b>wichealth lesson (<a href="http://www.wichealth.org">www.wichealth.org</a>)</b>	<b>Michigan WIC Resources</b>	<b>Other Resources</b>
Infant Feeding: 1-5 Months	<ul style="list-style-type: none"> <li>-Offer Your Baby the Rights Foods As He Grows</li> <li>-Understanding Your Baby's Cues</li> <li>-Baby's First Cup</li> <li>-Starting Your Infant on Solid Foods</li> </ul>	Feeding Your Baby – Birth to 6 months ( <a href="#">English</a> ) ( <a href="#">Spanish</a> ) ( <a href="#">Arabic</a> ) (DCH-1480)	<p>Do's and Don'ts for Baby's First Foods <a href="#">English</a></p> <p>For Infants, Hold the Milk <a href="#">English</a></p>
Infant Feeding: 6-11 Months	<ul style="list-style-type: none"> <li>-Offer Your Baby the Rights Foods As He Grows</li> <li>-Understanding Your Baby's Cues</li> <li>-Baby's First Cup</li> <li>-Starting Your Infant on Solid Foods</li> </ul>	<p>Feeding Your Baby – 6 to 12 months (<a href="#">English</a>) (<a href="#">Spanish</a>) (<a href="#">Arabic</a>) (DCH-1481)</p> <p>On The Menu (<a href="#">English</a>) (<a href="#">Spanish</a>) (<a href="#">Arabic</a>)( DCH-1512)</p> <p>Let's Eat! (e-forms)</p>	<p>Do's and Don'ts for Baby's First Foods <a href="#">English</a></p> <p>For Infants, Hold the Milk <a href="#">English</a></p> <p>Starting Solid Foods <a href="#">English</a> <a href="#">Spanish</a></p>
Infant Feeding: Newborn	-Understanding Your Baby's Cues	Feeding Your Baby – Birth to 10 days (DCH-1322 ) ( <a href="#">English</a> ) ( <a href="#">Spanish</a> ) ( <a href="#">Arabic</a> )	<p>Breastfeeding Benefits for Baby and Mom <a href="#">English</a></p> <p>For Infants, Hold the Milk <a href="#">English</a></p> <p>When Babies Need Extra Fluids <a href="#">English</a></p> <p>Formula Basics for Healthy Babies <a href="#">English</a></p>
Nutrition and Lead	-Protect Your Family From Lead With Healthy Foods	Well Fed Means Less Lead ( <a href="#">English</a> ) ( <a href="#">Spanish</a> ) ( <a href="#">Arabic</a> ) (DCH-1515)	<p><a href="#">Protect Against Lead Exposure with WIC Foods   WIC Works Resource System</a> (English)</p> <p>Prevent Childhood Lead Poisoning (<a href="#">English</a>)</p>

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Meal Planning	<ul style="list-style-type: none"> <li>-Using Substitutions in Healthy Meals</li> <li>-Recipes Made Easy</li> <li>-Saving Time with No-Cook Meals</li> <li>-Finding Recipes that Work</li> <li>-Make Meals and Snacks Simple</li> <li>-Making Healthy Meals</li> <li>-Practical Ways to Cook Healthier</li> </ul>		<p>Start Simple with MyPlate (<a href="#">English</a>)</p> <p>Meal Planning Made Easy (<a href="#">English</a>) (<a href="#">Spanish</a>)</p> <p>Healthy Eating on a Budget (<a href="#">English</a>)</p> <p>Eat Right when Money's Tight (<a href="#">English</a>)</p> <p>Feed Your Family Healthfully on a Low Income Budget <a href="#">English</a></p>
Medical: Gestational Diabetes Mellitus			<p>Diabetes and Pregnancy: Gestational Diabetes <a href="#">English</a></p> <p>Diabetes During Pregnancy <a href="#">English</a></p> <p>Gestational Diabetes (CDC) <a href="#">English</a> <a href="#">Spanish</a></p> <p>Gestational Diabetes (NIH) <a href="#">English</a> <a href="#">Spanish</a></p>
Medical: Food Allergies			<p>American Academy of Allergy, Asthma, and Immunology (AAAAI) <a href="#">Food Allergies Symptoms, Diagnosis &amp; Treatment</a></p> <p>Allergy free recipes: <a href="#">Food Allergy-Free Recipes</a></p> <p>Academy of Nutrition and Dietetics <a href="#">Food Allergies and Intolerances</a></p> <p>Common Food Allergies <a href="#">English</a> <a href="#">Spanish</a></p>

			Understanding Food Allergies <a href="#">English</a> <a href="#">Spanish</a>
Medical: Food/Drug Interaction			Drug Safety and Breastfeeding <a href="#">Q&amp;A: Use of Codeine and Tramadol Products in Breastfeeding Women</a>  Drug Interactions: What You Should Know <a href="#">English</a>

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Medical: GI Problems			Irritable Bowel Syndrome ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )  Celiac Disease <a href="#">English</a> <a href="#">Spanish</a>  Reflux in Babies and Toddlers <a href="#">English</a>
Medical: Hypertension			Healthy Blood Pressure for Health Hearts: Small Steps to Take Control <a href="#">English</a>  Small Steps to Take Control <a href="#">English</a>  Why the DASH Eating Plan Works <a href="#">English</a>  A Week with the DASH Eating Plan <a href="#">English</a>  High Blood Pressure and Kidney Disease <a href="#">English</a>  High Blood Pressure <a href="#">English</a> <a href="#">Spanish</a>
Medical: Iron Deficiency Anemia		Iron for Strong Blood (DCH-0293, English, Spanish) ( <a href="#">English, on website</a> ) <a href="#">Before and Between Babies! Stay Strong with Iron</a> (SDE)	Iron <a href="#">English</a>  Iron Deficiency Anemia <a href="#">English</a> <a href="#">Spanish</a>
Medical: Lactose Intolerance			Lactose Intolerance <a href="#">English</a> <a href="#">Spanish</a>

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Medical: Pica			<a href="#">What You Need to Know about Pica (English/Spanish)</a> <a href="#">Pica (English)</a>
Medical: Special Conditions			Eating Disorders <a href="#">English</a>
Medical: Tube Feeding			What You Need to Know Now - A Parent's Introduction to Tube Feeding <a href="#">English</a> <a href="#">Spanish</a>
Medical: Type 2 Diabetes			Type 2 Diabetes - The Basics <a href="#">English</a> <a href="#">Spanish</a>

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Mothers in Motion (DVDs)	<ul style="list-style-type: none"> <li>-Better Ways to Handle Everyday Stress</li> <li>-Time Saving Tips for Busy Moms</li> <li>-Effective Ways to Handle Negative Feelings</li> <li>-Effective Ways to Help with Parenting</li> <li>-Effective Ways to Reduce Junk Food</li> <li>-Useful Tips for Planning Meals and Helping Children Eat -Healthier</li> <li>Useful Tips for Grocery Shopping (Part I)</li> <li>-Useful Tips for Grocery Shopping (Part II)</li> <li>-Practical Ways to Cook Healthier</li> <li>-Fun and Realistic Ways to Get More Exercise</li> <li>-Journey to Weight Loss</li> </ul>		
MyPlate: Dairy	-Build Strong Kids With Dairy Foods		All About the Dairy Group <a href="#">English</a>  Growing Strong with Milk for Preschoolers  <a href="#">English</a> <a href="#">Spanish</a>
MyPlate: Fruits	<ul style="list-style-type: none"> <li>-Fruit and Veggies Grow Healthy Kids</li> <li>-Be Healthy With Fruits and Veggies</li> </ul>		Colorful Fruits for Preschoolers ( <a href="#">English</a> <a href="#">Spanish</a> )  Fruit and Veggie Recipes ( <a href="#">English</a> )
MyPlate: Grains	-Healthy Whole Grains		Make Half Your Grains Whole Grain ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
MyPlate: Healthy Food Choices	<ul style="list-style-type: none"> <li>-Fruit and Veggies Grow Healthy Kids</li> <li>-Be Healthy With Fruits and Veggies</li> <li>-Choose MyPlate to Build a Healthier Family</li> <li>-Eat Well—Spend Less</li> <li>-Practical Ways to Cook Healthier</li> </ul>	<a href="#">Sesame Street: Eat Well, Anytime, Anywhere</a> (SDE)	Healthy Eating for a Lifetime ( <a href="#">English</a> )  Choose MyPlate <a href="#">English</a> <a href="#">Spanish</a>
MyPlate: Meat/Meat Alternative			<a href="#">All about the Protein Foods Group   ChooseMyPlate</a> (English)  <a href="#">Beans and peas are unique foods   ChooseMyPlate</a> (English)  Vary your Protein Routine ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )
MyPlate: Vegetables	<ul style="list-style-type: none"> <li>-Fruit and Veggies Grow Healthy Kids</li> <li>-Be Healthy With Fruits and Veggies</li> </ul>		Fruit and Veggie Recipes ( <a href="#">English</a> )  Encouraging Vegetables for preschoolers ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )  <a href="#">Nutrients and health benefits   ChooseMyPlate</a> (English)  Add More Vegetables to your Day( <a href="#">English</a> ) ( <a href="#">Spanish</a> )
Nutrition: Carbohydrates			Choosing Whole Grain Foods <a href="#">English</a> <a href="#">Spanish</a>
Nutrition: Fat/Cholesterol			The Skinny on Fat: The Good, The Bad, and the Unknown <a href="#">English</a> <a href="#">Spanish</a>
Nutrition: Fiber			<a href="#">Easy Ways to Boost Fiber in Your Daily Diet</a> (English)

<b>MI-WIC NE Topic</b>	<b>wichealth lesson (<a href="http://www.wichealth.org">www.wichealth.org</a>)</b>	<b>Michigan WIC Resources</b>	<b>Other Resources</b>
Nutrition: Protein			How Much Protein Should I Eat <a href="#">English</a>
Nutrition: Postpartum	-Get Into Shape After Your Baby Arrives -Better Ways to Handle Everyday Stress	Healthy Moms - You've Got This! (MDHHS-PUB-1255) ( <a href="#">English</a> )( <a href="#">Spanish</a> )( <a href="#">Arabic</a> )  <a href="#">Before and Between Babies! Be a Healthy, Active Mom</a> (SDE)	Tips for Healthy Postpartum Weight Loss <a href="#">English</a>
Nutrition: Prenatal	-A Recipe for Healthy Pregnancy -Preparing for a Healthy Pregnancy	<a href="#">Food Safety During Pregnancy</a> (group or individual) <a href="#">Healthy Eating During Pregnancy</a> (group) <a href="#">Pregnancy Pointers</a> (SDE) Tips for a Healthy Pregnancy (English, Spanish, Arabic) (DCH-1323)	Tips for Pregnant Moms <a href="#">English</a> <a href="#">Spanish</a>  Health Tips for Pregnant Women <a href="#">English</a>

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Nutrition: Toddler/Preschool			<p>Healthy Eating for Preschoolers <a href="#">English</a> <a href="#">Spanish</a></p> <p>Feeding Your 2 to 5-Year-Old (UDIM) <a href="#">English</a></p> <p>Healthy Meals with MyPlate (<a href="#">English</a>) (<a href="#">Spanish</a>)</p> <p>Healthy Snacks with Smiles <a href="#">English</a> <a href="#">Spanish</a></p> <p>Helping Your Child: Tips for Parents and Other Caregivers <a href="#">English</a></p> <p>Sample Menu for a One-Year- Old <a href="#">English</a> <a href="#">Spanish</a></p> <p>Sample Menu for a Two-Year-Old <a href="#">English</a> <a href="#">Spanish</a></p> <p>Selecting Snacks for Toddlers <a href="#">English</a> <a href="#">Spanish</a></p> <p>Feeding and Nutrition Tips: Your 2- Year-Old Includes: Unsafe Foods, Healthy Eating Basics &amp; Picky Eaters, Supplementation for Some Children. <a href="#">English</a> <a href="#">Spanish</a></p>

<p>Oral Health</p>	<p>-Two Minutes Twice a Day for a Healthy Smile          -Give You and Your Baby a Lifetime of Healthy Teeth</p>		<p><a href="#">Healthy Nutrition for Healthy Teeth</a>          (English)</p> <p><a href="#">Nutrition &amp; Your Child's Dental Health</a>          (English)</p> <p>Eat Right for a Healthy Mouth and Teeth <a href="#">English</a></p>
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MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Oral Health: Brush curriculum project			
Vitamin/Minerals: Fluoride			Eat Right for a Healthy Mouth and Teeth <a href="#">English</a>
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		<a href="#">Parenting at Mealtime &amp; Playtime</a> (Ohio AAP, English & Spanish resources, by age)
Picky Eating	-Secrets for Feeding Picky Eaters	<a href="#">No More Battles! Feeding Your Picky Eater</a> (SDE)	Healthy Tips for Picky Eating ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )  Tips for a “Choosy Eater” ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )
Project FRESH: Food Demonstration			
Project FRESH: Food Safety			
Project Fresh: Fruits & Vegetables		WIC Project FRESH – Fruits and Vegetables (SDE) ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )	MyPlate, MyState ( <a href="#">English</a> )
Project FRESH: Shop Smart			

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Safe Sleep	-Understanding Your Baby's Sleep -Help Your Baby Sleep Safe and Sound	<a href="#">Breastfeeding &amp; Safe Sleep</a> (SDE)	Baby Sleeping and Eating: What is Normal? <a href="#">English</a> <a href="#">Spanish</a> <a href="#">Arabic</a>  Baby We've Got Your Back (poster) <a href="#">English</a>  <a href="#">MDHHS Infant Safe Sleep Program website</a> (resources in English, Spanish, Arabic)
Sesame Street		<a href="#">Sesame Street: Eat Well, Anytime, Anywhere</a> (SDE)	
Shopping Smart	-Useful Tips for Grocery Shopping (Part I) -Useful Tips for Grocery Shopping (Part II)		Tips for Every Aisle ( <a href="#">English</a> ) Save More at the Store ( <a href="#">English</a> )
Smoking			Give Your Baby a Healthy Start - The Dangers of Smoking, Drinking and Taking <a href="#">Drugs</a> (USDA) <a href="#">English</a> <a href="#">Spanish</a>  The Dangers of Second Hand Smoke (AAP) <a href="#">English</a> <a href="#">Spanish</a>
Snacks	-Make Meals and Snacks Simple - Effective Ways to Reduce Junk Food		MyPlate video ( <a href="#">English</a> )  Healthy Snacks with Smiles <a href="#">English</a> <a href="#">Spanish</a>
Sugar/Artificial Sweeteners			Are Artificial Sweeteners Safe for Kids? <a href="#">English</a>

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Vegetarian/Meatless Meals	-Meatless Meals for Busy Families		Vegetarian Infants <a href="#">English</a>  Vegetarian Nutrition for Toddlers and Preschoolers <a href="#">English</a>  Vegetarian Diets During Lactation <a href="#">English</a>  Vegetarian Diets in Pregnancy <a href="#">English</a>  <a href="#">Tips for Vegetarians   ChooseMyPlate</a> (English)  Healthy Eating for Vegetarians ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )
Vitamins/Minerals: Vitamin D			Vitamin D Fact Sheet for Consumers <a href="#">English</a>
Vitamins/Minerals: Folic Acid		<a href="#">Before and Between Babies! Moms Always Need Folic Acid</a> (SDE)	Folic Acid is part of my Healthy Lifestyle ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )  Folate Fact Sheet for Consumers <a href="#">English</a>  Folic Acid <a href="#">English</a> <a href="#">Spanish</a>
Vitamins/Minerals: General			Why Take a Prenatal Supplement <a href="#">English</a>  Dietary Supplements - What You Need to Know <a href="#">English</a>
Vitamins/Minerals: Iodine			Iodine Fact Sheet for Consumers <a href="#">English</a>

MI-WIC NE Topic	wichealth lesson ( <a href="http://www.wichealth.org">www.wichealth.org</a> )	Michigan WIC Resources	Other Resources
Vitamins/Minerals: Iron		Iron for Strong Blood ( <a href="#">English</a> ) <a href="#">Before and Between Babies! Stay Strong with Iron</a> (SDE)	Iron Fact Sheet for Consumers <a href="#">English</a>
Water			Water: It's a Great Choice For preschoolers ( <a href="#">English</a> ) ( <a href="#">Spanish</a> )
Water Safety			Drinking Water Quality <a href="#">English</a>
Weight: Healthy Weight	-Better Ways to Handle Everyday Stress	<a href="#">Healthy Weight Gain for Baby and Me</a> (individual)	We Can! Families Finding the Balance <a href="#">English</a>
Weight: Prenatal Weight Gain	-Preparing for a Healthy Pregnancy		Tips for Pregnant Moms <a href="#">English</a> <a href="#">Spanish</a>  Healthy Weight During Pregnancy <a href="#">English</a>  Tips for Healthy Postpartum Weight Loss <a href="#">English</a>