

GUIDANCE FOR USING THE NUTRITION EDUCATION CARDS

Infant Cards

The infant cards address specific developmental stages and basic feeding recommendations. Use the nutrition assessment and discussion with the parent/caregiver to determine which card might supplement your education. Before giving a bottle-feeding card, assess the infant's feeding and if it is necessary to provide the card.

Developmental stage or feeding recommendations:	Suggested cards and content:
Newborn – Breastfed	<ul style="list-style-type: none"> • <i>The First 3 Months</i> – Infant guides the feeding; Hunger and satiety cues • <i>Breastfeeding Cards</i> – select cards based on assessment*
Newborn – Any bottle feeding	<ul style="list-style-type: none"> • <i>The First 3 Months</i> – Infant guides the feeding; Hunger and satiety cues • <i>Bottle Feeding Your Baby</i> – Hunger and satiety cues; Typical amounts by age, Formula preparation • <i>Paced Bottle Feeding</i> – Feeding steps; Resources
Starting solids (pureed foods)	<ul style="list-style-type: none"> • <i>Introducing Solid Foods</i> – First foods; How to Start; Tips • <i>Homemade Foods for Baby</i> – What to puree; Helpful gadgets; Tips; Quick and Easy baby food
Advancing textures (soft, mashed foods)	<ul style="list-style-type: none"> • <i>Choosing Meats and Textures</i> – Foods to offer; Meats; Feeding Plan by stage of development
Finger foods	<ul style="list-style-type: none"> • <i>Finger Foods for Baby</i> – Signs of readiness; Finger foods to offer; Tips; Feeding difficulties • <i>Feeding an Older Infant</i> – Develop meal and snack routines; Sample menu
Bottle weaning and cup use	<ul style="list-style-type: none"> • <i>Weaning from the Bottle</i> – Ways to wean; Why wean; Tips • <i>Baby's First Cup</i> – Tips for introducing; Cup options • <i>Protect Baby Teeth</i> – Teething expectations; Care of teeth; Prevent tooth decay

*Breastfeeding cards guidance will be provided later.

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Child Cards

The child cards address basic nutrition recommendations and feeding issues. Use the nutrition assessment and discussion with the parent/caregiver to determine which card might supplement your education.

Nutrition recommendations or feeding issue:	Suggested cards and content:
Basic nutrition for kids	<ul style="list-style-type: none"> • Choose a Healthy Plate for Kids – Tips for a Healthy Plate; Food Groups; Sample Menu
Encourage physical activity	<ul style="list-style-type: none"> • Happy, Healthy, Active – Why physical activity is important; Activity ideas by age
Toddler meals and mealtimes	<ul style="list-style-type: none"> • Easy Toddler Meals – What toddlers should be eating; Food safety tips; Quick and simple meals • Mealtime Routines – Building healthy eating habits; Family meals; Meal/snack ideas
Food refusal	<ul style="list-style-type: none"> • Feeding with Confidence – What to do when child refuses to eat; Suggestions for feeding
Picky eating or changing appetite	<ul style="list-style-type: none"> • Picky Eating – Reasons for picky eating; Suggestions for addressing picky eating • A Child's Appetite – Parent/child division of responsibility for eating; Meal tips; Beverage choices
Healthy snacks and beverages	<ul style="list-style-type: none"> • Snacks for Kids – Guidelines for snacks; Quick snacks; Combo snacks • I am Thirsty – Encourage water; Appropriate milk and juice intake; Limit Sugary drinks

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Pregnancy cards

The pregnancy cards address basic nutrition and health recommendations along with typical nutrition concerns. Use the nutrition assessment and discussion with the pregnant woman to determine which card might supplement your education.

Nutrition/health Recommendations or Nutrition Concern:	Suggested cards and content:
Basic nutrition and health recommendations	<ul style="list-style-type: none"> • <i>Eating Well During Pregnancy</i> – MyPlate for pregnancy; Avoid unsafe foods; Nutritious food choices • <i>Health Tips for Pregnant Women</i> – Prenatal care; Mental and emotional health; Eat well; Avoid harmful substances
Prenatal weight gain	<ul style="list-style-type: none"> • <i>Healthy Weight Gain During Pregnancy</i> - Weight gain recommendations by pre-pregnancy weight status; Where weight goes; Tips for appropriate weight gain
Prenatal vitamin/mineral supplements	<ul style="list-style-type: none"> • <i>Prenatal Vitamins</i> – Choosing a supplement; Iron, Iodine and Folic Acid; Accessing prenatal supplements; Managing nausea
Discomforts of pregnancy	<ul style="list-style-type: none"> • <i>Nausea and Vomiting During Pregnancy</i> – Tips for managing nausea • <i>Heartburn and Upset Stomach During Pregnancy</i> – Causes; Tips for managing heartburn and upset stomach; Food choices

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General Cards

The General Cards address specific nutrition topics for women and children. Use the nutrition assessment and discussion with the participant/caregiver to determine which card might supplement your education.

Nutrition or Health Topic:	Suggested cards and content:
Encourage fruits and vegetables	<ul style="list-style-type: none"> • <i>Eating More Fruits and Vegetables</i> – Ways to add more produce to each meal; How much to eat
Increase key nutrients	<ul style="list-style-type: none"> • <i>Eating More Iron</i> – Sources of iron; How to get enough iron • <i>Getting more Vitamin D</i> – Sources of vitamin D; Vitamin D recommendations by age; Understanding vitamin D supplements
Family meals	<ul style="list-style-type: none"> • <i>Enjoy Family Meals</i> – How to make mealtime family time; Quick meal ideas; Why family meals matter
Postpartum exit counseling	<ul style="list-style-type: none"> • <i>Stay Healthy</i> – Card covers the required topics of Postpartum Exit counseling including: Well-balanced diet; Immunizations; Folic Acid; Breastfeeding; Avoiding harmful substances
Tips for weight gain (for women and children)	<ul style="list-style-type: none"> • <i>Weight Gain Tips</i> – Meal and snack recommendations; Ways to boost caloric intake
Avoid harmful substances	<ul style="list-style-type: none"> • <i>Alcohol, Tobacco and Other Drugs</i> – This card may be used to provide the required Drug and Harmful Substance Abuse Education and Resource Information. If desired, add a label with your local agency’s resources on the bottom of the backside of the card.