

Nutrition Education Materials available from ITCA

Pregnancy

- Loving Your Baby Before She is Born
- Be Regular/Feel Good
- MyPlate: Eat for a Healthy Baby
- You Can Make A Difference in Your Babies Life

Postpartum (including Breastfeeding) Women

- A Healthy You...A Healthy Family
- Babies Soak Up a Lot of Vitamins

Breastfeeding

See Chapter 3: Breastfeeding Promotion and Support, Attachment C

General Women

- A Healthy Habit: Handy Portions
- Boost Your Energy Level!
- Making Future Babies Healthy
- Out and About Magazine
- Strong Bones for Strong Moms
- Munching Maters – the Secret to Smart Snacking
- Living Well Digest

Infants

- Baby's First Finger Foods
- Bottle feeding
- Feeding Your Baby 10-12 Months
- Feeding Your Baby 6-8 Months
- Feeding Your Baby 8-10 Months
- Feeding Your Baby the First 6 Months
- Preparing Formula for Your Baby
- Give Your Baby a Beautiful Smile
- Helping Your Child Through Diarrhea/Constipation
- Living Well Digest
- Bringing Home Baby Magazine
- Let's Eat Magazine
- Out and About Magazine

Children

- A Child's Appetite
- A healthy toddler plate
- A Hundred of these Kisses can't reward your child...
- Active Toys
- Boost Your Child's Brain Power
- Checklist for Feeding Kids Healthy
- Chop Chop Magazine
- Feeding Our Children With Love
- Give Your Child Something to Smile About
- Helping Your Child Through Diarrhea/Constipation
- I'm twelve months
- Is Your Child A Picky Eater
- Juice: A Little Goes a Long Way

- Living Well Digest
- Strong Bones for Strong Kids
- Make Snack Time Fun & Healthy
- My little helper: 12 simple cooking skills for your child to learn
- Picky Eating
- Play With A Ball
- Play Outside
- Play Inside
- The Fruits and Veggies Guide to Good T.A.S.T.E.
- Turn on the Music
- Watch Less TV

General

- 3 Great Plates for Your Family
- Cleaning the Plate Always Makes Sense Here
- Healthy Weight Gain
- Flavor Up Your Meals with More Vegetables
- Family Meals are a Time to Share...
- Keep Diabetes a Hop, Skip and Jump Behind You
- See TV as You've Never Seen it Before
- Think About What You're Really Drinking
- 4 Fit WIC Newsletters
- Finding Your Balance with Fruits and Veggies
- Fruits and Vegetables
- Skim and 1% Milk