

Health Bites Topics

Category	Health Bites Topic	Video Name	STARS Topic
PG	Breastfeeding Promotion	Margaret Getty Tonight	Breastfeeding Benefits Breastfeeding Support
	How to Breastfed	How To Breastfeed: A Special Presentation	Breastfeeding How To's Healthy Snacks Healthy Drinks Breastfeeding Problem Solving
	Pregnancy and Nutrition	Pregnancy Makeover	PG Weight Gain Limit High Fat Foods Limit High Sugar Foods Healthy Drinks Physical Activity PICA Folic Acid
	Dental Care for PG Women and Infants	The Jimmy Crown Show	Dental Health
BF	Breastfeeding Promotion	Margaret Getty Tonight	Breastfeeding Benefits Breastfeeding Support
	How to Breastfed	How To Breastfeed: A Special Presentation	Breastfeeding How To's Healthy Snacks Healthy Drinks Breastfeeding Problem Solving
	Supporting Continued Breastfeeding	Breastfeeding Wisdom	Breastfeeding: Working and School Breastfeeding Support Breastmilk Pumping and Storage
	Weaning	Open Mic Night	Weaning from Breast
	Postpartum Nutrition and Weight Loss	Tales of a Postpartum Princess	Healthy Drinks Healthy Snacks Physical Activity Iron Foods Fruits/Veggies
	Physical Activity	Get Moving with Professor Stan	Physical Activity Limit Television
	Smart Shopping	Who's the Smart Shopper?	Grains Fruits and Veggies Milk Type Meat/Protein Foods Healthy Snacks Limit Juice Intake
	Vegetables and Gardening	Annie Get Your Greens	Fruits/Veggies

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PP	Postpartum Nutrition and Weight Loss	Tales of a Postpartum Princess	Healthy Drinks Healthy Snacks Physical Activity Iron Foods Fruits/Veggies
	Physical Activity	Get Moving with Professor Stan	Physical Activity Limit Television
	Smart Shopping	Who's the Smart Shopper?	Grains Fruits and Veggies Milk Type Meat/Protein Foods Healthy Snacks Limit Juice Intake
	Vegetables and Gardening	Annie Get Your Greens	Fruits/Veggies
	Adult Portion Sizes	Food Court with Judge Martha Mack	Portion Sizes
	Cooking Fast Healthy Meals	The Magic of Ms. Margot Pipp	Grains Fruits and Veggies Milk Type Meat/Protein Foods Healthy Snacks
	Junk Foods, Snacks and Eating Out	The Adventures of Super Harvest	Limit High Fat Foods Limit High Sugar Foods Healthy Snacks Portion Sizes
I	How to Breastfeed	How To Breastfeed: A Special Presentation	Breastfeeding How To's Healthy Snacks Healthy Drinks Breastfeeding Problem Solving
	Supporting Continued Breastfeeding	Breastfeeding Wisdom	Breastfeeding: Working and School Breastfeeding Support Breastmilk Pumping and Storage
	Weaning	Open Mic Night	Weaning from Breast Weaning from Bottle Appropriate Cup Types
	Feeding Your Younger Infant	Mom and Babies	Breastfeeding How To's Breastfeeding Support Breastfeeding Benefits Hunger and Satiety Cues
	Feeding Your Older Infant	Feeding in Frio	Age Appropriate Foods Choking Hazards Hunger and Satiety Cues Finger Foods Breastfeeding Support
	Dental Care for PG Women and Infants	The Jimmy Crown Show	Dental Health

Health Bites Topics

C	Feeding Your Preschooler	Health Bites Sports with Pat and Miles	Healthy Drinks Healthy Snacks Milk Type Limit Juice Intake Limit Television Parent/Child Feeding Responsibilities
	Feeding Your Toddler	Mealtime on Oak Street	Choking Hazards Limit Juice Intake Limit Television Parent/Child Feeding Responsibilities
	Picky Eaters	Special Eating Unit: The Case if Picky Eating	Picky Eater
	Portion Sizes for Preschoolers	Health Bites News Now	Portion Sizes
	Physical Activity	Get Moving with Professor Stan	Physical Activity Limit Television
	Family Mealtime	Rock of Dragoon: The Search for the Treasure of Family Mealtime	Meat/Protein Foods Grains Fruits/Veggies
	Healthy Weight in Children	As the Apple Turns	Diabetes Prevention Healthy Snacks Limit Juice Intake Physical Activity Limit High Fat Foods Limit High Sugar Foods Limit Television Portion Sizes Hunger and Satiety Cues Parent/Child Feeding Responsibilities
	Dental Care for Toddlers and Preschoolers	The Jimmy Crown Show	Dental Health Limit Juice Intake
	Junk Foods, Snacks and Eating Out	The Adventures of Super Harvest	Limit High Fat Foods Limit High Sugar Foods Healthy Snacks Portion Sizes