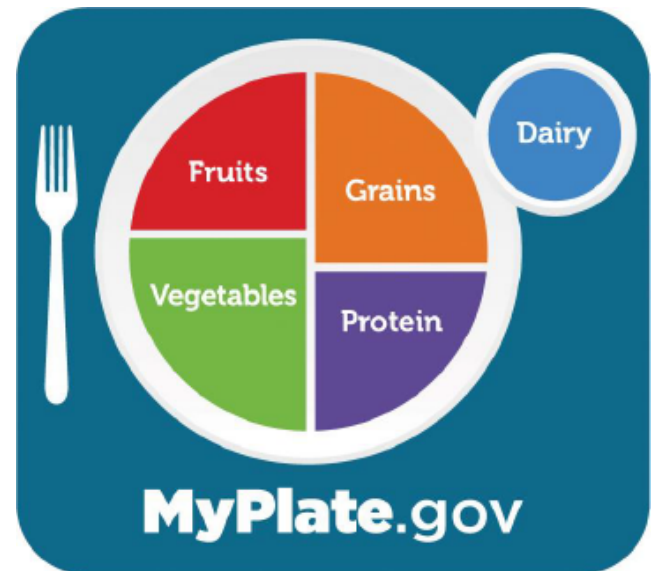
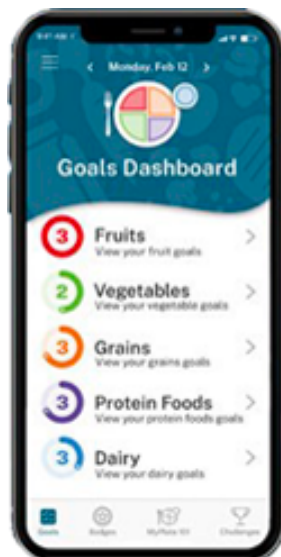


**The  
benefits of  
healthy  
eating add  
up  
overtime,  
bite by  
bite. Make  
every bite  
count.**

## Healthy Eating and Nutrition

According to the Dietary Guidelines for Americans a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products (or lactose-free dairy or fortified soy beverages) for ages 2 and older.
- Includes a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds.
- Has low levels of sodium (salt), saturated fat, and added sugars.
- Stays within your daily calorie needs.
- USDA's MyPlate Plan can help you identify what and how much to eat from the different food groups, while staying within your recommended calorie allowance.



Download the Start Simple with MyPlate App via Google Play or the Apple App Store



## To learn more about Healthy Eating and Nutrition, visit:

- Can! Ways to enhance children's activity and nutrition - NIH.  
<https://www.nhlbi.nih.gov/health/educational/we-can/>
- Tips to help children maintain a healthy weight - Centers for Disease Control and Prevention.  
<https://www.cdc.gov/healthyweight/children/index.html>
- Nutrition and fitness information from the American Academy of Pediatrics.  
<https://www.healthychildren.org/english/ages-stages/pages/default.aspx>
- Learn more about the new nutrition facts label - FDA. <https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials>
- Get tips on how to eat healthy on a budget, plan ahead and save time, and eating healthy away from home - Office of Disease Prevention and Health Promotion  
<https://health.gov/myhealthfinder/healthy-living/nutrition>
- Get real-time notices of food recalls, plus tips on how to safely handle food to prevent foodborne illnesses. <https://www.foodsafety.gov/>

## Tips to make Every bite count:

- Make half your plate fruits and vegetables. Focus on eating whole fruits and eat a variety of colorful veggies.
- Vary your protein routine.
- Make half your grains whole grains.
- Move to low-fat or fat-free dairy milk or yogurt for ages 2 years and older.
- Drink and eat less sodium, saturated fat, and added sugars.



**Learn what  
you can do  
to help  
children  
and  
families  
eat  
healthier.**



## **Additional Healthy Eating and Nutrition Resources for Parents/Consumers and Professionals:**

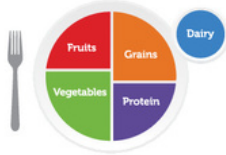
- **Parents/Consumers:**

- The USDA has a [Child Nutrition Information Center](#) that lists resources, tools, and agencies related to child nutrition and physical activity.
- The [Eat Right website](#) from the Academy of Nutrition and Dietetics shares information on food, health, and fitness for all age levels.  
<https://www.eatright.org/for-kids>

- **Professionals:**

- MyPlate Toolkits from USDA:  
<https://www.myplate.gov/professionals/toolkits>
- USDA Foods Toolkit for Child Nutrition Programs - USDA: <https://www.fns.usda.gov/usda-fis/usda-foods-toolkit-child-nutrition-programs>
- Setting the Table for Healthy Eating toolkit:  
<https://www.fda.gov/food/nutrition-education-resources-materials/health-educators-nutrition-toolkit-setting-table-healthy-eating>
- The CDC created a [Healthy Schools Partner Promotion Toolkit](#) to raise awareness of the USDA School Meal Program and to encourage participation in the program.
- USDA steps to improve child health through nutritious school meals:  
<https://www.usda.gov/media/press-releases/2023/02/03/usda-announces-steps-improve-child-health-through-nutritious-school>

## Start simple with MyPlate



# Start Simple with MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



### Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



### Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



### Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



### Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soymilk. Top with fruit and nuts to get in two more food groups.



### Drink and eat less added sugars, saturated fat, and sodium

Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use [Nutrition Facts labels](#) to compare foods.



Go to [MyPlate.gov](#) for more information. USDA is an equal opportunity provider, employer, and lender.

**The benefits of healthy eating  
add up over time, bite by bite.**

FNS-905-1  
March 2022





# Tennessee WIC Program

WIC is a Supplemental Nutrition Program offering:

- Food Benefits
- Nutrition Education
- Breastfeeding Support
- & More!



Buy food with your TNWIC card!



WIC Foods Include Fruits & Vegetables!



A family of four qualifies if they earn \$4,625 per month or less!

Online Nutrition Education Services!

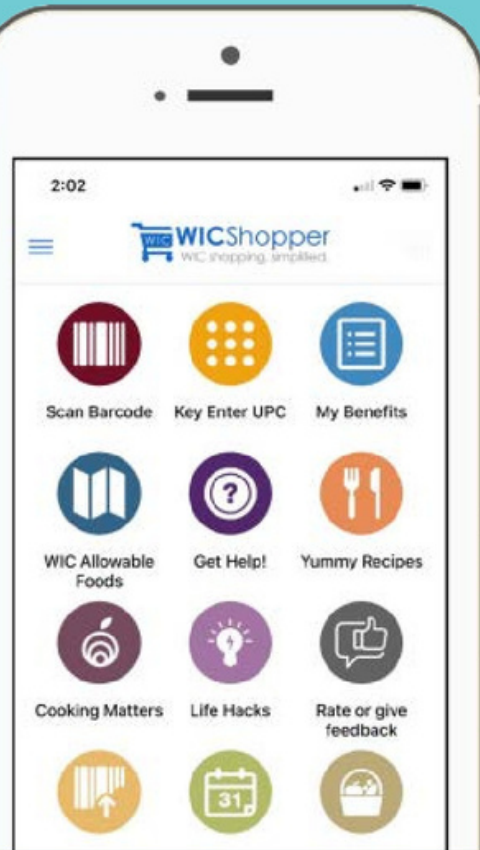


We have an app!



WICShopper App

- View your balance
- Find stores
- See approved foods



1-800-DIAL-WIC | 1-800-342-5942 | [www.tn.gov/wic](http://www.tn.gov/wic)

This institution is an equal opportunity provider.



# Tennessee WIC Program

## What Does WIC Provide?

Supplemental Food Assistance, Nutrition Education, Breastfeeding Support, & Referrals to Other Health, Well-Being, and Community-Based Services

## Who Is WIC For?

- Pregnant Women
- Postpartum Women
- Breastfeeding Women
- Infants
- Children Up To Age 5

## Where Can You Get WIC?

WIC services are done in local Health Departments and WIC clinics. Telehealth communication is an option at some service locations as well.

All WIC participants and applicants must meet the income guidelines or already participate in Medicaid TennCare, SNAP, or TANF/Families First. For more information, visit: [www.tn.gov/wic/income-guidelines](http://www.tn.gov/wic/income-guidelines)

## How Do You Apply?

Contact your local Health Department or WIC Clinic to make an appointment. To find one near you, visit: [www.tn.gov/wic-clinics](http://www.tn.gov/wic-clinics)



Scan here with your phone to download the **WIC Shopper App**

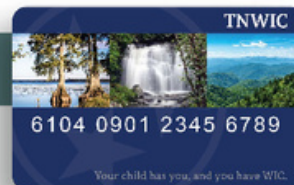
## Give Us A Call!

We'd love to answer any questions you have about the WIC program.

Our WIC Hotline is available  
Mon. - Fri. 7:00 am - 4:30 pm CT  
1-800-DIAL-WIC

## How Does The Card Work?

Each family gets a **TNWIC** card!



Food benefits are loaded onto your account and can be used at grocery stores with your TNWIC card. Use your benefits as you need them!

**WIC Hotline:** 1-800-DIAL-WIC | [www.tn.gov/wic](http://www.tn.gov/wic)

**TN Breastfeeding Hotline:** 855-4BF-MOMS

[breastfeeding.tn.gov](http://breastfeeding.tn.gov)



Department of Health Authorization No. 355912.  
This Electronic publication was promulgated at zero cost.  
June 2023

**WIC**  
safeguards  
the health of  
children and  
families by  
providing  
nutritious  
food,  
nutrition  
education,  
and referrals  
to other  
services.



## To Learn more about the WIC Program visit:

- **Parents/Consumers:**
  - For WIC Applicants:  
<https://www.tn.gov/health/health-program-areas/fhw/wic/redirect-wic/about-ssnp-for-wic.html>
  - For WIC Participants:  
<https://www.tn.gov/health/health-program-areas/fhw/wic/redirect-wic/for-participants.html>
- **Professionals:**
  - USDA website about the WIC Program:  
<https://www.fns.usda.gov/wic/about-wic>
  - Learn more about the Tennessee WIC Program:  
<https://www.tn.gov/health/health-program-areas/fhw/wic.html>
  - WIC works Resource System is an education and training center for WIC staff: <https://wicworks.fns.usda.gov>

## Breastfeeding in Tennessee

The Tennessee Breastfeeding Hotline is available for expectant and nursing mothers and partners, their families, and healthcare professionals who need breastfeeding support and information. The hotline operates seven (7) days a week, 24 hours a day, with interpretive services in Spanish, Arabic, French, and Mandarin.

The Tennessee Breastfeeding Hotline provides accurate, up-to-date information for common breastfeeding issues and questions, such as:

- Not making enough milk
- Over supply of milk
- Baby refusing to nurse
- Breast and nipple pain
- Engorgement
- Medications and Breastfeeding
- Breast Pumps
- Working and Breastfeeding
- Breastfeeding in public
- Weaning



**Breastfeeding is one of the most highly effective preventive measures a mother can take to protect the health of her infant and herself.**

