

# JPMA WICSmart Nutrition Modules

- 1) 9-Month Old – Transition to Table Food
- 2) Benefits of Breastfeeding
- 3) Breastfeeding During the First Month
- 4) Calcium
- 5) Canned and Frozen Fruits and Vegetables
- 6) Cholesterol
- 7) Choose Fast Foods Wisely
- 8) Create a Colorful Plate
- 9) Dental Health
- 10) Feeding Cues
- 11) Feeding Your Toddler
- 12) Fiber
- 13) Food Labels: What is Changing
- 14) Food Safety
- 15) Fruit Juice
- 16) Healthy Eating for Breastfeeding
- 17) Healthy Weight in Children
- 18) Iron
- 19) Lead
- 20) Milk and Milk Alternatives
- 21) Seasonal Fruits and Vegetables
- 22) Vitamin D
- 23) Welcome to WIC
- 24) Whole Grains – New Options
- 25) Yogurt

