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**Nutrition Matters, Inc. is the sole producer, printer, distributor and copyright owner of the following nutrition education materials (English and Spanish):**

- Baby Feeding education** (bottle feeding, safe foods for your baby, baby's first cup, baby's first spoonfuls, homemade baby foods, baby's first finger foods, baby teeth)
- Baby Stages™ education** (my first three months, I'm three months, I'm 6 months, I'm nine months, I'm twelve months)
- WeeBites® education** (baby's first bites, first foods infant guide, baby's first finger foods, easy purees, extra baby food, freeze purees, toddler breakfast, toddler meals, toddler snacks, preschool breakfast, preschool meals, preschool snacks, ready to eat)
- WeeSteps® education - Grow and Learn™** (night sleeping, baby appetite, baby sight, first tooth, naps, play & share)
- Toddler and Breastfeeding education** (baby's first month, my plan to breastfeed, breastmilk made easy, bye bye bottle, sippy cup, toddler's veggies, toddler's fruits, easy toddler meals, toddler nutrition guide)
- Pregnancy and PostPartum education** (healthy weight gain, control your weight, gain more weight, nausea and vomiting, heartburn, small frequent meals, folic acid, constipation, food safety, postpartum mom)
- Preschool Child nutrition education** (vegetables, grains, fruits, milk, meat & beans, prevent choking, steps to a healthy child guide, I'm thirsty, snack time, kid snacks, sweet drinks, sweet tooth)
- Preschool Child Activity education** (play outside, play inside, turn on the music, play with a ball, watch less tv, active toys)
- WIC Foods nutrition education cards** (7 ways to eat more fruits and vegetables, frozen fruits and vegetables, dark green vegetables, red and orange vegetables, whole grains, tortillas, brown rice, milk, eggs, beans, yogurt)
- Family education** (12 steps to a healthy family, which foods have iron, calcium, eat mindfully)
- MyPlate nutrition education** (steps to a healthy plate, fruits & vegetables, whole grains, skim or 1% milk, protein foods, enjoy your food, less sodium, drink water, less often, family meals, magnets)
- Mealtime Parenting™ education** (fussy eater, child's appetite, try it, force feeding, short order cook, mealtime routines, role model, cupboard makeover, comfort with love, reward with love)
- Fruits & Veggies Tear Sheets** (tomatoes, pea pods, sweet peppers, squash, leafy greens, berries, carrots, oranges, potatoes)
- Cooking Tear Sheets** (yogurt, canned beans, canned fish, frozen fruits and vegetables, roast veggies, freeze veggies)
- Parenting Messages education** (new foods, enjoy meals, family style meals, child's appetite, a single meal, serve at every meal, grab and eat snacks, whole grains, strong bones need milk, magnets)
- Clinic Tear Sheets™** (BMI for children, iron foods for moms and kids, iron foods for women, iron foods for children, iron foods for older babies and toddlers, constipation in children, high calorie foods for kids, vary your veggies, eat whole fruits)
- CACFP Resource Materials** (breakfast, snacks, lunch & supper for 1 & 2 year olds, 3 to 5 year olds, and 6 to 18 year olds)
- NuBites tipsheets**
- Books** - Veggies for Kids - ISBN 978-1-942530-00-8  
Finger Foods - ISBN 978-1-942530-18-3  
Farmers' Market - ISBN 978-1-942530-08-4  
My Little Helper - ISBN 978-1-942530-10-7  
Baby Purees - ISBN 978-1-942530-14-5  
Eat Play Sleep - ISBN 978-1-942530-24-4
- My First Year - ISBN 978-1-942530-30-5  
Little Lunches - ISBN 978-1-942530-20-6  
Easy Veggies - ISBN 978-1-942530-28-2  
Simple Snacks - ISBN 978-1-942530-32-9  
Kids in the Market - ISBN 978-1-942530-36-7  
Easy Whole Grains - ISBN 978-1-942530-34-3  
Easy Beans - ISBN 978-1-942530-38-1

**There are no agents or dealers authorized to market or represent these products.**

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