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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*):**

### **Breastfeeding Education**

- Cards** - Baby's First Month, My Plan To Breastfeed, Breastfeed Early and Often, Return to Work or School
- Brochure** - Dad & Partners Matter
- Tear Sheets** - Get A Good Latch, Is My Baby Getting Enough?, Express Breastmilk, Store Breastmilk, Make A Plan To Breastfeed, Make a Pumping Plan, Make Breastfeeding Goals
- Book** - Breastfeeding Your Newborn Baby (*ISBN 978-1-942530-42-8*)

### **Infant Nutrition Education**

- Cards** - Paced 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  
My First Three Months, I'm Three Months, I'm Six Months, I'm Nine Months, I'm Twelve Months
- Guide** - First Foods For Your Baby's First Year Of Life (*Infant Nutrition Guide*)
- Brochures** - Ways To Start Solid Foods, Reduce The Risk Of Food Allergies, Start Solids Safely, Create Routines for Safe Sleep
- Tear Sheets** - Baby's First Bites, Iron Foods For Older Babies And Toddlers, Fresh Fruits And Veggies! - 15 Finger Foods To Make for Baby, Easy Purees, Baby Food Ideas, Freeze Purees, Baby Diapers
- Books** - Baby Purees (*ISBN 978-1-942530-14-5*)  
Ready to Eat (*ISBN 978-1-942530-50-3*)  
Finger Foods (*ISBN 978-1-942530-18-3*)  
My First Year (*ISBN 978-1-942530-48-0*)

### **Toddler Nutrition Education**

- Cards** - Bye Bye Bottle, Toddler Cup, Toddler Fruits and Veggies, Protein for Growing Toddlers, Sippy Cup, Toddler Fruits, Toddler Veggies
- Guide** - Grow Into A Healthy Eater (*Toddler Nutrition Guide*)
- Tear Sheets** - Toddler Breakfast, Toddler Meals, Toddler Snacks,
- Books** - I am One Booklet (*ISBN 978-1-942530-52-7*)  
I am Two Booklet (*ISBN 978-1-942530-56-5*)

### **Preschool Child Nutrition Education**

- Cards** - Vegetables, Fruits, Safe Feeding to Prevent Choking  
I'm Thirsty, Snack Time, Kid Snacks, Sweet Drinks, Sweet Tooth  
Turn On The Music, Play With A Ball, Active Toys  
Fussy Eater, Child's Appetite, Try It, Force Feeding, Short Order Cook, Mealtime Routines, Cupboard Makeover
- Guide** - Eat Well, Be Active and Grow Up Healthy (*Preschool Nutrition Guide*)
- Brochures** - Inside Playtime, Let's Play Outside, Make a Screen Time Plan, Refuses to Eat, Let's Try New Foods
- Tear Sheets** - Preschool Breakfast, Preschool Meals, Preschool Snacks  
Iron For Moms And Kids, Iron For Children, Iron Snacks  
Constipation In Children, How's My Child Growing?, High Calorie Foods For Kids  
New Foods Take Time, Enjoy Meals, Family Style Meals, Child's Appetite, Think Beyond A Single Meal, Serve At Every Meal, Grab And Eat Snacks, Whole Grains, Strong Bones Need Milk

***Continued on page 2...***

- Books** - 8 Tips for Feeding a Picky Eater (ISBN 978-1-942530-65-7)  
 Eat Play Sleep Book (ISBN 978-1-942530-24-4)  
 My Little Helper Book (ISBN 978-1-942530-10-7)  
 Veggies for Kids Book (ISBN 978-1-942530-00-8)  
 What's In My Cup Booklet (ISBN 978-1-94530-60-2)  
 Little Book of Little Lunches Booklet (ISBN 978-1-942530-20-6)  
 Simple Snacks Booklet (ISBN 978-1-942530-32-9)  
 My Preschool Years (ISBN 978-1-942530-32-9)  
 Where's My Apple Childrens Book (ISBN 978-1-942530-54-1)  
 Where's My Apple Large Format Children's Book (ISBN 978-1-942530-62-6)  
 Opposites Children's Book (ISBN 978-1-942530-67-1)

## **Pregnancy and PostPartum Education**

**Cards** - Healthy Weight Gain, Control Your Weight, Gain More Weight, Nausea And Vomiting, Heartburn, Small Frequent Meals, Folic Acid, Constipation, Food Safety

**Guide** - Eat Well for a Healthy Baby (*Pregnancy Nutrition Guide*)

**Brochures** - Be A Healthy Mom

**Tear Sheets** - Iron for Women

## **Family Nutrition Education (WIC Foods & Farmers' Market)**

**Cards** - 7 Ways To Eat More Fruits & Vegetables, Frozen Fruits And Vegetables, Dark Green Vegetables, Red And Orange Vegetables, Whole Grains, Tortillas, Brown Rice, Milk, Eggs, Beans, Yogurt  
 Healthy Eating Style, Fruits & Vegetables, Whole Grains, Skim Or 1% Milk, Protein Foods, Enjoy Family Meals, Drink Water  
 Which Foods Have Iron, Calcium Foods, Vitamin D

**Guides** - Buying Fresh Fruits & Veggies, Storing Fresh Fruits & Veggies, Eat Well and Be Active (*Adult Nutrition Guide*)

**Brochures** - 12 Steps To A Healthy Family, Eat Mindfully, Taking Care of You And Your Family, Reduce The Risk of Lead Poisoning, Save At The Store, Make a Meal Plan, Simple Ways to Eat Less Sugar, Simple Ways to Eat Less Sodium

**Tear Sheets** - Yogurt, Canned Beans, Canned Fish, Frozen Fruits & Vegetables, Tofu  
 Roast Veggies, Freeze Veggies  
 Tomatoes, Pea Pods, Sweet Peppers, Squash, Leafy Greens, Berries, Carrots, Oranges, Potatoes  
 Vary Your Veggies, Eat Whole Fruits  
 Let's Eat In Season, Coloring Sheets, Scavenger Hunt

**Books** - Fresh Fruits and Veggies Book (ISBN 978-1-942530-44-2)  
 Easy Veggies Booklet (ISBN 978-1-942530-28-2)  
 Easy Whole Grains Booklet (ISBN 978-1-942530-34-3)  
 Easy Beans Booklet (ISBN 978-1-942530-38-1)  
 Farmers' Market Book (ISBN 978-1-942530-58-9)  
 Kids in the Market Booklet (ISBN 978-1-942530-36-7)

## **NuBites tipsheets, Clinic Tear Sheets™, ONE™ (Online Nutrition Education)**

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Sincerely,

*Cheryl Garlington*

President/Owner  
715-831-1822

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OWNED**  
WWW.WOMENOWNED.LOGO.COM



Nutrition Matters, Inc.  
316 North Barstow Street, Suite I  
Eau Claire, WI 54703

[www.numatters.com](http://www.numatters.com)

**Fax:** 715.855.0129

**Telephone:** 715.831.1822  
(toll free 888.356.5575)

**E-mail:** [info@numatters.com](mailto:info@numatters.com)