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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** (baby's first month, my plan to breastfeed, breastmilk made easy, magnets, get a good latch, is my baby getting enough?, express breastmilk, store breastmilk, make a plan to breastfeed)  
**Breastfeeding Your Newborn Baby Book (ISBN 978-1-942530-42-8)**

**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 six 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, baby food ideas, freeze purees, toddler breakfast, toddler meals, toddler snacks, preschool breakfast, preschool meals, preschool snacks, ready to eat, iron foods for older babies and toddlers)

**Baby Purees Book (ISBN 978-1-942530-14-5)**      **Finger Foods Book (ISBN 978-1-942530-18-3)**  
**Ready to Eat Book (ISBN 978-1-942530-50-3)**

**WeeSteps® Education - Grow and Learn™** (night sleeping, baby appetite, baby sight, first tooth, naps, play & share)  
**My First Year Booklet (ISBN 978-1-942530-30-5)**

**Toddler Education** (bye bye bottle, sippy cup, toddler's veggies, toddler's fruits, easy toddler meals, toddler nutrition guide)

**Pregnancy and PostPartum Education** (steps to a healthy plate during pregnancy, healthy weight gain, control your weight, gain more weight, nausea and vomiting, heartburn, small frequent meals, folic acid, constipation, food safety, postpartum mom, iron for women)

**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 breakfast, preschool meals, preschool snacks, iron snacks, help me grow healthy and strong with iron, iron foods for children, iron foods for moms and kids, constipation in children, how's my child growing?, high calorie foods for kids)

**My Little Helper Book (ISBN 978-1-942530-10-7)**      **Little Book of Little Lunches Booklet (ISBN 978-1-942530-20-6)**  
**Veggies for Kids Book (ISBN 978-1-942530-00-8)**      **Simple Snacks Booklet (ISBN 978-1-942530-32-9)**  
**Eat Play Sleep Book (ISBN 978-1-942530-24-4)**

**Preschool Child Activity education** (play outside, play inside, turn on the music, play with a ball, watch less tv, active toys, inside playtime, let's play outside)

**WIC Foods Nutrition Education** (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)

**Cooking Education** (yogurt, canned beans, canned fish, frozen fruits and vegetables, tofu, roast veggies, freeze veggies)

**Family Nutrition Education** (12 steps to a healthy family, which foods have iron, calcium, eat mindfully)

**MyPlate Nutrition Education** (healthy eating style, fruits & vegetables, whole grains, skim or 1% milk, protein foods, enjoy family meals, drink water, 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)

**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)

**Fruits & Veggies Education** (tomatoes, pea pods, sweet peppers, squash, leafy greens, berries, carrots, oranges, potatoes, vary your veggies, eat whole fruits, coloring sheets, scavenger hunt)

**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 Education** (enjoy the tastes of summer - visit your farmers' market, from the farmers' market to your family's table, buying fresh fruits and veggies, storing fresh fruits and veggies)

**Farmers' Market Book (ISBN 978-1-942530-08-4)**      **Kids in the Market Booklet (ISBN 978-1-942530-36-7)**

**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, Clinic Tear Sheets™, ONE**

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

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