

WIC Foods for Moms to Be



The new WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider during pregnancy. You can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans plus fruits, vegetables and whole grains!

Your New WIC Foods

- Are lower in fat and higher in fiber
- Improve the variety of foods available
- Promote healthy weight gain for you and your baby

What You Will Receive

GRAINS

Two 18 ounce boxes iron-fortified cereal
1 pound whole wheat bread
Or other whole grain options

VEGETABLES and FRUITS

Three 12 ounce cans frozen vitamin C-rich juice
\$8 cash value voucher for vegetables and fruits

DAIRY

5 1/2 gallons of non-fat (skim) or low-fat (1%) milk
More allowed substitutions

PROTEIN

1 dozen eggs
1 pound dried beans or peas
Or four 15 ounce cans of beans or peas
18 ounces of peanut butter

This institution is an equal opportunity provider.

Eat WIC foods for a healthy you and a healthy growing baby!