

WIC Foods for Moms to Be



The new WIC foods help you and your baby meet your nutrition needs as recommended by your WIC Nutritionist 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

36 ounces of iron-fortified cereal
1 pound whole wheat bread
OR other whole grain options

VEGETABLES and FRUITS

3 – 12 ounce cans frozen or liquid concentrate vitamin C-rich juice
\$8 cash value voucher for vegetables and fruits

DAIRY

4 gallons and 3 quarts of non-fat (skim) or low-fat (1%) milk
1 pound of cheese
More allowed substitutions

PROTEIN

1 dozen eggs
18 ounces of peanut butter
4 – 14-16 ounce canned beans

This institution is an equal opportunity provider.

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