

(NEW & IMPROVED!)

WIC Foods for MOMS to be

The new WIC foods help you and your developing baby meet today's nutrition needs as recommended by registered dietitians. You can 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, and promote weight gain for you and your baby.



what you will receive

GRAINS

- 36 oz. iron-fortified cereal
- 1 lb. whole wheat bread
- OR other whole grain options

FRUITS & VEGGIES

- \$8 cash value benefit for fruits and vegetables
- (3) 12 oz. cans frozen vitamin C-rich juice

DAIRY

- 5.5 gal. reduced fat, low fat, or skim milk
- allowed substitutions, such as cheese

PROTEINS

- 1 dozen eggs
- 18 oz. peanut butter
- 1 lb. dried beans or peas
- OR (4) 16 oz. cans beans

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

