

WIC Foods

**New &
Improved**

For Moms to Be



The new WIC foods help you and your baby meet today's nutrition needs during pregnancy. You can continue to receive milk, cereal, eggs, juice, peanut butter and beans with the addition of fruits, vegetables and whole grains.

Your New WIC Foods

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

What You Will Receive

GRAINS

36 ounces of iron-fortified cereal
1 pound of whole wheat bread, brown rice, or corn or whole wheat tortillas

FRUITS AND VEGETABLES

3 cans (12 ounces) of frozen/shelf stable juice
\$8 cash value voucher for fruits and vegetables

DAIRY

5 1/2 gallons of skim, 1% or 2% milk
Cheese and soy milk substitutions available

PROTEIN

1 dozen eggs
1 pound of dry beans or peas
OR 4 cans (15-16 ounces) of beans or peas
1 jar (18 ounces) of peanut butter

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