

# WIC Foods for Children

The new WIC foods help your child meet today's nutrition needs as recommended by your health care **provider**. 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
- ♥ Offer a variety to help with picky eating habits
- ♥ Help maintain a healthy weight for your child
- ♥ Are consistent with Dietary Guidelines and MyPyramid recommendations!

## What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
36 ounces cereal  2 pounds whole wheat bread  <b>Or</b> other whole grain options	128 fluid ounces of vitamin C-rich juice  \$6 cash value voucher for fruits and vegetables	16 quarts of milk  More allowed substitutions	1 dozen eggs  1 pound dried beans or peas  <b>Or</b> 18 ounces of peanut butter  <b>Or</b> 4, 15 ounce cans of beans or peas

**Give your child more variety with the new WIC foods!**