

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

Give your child more variety with the new WIC foods!