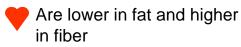
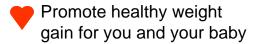
WIC Foods for Pregnancy

The new WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider during pregnancy. You can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans plus fruits, vegetables and whole grains!









Improve the variety of foods available

Are consistent with Dietary Guidelines and MyPyramid recommendations!

What You Will Receive:

| GRAINS | FRUITS and VEGETABLES | DAIRY | PROTEIN |
|---------------------------------|--------------------------------------------------|----------------------------|---------------------------------------------|
| 36 ounces iron-fortified cereal | 144 fluid ounces of vitamin C-rich juice | 22 quarts of milk | 1 dozen eggs |
| 1 pound whole wheat bread | \$8 cash value voucher for fruits and vegetables | More allowed substitutions | 1 pound dried beans or peas |
| Or other whole grain options | | | Or 4, 15 ounce cans of beans or peas |
| | | | 18 ounces of peanut butter |

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