

# 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!



**New & Improved!**

## Your New WIC Foods:

- ♥ Are lower in fat and higher in fiber
- ♥ Promote healthy weight gain for you and your baby
- ♥ 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 1 pound whole wheat bread <b>Or</b> other whole grain options	144 fluid ounces of vitamin C-rich juice \$8 cash value voucher for fruits and vegetables	22 quarts of milk More allowed substitutions	1 dozen eggs 1 pound dried beans or peas <b>Or</b> 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!**