

(NEW & IMPROVED!)

# WIC Foods for MOMS to be

The new WIC foods help you and your developing baby meet today's nutrition needs as recommended by registered dietitians. You can 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, improve the variety of foods available, and promote weight gain for you and your baby.



## what you will receive

### GRAINS

- 36 oz. iron-fortified cereal
- 1 lb. whole wheat bread
- OR other whole grain options

### FRUITS & VEGGIES

- \$8 cash value benefit for fruits and vegetables
- (3) 12 oz. cans frozen vitamin C-rich juice

### DAIRY

- 5.5 gal. reduced fat, low fat, or skim milk
- allowed substitutions, such as cheese

### PROTEINS

- 1 dozen eggs
- 18 oz. peanut butter
- 1 lb. dried beans or peas
- OR (4) 16 oz. cans beans

*Eat WIC Foods  
for a healthy  
you and a healthy  
growing baby!*

