





# WIC Foods for Pregnancy

The new WIC foods provide healthier choices to meet your increased nutritional needs during pregnancy. These foods:



- ✓ Are lower in fat and higher in fiber
- ✓ Provide more variety
- ✓ Promote healthy weight gain and fetal growth
- ✓ Follow the Dietary Guidelines and MyPyramid recommendations



| GRAINS  | FRUITS and VEGETABLES   | DAIRY/SOY*   | PROTEIN  |
|---|---|--|--|
| <ul style="list-style-type: none"> <li>• 1 lb whole wheat bread, brown rice or other whole grains</li> <li>• 36 oz iron-fortified cereal</li> </ul>  | <ul style="list-style-type: none"> <li>• \$8 cash value voucher for fruits &amp; vegetables</li> <li>• 144 oz vitamin C-rich juice</li> </ul>  | <ul style="list-style-type: none"> <li>• 5 ½ gallons fat-reduced milk (2%, 1% or skim) or soy substitute</li> <li>• 1 lb cheese substitutes for 3 quarts milk</li> </ul>  | <ul style="list-style-type: none"> <li>• 1 dozen eggs</li> <li>• 1 lb dry or 4 16 oz cans beans/peas</li> <li>• 18 oz peanut butter</li> </ul>  |

\*Substitutions for cheese and tofu that exceed the maximum allowed (1 lb cheese or 4 lbs tofu) must be accompanied by a health care provider request based on a qualifying medical condition.

Adapted from USDA food package education materials. USDA is an equal opportunity provider. New Jersey WIC Services FFY 2009

