





# WIC Foods for Children

The new WIC foods provide healthier choices to meet your child's nutritional needs.  
**These foods:**



- ✓ Are lower in fat and higher in fiber
- ✓ Provide a variety of foods for picky eaters
- ✓ Help your child maintain a healthy weight
- ✓ Follow the Dietary Guidelines and MyPyramid recommendations



GRAINS	FRUITS and VEGETABLES	DAIRY/SOY*	PROTEIN
<ul style="list-style-type: none"> <li>• 2 lbs 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>• \$6 cash value voucher for fruits &amp; vegetables</li> <li>• 128 oz vitamin C-rich juice</li> </ul> 	<ul style="list-style-type: none"> <li>• 4 gallons, fat-reduced milk (2%, 1% or skim) or allowed substitutions**</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 or 18 oz peanut butter</li> </ul> 

\*Whole milk is provided for children under the age of 2 years.

\*\*All soy milk and tofu requests and requests for cheese substitutions that exceed the maximum allowed (1 lb cheese) must be accompanied by a health care provider request based on a qualifying medical condition.

