



WIC Foods for the 1-year-old

Dairy



Whole Milk/Substitute
3 gal.

and



Cheese
16 oz.

and




Yogurt*
32 oz.

OTHER OPTIONS?

Remove 16 oz. cheese for 3 quarts more milk

Remove 32 oz. of yogurt for 1 quart more milk (max. 2 yogurts)



Remove 1 quart of milk for 1 container tofu

Proteins




Canned Fish
6 oz.

and




Eggs
1 doz.

PICK 1:




Dry Beans
16 oz.

or



Canned Beans
4

or




Peanut Butter
1 Jar

OTHER OPTIONS?


Remove 1 doz. eggs for 1 jar peanut butter or 16 oz. dry beans/4 can beans

Grains




Whole Grains
24 oz.

and




Breakfast Cereal
36 oz.

Fruits & Vegetables



Fruits & Vegetables
CVB

and



(1) Container of Juice
64 fl. oz.

OTHER OPTIONS?

Remove juice for \$3 more CVB for fruit/vegetables



4 qts. = 1 gal. 2 qts. = 1 hgal.

CVB = Cash Value Benefit for fruits & vegetables

*Choose between whole or low-fat yogurt.

Talk to your WIC Nutritionist to choose substitution options on your child's food package.