



WIC Foods for the Pregnant Mother

Dairy



Low-Fat Milk/
Substitute
4.5 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
10 oz.

and



Eggs
1 doz.


and

PICK 2:



Dry Beans
16 oz.

and/or



Canned Beans
4

and/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
48 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 low-fat or non-fat yogurt.

Talk to your WIC Nutritionist to choose substitution options on your package.