

# WIC Foods For Pregnant Women

The new WIC foods help you and your baby meet today's nutrition needs. You can continue to enjoy many of the WIC foods you're used to, but will now receive fruits, vegetables, and whole grains!



## Your New WIC Foods:

- ♥ Are lower in fat and higher in fiber
- ♥ Promote healthy weight gain for you and your baby
- ♥ Improve the variety of foods available

## What You Will Receive

### Grains

- Whole wheat/whole grain bread
  - **OR** soft corn/whole wheat tortillas
- Iron-fortified cereal

### Fruits & Vegetables

- \$8 cash value for fresh fruits and vegetables
- Vitamin C rich juice

### Dairy

- Low-fat milk (2% or less)
- Cheese

### Protein

- Eggs
- Dried beans or peas
  - **OR** peanut butter
  - **OR** canned beans

**Better Foods, Healthier Families**



WIC is an equal opportunity provider and employer.