

WIC Foods for Pregnancy

The new WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider during pregnancy.



Your New WIC Foods

- ♡

Are lower in fat and higher in fiber
- ♡

Offer more variety
- ♡

Help you reach a healthy weight
- ♡

Follow Dietary Guidelines, MyPyramid, and infant feeding recommendations!

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
<ul style="list-style-type: none"> - Iron-fortified cereal - Approved whole wheat/whole grain food, such as: <ul style="list-style-type: none"> - 100% Whole Wheat Bread, Buns, Rolls - Soft Corn/Whole Wheat Tortillas - Brown Rice 	<ul style="list-style-type: none"> - \$8 Fruit and Vegetable Check for approved fruit and/or vegetables: fresh, frozen, or canned - Vitamin C-rich juice 	<ul style="list-style-type: none"> - Low-fat (1%) or fat-free (skim) milk 	<ul style="list-style-type: none"> - Dry or canned beans/peas - Peanut butter - Eggs

Eat WIC foods for a healthy you and a healthy growing baby!

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