

WIC Foods for Children

The new WIC foods help your child meet today's nutrition needs as recommended by your health care provider.



Your New WIC Foods



Are lower in fat and higher in fiber



Offer more variety



Help your child grow healthy



Follow Dietary Guidelines and MyPyramid!

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"> - \$6 Fruit and Vegetable Check for approved fruit and/or vegetables: fresh, frozen, or canned - Vitamin C-rich juice 	<ul style="list-style-type: none"> - Whole milk for one-year olds - Low-fat (1%) or fat-free (skim) milk for 2-4 year olds 	<ul style="list-style-type: none"> - Dry or canned beans/peas or peanut butter - Eggs

Keep your child healthy and strong with WIC foods!

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.