

CHOICES FOR MOMS TO BE



WIC foods support your healthy lifestyle and your baby's development during pregnancy. You will enjoy milk, cereal, eggs, juice, peanut butter and beans, plus fruits, vegetables, whole grains and yogurt!

YOUR WIC FOODS

- Are low in fat and high in fiber
- Offer a variety of foods
- Promote healthy weight gain for you and your baby

WHAT YOU WILL RECEIVE

Grains

- 36 ounces of iron-fortified cereal
- 16 ounces of whole grains (bread, buns, tortillas, rice or pasta)

Vegetables and Fruits

- Three 12 ounce cans of frozen or three 11.5 ounce cans of shelf-stable concentrate Vitamin C-rich juice
- \$11 cash value benefit for fresh vegetables and fruits, canned fruits and vegetables, and frozen fruits and vegetables

Dairy

- 5.5 gallons of non-fat (skim) or low-fat (1%) milk
 - Allowable substitutions of cheese, yogurt or soy milk

Protein

- 1 dozen eggs
- Choice of two: 1 pound dried beans or peas OR four 15-16 ounce cans of beans OR one 16-18 ounce jar of peanut butter

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

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