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!