

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– Whole wheat bread– other whole grain foods	<ul style="list-style-type: none">– Vitamin C-rich juice– \$6 cash voucher for fruits & veggies	<ul style="list-style-type: none">– Milk– Other Dairy and Soy foods	<ul style="list-style-type: none">– Eggs– Dry or canned beans or peas– peanut butter

Keep your child healthy and strong with WIC foods!

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