

# Child – WIC Foods

Healthy foods for your child



**Your  
WIC  
Foods**

- ♥ Are low in fat and high in fiber
- ♥ Promote healthy weight for your child
- ♥ Give you variety to help with picky eating
- ♥ Follow Dietary Guidelines and MyPyramid recommendations

## Grains



**2#  
whole grains**

**36oz  
cereal**

## Fruits & Vegetables

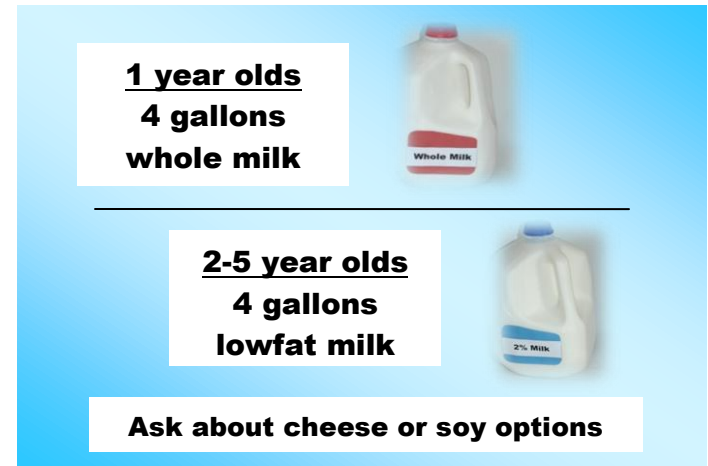


**\$6 fruits and vegetables**

**2 juice\***

**\*16oz frozen OR 64oz plastic (mailed food box different)**

## Dairy



**1 year olds  
4 gallons  
whole milk**

**2-5 year olds  
4 gallons  
lowfat milk**

**Ask about cheese or soy options**

## Protein



**1 dozen  
eggs**

**Beans (1# dry or  
64oz canned) OR  
18oz peanut butter**