

# 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"> <li>- Iron-fortified cereal</li> <li>- Whole grain bread OR Soft corn or Whole wheat tortillas</li> </ul>	<ul style="list-style-type: none"> <li>- \$6 cash value benefit on the Michigan WIC Bridge card for fresh fruits &amp; veggies</li> <li>- Vitamin C-rich juice</li> </ul>	<ul style="list-style-type: none"> <li>- Milk</li> <li>- Cheese (1pound can be substituted for 3 quarts of the milk)</li> </ul>	<ul style="list-style-type: none"> <li>- Eggs</li> <li>- Dry or canned beans or peas</li> <li>- Peanut butter</li> </ul>

**Keep your child healthy and strong with WIC foods!**