

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

Keep your child healthy and strong with WIC foods!