

# WIC Foods for Pregnancy

The new WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider during pregnancy.



## Your New WIC Foods



Are lower in fat and higher in fiber



Offer more variety



Help you reach a healthy weight



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>- \$8 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 (one pound 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>

**Eat WIC foods for a healthy you and a healthy growing baby!**