

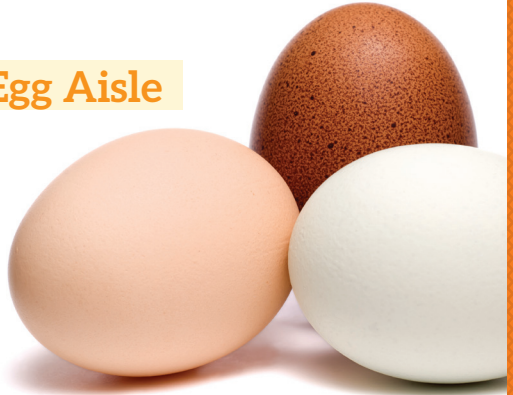
FOOD GUIDE UPDATES

Eggs

More Choices in the Egg Aisle

Now all egg types are allowed:

- › See your WIC Shopping List for allowed maximum egg price
- › 1 dozen ONLY
- › Any size
- › White or brown shell



Egg Facts

- Not just for breakfast
- Good choice for pregnant and breastfeeding women
- Packed with high quality protein



WIC Connect

WIC Connect allows WIC Clients to:

- › Access your WIC Shopping List
- › Track WIC benefits on your smart phone
- › Find WIC foods using the UPC scan feature
- › Get maps and directions to WIC approved stores and WIC clinics using your location
- › Update your contact information with WIC
- › Get appointment reminders with your phone

Get the Michigan WIC mobile app by simply searching for Michigan WIC or scanning here.



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DCH-0237-2 (Rev.10-18) Previous edition obsolete.

FOOD GUIDE UPDATES

Look for the New Nutrition Facts Label

You may see two different Nutrition Facts labels. The new Nutrition Facts label has **Calories** in large bold print.

Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings per container 8	
Amount Per Serving	
Calories 110	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Sugars 28g	
Protein 0g	
Vitamin A	0% • Vitamin C 120%
Calcium	0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Nutrition Facts Label

New Nutrition Facts Label

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories 110	% Daily Value
Total Fat 0g	0%
Sodium 30 mg	1%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	
Total Sugars 28g	
Includes 0g Added Sugars	
Protein 0g	
Potassium 260 mg	6%
Vitamin C 72mg	80%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium and iron.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Juices

Tips for choosing a WIC juice

- Is it one of the fruit or vegetable juices listed in the Food Guide? All juices in the Food Guide are still allowed.
- For **women**, is it a **48 oz** container, or an **11.5** or **12 oz** can of concentrate?
- For **children**, is it a **64 oz** container?
- Is it **100%** juice?
- Does it have enough **Vitamin C**? Vitamin C percent needed differs depending on the label.
- How much Vitamin C is enough?
 - **120%** of the Daily Value (DV) for previous label still in use
 - **80%** of the Daily Value (DV) for new label

Yogurt

ALLOWED

- Nonfat or lowfat **ONLY**
- Plain or any flavor
- Fruit on the bottom
- All brands pictured in the Food Guide (repeated below)

Best Choice

COURN FARM

DANNON

Essential EVERYDAY

Great Value

J&J

Kroger

MEHADRIIN THE BRAND YOU TRUST

meijer

Our Family

Purple Cow

Wu Fine

Spartan

Yoplait