

Healthy Options at WIC: Women and Children

This CPA Desktop reference will help you talk about the health benefits and food options in the WIC food packages.

Beans/Peanut Butter/Eggs/Fish

- ◆ Source of protein to grow and repair muscles, hair, nails, bones and skin.

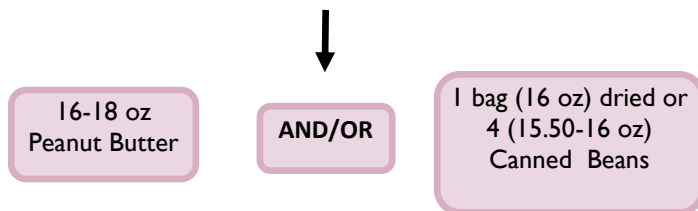


Milk, Cheese, Yogurt and Tofu

- ◆ All Milk, Cheese, Yogurt, Tofu: calcium and vitamin D to build and maintain bones and teeth.
- ◆ Whole milk/yogurt: extra calories and fat needed for growth and brain development until age 2.
- Low fat/Nonfat milk: supports healthy weight and heart after age 2.



Women and Children



- ◆ Eggs (1 dozen)
- ◆ Exclusively Breastfeeding only:
*Canned Salmon or Tuna (6) 5 oz cans/ 30 oz



Exclusively BF, Pregnant & BF, Pregnant with Multiples, Partial BF Multiples:

6 gallons and 1 pound (16 oz) of cheese

Substitute up to 6 quarts for a combination of cheese, tofu or yogurt

Pregnant/ Partial BF

5 1/2 gallons

Substitute up to 4 quarts for a combination of cheese, tofu or yogurt

Children/ Non-BF

4 gallons

Food	Substitution	Milk Equivalent
Cheese	1 pound/16 oz	3 quart milk (.75)
Tofu	1 pound/16oz	1 quart milk (.25)
Yogurt	1 quart/32 oz	1 quart milk (1 yogurt max/participant)

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Whole Grains & WIC Cereals

- ◆ Fiber fills you up and keeps you at a healthy weight
- ◆ Iron and folate are important nutrients for growth.



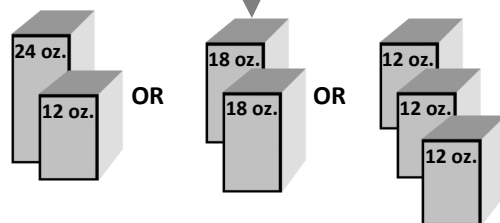
Whole Grains

Women and Children:
16 oz.

Cereal

Women and Children:
36 oz.

Guide to help you select
36 oz worth of boxes.



Whole Grain Options:

- ◆ Whole wheat bread, buns, pasta or tortillas
- ◆ Soft Corn Tortillas
- ◆ Oats
- ◆ Bulgur
- ◆ Brown Rice

Half of your daily grain choices should be whole grains.

Fruits, Vegetables and 100% Juice

- ◆ Fiber, vitamins (A and C), minerals.
- ◆ Make a fast and easy snack.



Exclusively BF, Pregnant & BF,
Pregnant with Multiples,
Partial BF Multiples:

Fruits and Vegetables

\$11.00

AND

100% Fruit or
Vegetable Juice

3 (48 oz)
containers

Choose any type of fruit including fresh,
frozen or canned combination of all 3.

Pregnant/
Partial BF

Postpartum/
Child

Fruits and Vegetables

\$11.00

\$9.00

AND

100% Fruit or
Vegetable Juice

2 (48 oz)
containers

2 (64 oz)
containers

12oz frozen
= 48oz liquid

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