

# Pregnancy – WIC Foods



Healthy foods for you and your baby

**Your  
New  
WIC  
Foods**

♥ **Are lower in fat  
and higher in fiber**

♥ **Promote healthy  
weight gain for you  
and your baby**

♥ **Give you more  
variety**

♥ **Follow Dietary  
Guidelines and  
MyPyramid  
recommendations**

## Grains



**1#  
whole grains**

**36oz  
cereal**

## Dairy



**5½ gallons  
lowfat milk**

**Ask about cheese  
or soy options**

## Fruits & Vegetables



**\$8 fruits and vegetables**

**3 juice\***

**\*11.5 – 12oz frozen, concentrate, or  
pourable concentrate OR 46oz can**

## Protein



**18oz  
peanut  
butter**

**1 dozen  
eggs**

**Beans  
(1# dry  
or 64oz  
canned)**