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| Food | Foods Received Per Month For Women on the WIC Program |
| Pregnant Women and Partially Breastfeeding Women | Breastfeeding Women | Non-Breastfeeding Women |
| Fruits & Vegetables | * $11 to buy fresh or frozen fruits & vegetables
* 100% juice {~5 oz/day)
 | * $11 to buy fresh or frozen fruits & vegetables
* 100% juice {~5 oz/day)
 | * $11 to buy fresh or frozen fruits & vegetables
* 100% juice {~3 oz/day)
 |
| Grains | * Choice of:
* 100% whole wheat bread
* Brown rice
* Corn or whole wheat tortillas
* 100% whole wheat pasta
* Oats
* Low-sugar hot and cold cereals that are fortified with iron and folic acid
 | * Choice of:
* 100% whole wheat bread
* Brown rice
* Corn or whole wheat tortillas
* 100% whole wheat pasta
* Oats
* Low-sugar hot and cold cereals that are fortified with iron and folic acid
 | * Low-sugar hot and cold cereals that are fortified with iron and folic acid
 |
| Dairy Foods | * **Fat-free or 1% milk**
* Lactaid milk, soy beverage, and goat milk can be substituted
* **Whole milk cannot be given** unless on a special formula

- Yogurt* Cheese
* Tofu can be substituted
 | * **Fat-free or 1% milk**
* Lactaid milk, soy beverage, and goat milk can be substituted
* **Whole milk cannot be given** unless on a special formula

- Yogurt* Cheese
* Tofu can be substituted
 | * **Fat-free or 1% milk**
* Lactaid milk, soy beverage, and goat milk can be substituted
* **Whole milk cannot be given** unless on a special formula

- Yogurt* Cheese
* Tofu can be substituted
 |
| Protein Foods | * Eggs
* Peanut butter
* Choice of dry or canned beans
 | * Eggs
* Peanut butter
* Choice of dry or canned beans
* Canned salmon, tuna, or sardines for women who are exclusively breastfeeding and not giving any formula
 | * Eggs
* Choice of:
* Peanut butter
* Dry beans
* Canned beans
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| Food | Foods Received Per Month For Infants & Children on the WIC Program |
| Infants | Toddlers (12-23 months old) | Children(2-5 years old) |
| Fruits & Vegetables | * Starting at 6 months:
* Jarred baby fruits and vegetables
* Starting at 9 months:
* ½ of jarred baby food can be replaced by $4 fruit & vegetables
 | * $8 to buy fresh or frozen fruits & vegetables
* 100% juice {~4 oz/day)
 | * $8 to buy fresh or frozen fruits & vegetables
* 100% juice {~4 oz/day)
 |
| Grains | * Infant cereal
 | * Choice of:
* 100% whole wheat bread
* Brown rice
* Corn or whole wheat tortillas
* 100% whole wheat pasta
* Oats
* Low-sugar hot and cold cereals that are fortified with iron and folic acid
 | * Choice of:
* 100% whole wheat bread
* Brown rice
* Corn or whole wheat tortillas
* 100% whole wheat pasta
* Oats
* Low-sugar hot and cold cereals that are fortified with iron and folic acid
 |
| Dairy Foods | * Infant formulas available for formula-fed babies
 | * **Whole milk**
* Lactaid milk, soy beverage, and goat milk can be substituted
* Fat-free or 1% milk can only be given if toddler is significantly overweight

- Yogurt* Cheese
* Tofu can be substituted
 | * **Fat-free or 1% milk**
* Lactaid milk, soy beverage, and goat milk can be substituted
* **Whole milk cannot be given** unless on a special formula

- Yogurt* Cheese
* Tofu can be substituted
 |
| Protein Foods | * Meat baby foods are given to babies who are exclusively breastfed, starting at 6 months
 | * Eggs
* Choice of:
* Peanut butter
* Dry beans
* Canned beans
 | * Eggs
* Choice of:
* Peanut butter
* Dry beans
* Canned beans
 |