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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 |