For more than 90 years, the Tennessee Department of Health has been helping mothers and their babies. To make sure your new baby is healthy and gets off to a good start, we strongly recommend breastfeeding.

### WIC FOODS FOR YOUR 1 YEAR OLD CHILD (12 through 23 months)

**Your WIC Foods:**
- Increase your choice of food
- Offer a variety of fruits and vegetables
- Help improve your health
- Follow the Dietary Guidelines and MyPlate recommendations

#### What You Will Receive Each Month:

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>FRUITS and VEGETABLES</th>
<th>DAIRY</th>
<th>PROTEIN</th>
</tr>
</thead>
</table>
| 36 oz cereal  
2 - 16 oz whole wheat bread or other whole grain products such as:  
- Brown rice  
- Bulgur  
- Oatmeal  
- Barley  
- Soft corn tortillas  
- Whole wheat tortillas  
- Whole wheat macaroni / pasta | 2 - 64 oz containers WIC approved juice  
$8 cash value voucher for fresh or frozen fruits and vegetables | 3 gallons whole milk  
1 quart buttermilk OR  
12 oz can evaporated milk OR  
32 oz tub whole milk yogurt  
16 oz cheese | 1 dozen eggs  
16 oz package dried beans/peas OR  
4 - 15 to 16 oz cans of canned beans |

This institution is an equal opportunity provider.  
[http://tn.gov/wic](http://tn.gov/wic)