



health



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 PREGNANT WOMEN

Your WIC Foods:

- Increase your choice of food • Offer a variety of fruits and vegetables
- Help improve your family's health • Follow the Dietary Guidelines and MyPlate recommendations



What You Will Receive Each Month:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
36 oz cereal 1 - 16 oz whole wheat bread or other whole grain products such as: <ul style="list-style-type: none"> • Brown rice • Bulgur • Oatmeal • Barley • Soft corn tortillas • Whole wheat tortillas • Whole wheat macaroni / pasta 	3 – 11.5 to 12 oz frozen or 48 oz containers of WIC approved juice \$11 cash value voucher for fresh or frozen fruits and vegetables	4 gallons milk – Fat Free, Low Fat, or Sweet Acidophilus 1-9.6 oz container nonfat dry milk or choose 3 (any combination) of these: <ul style="list-style-type: none"> • quart buttermilk • 12 oz can evaporated milk • 16 oz tofu • 32 oz tub fat free or low fat yogurt 16 oz cheese	1 dozen eggs 16 oz package dried beans/peas OR 4 - 15 to 16 oz cans canned beans 1 - 16 to 18 oz jar of peanut butter

This institution is an equal opportunity provider.
<http://tn.gov/wic>

 Tennessee Department of Health. Authorization No. 343015. No. of copies, 50,000. This public document was promulgated at a cost of \$0.09 per copy. 09/15

