

WIC Foods for Pregnant Women

What you will receive each month:

- 3 gallons 1% lowfat or fat free milk
- 32 oz fat free, lowfat, or reduced fat yogurt
- 1 lb cheese
- 36 oz breakfast cereal
- 48 oz whole grains: whole grain bread, whole wheat pasta, whole wheat tortillas, corn tortillas, brown rice, oats, or bulgur
- 1 dozen eggs
- \$50 for fresh, frozen, or canned fruits and vegetables
- 2 lb legumes: 1 lb legumes = 1 lb dry beans, peas, or lentils; four 15-16 oz cans of beans; or 15.5-18 oz jar of peanut butter
- 10 oz canned fish

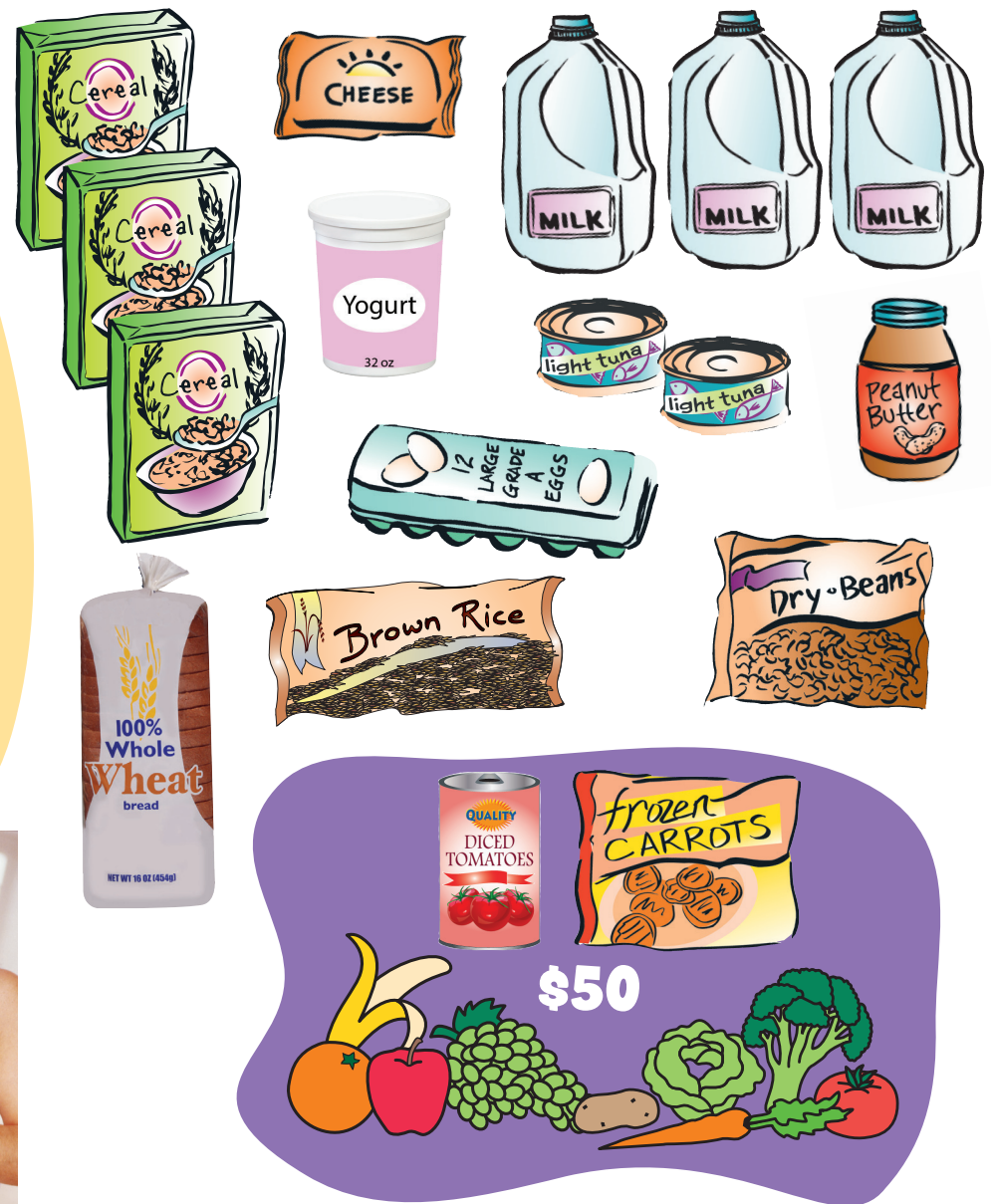
Milk Choices

- Lactose free 1% lowfat or fat free milk
- Soymilk and/or pea & oatmilk blend
- Fat free evaporated milk

Food Substitutions

- Remove 1 lb cheese—Add 0.75 gallon milk
- Remove 32 oz yogurt—Add 0.25 gallon milk
- Remove \$3 fruits and vegetables—Add 64 fl oz juice (maximum 64 fl oz juice per month)
- Remove 1 dozen eggs—Add 1 lb legumes
- Add 32 oz yogurt—Remove 0.25 gallon milk (maximum 64 oz yogurt per month)
- Add tofu—Remove 0.25 gallon milk per pound of tofu added

Women pregnant with two or more babies will receive \$55 fruits and vegetables, 15 oz canned fish and the same amount of milk, yogurt, cheese, cereal, whole grains, eggs, and legumes as shown above.



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Note: WIC is a supplemental nutrition program. WIC does not provide all of the food you need.

This institution is an equal opportunity provider. 10/25