

Healthy Choices!



Families know choosing healthy food is important. WIC is here to support your family with healthy new food choices.

WIC foods are changing to:

- Offer you more variety in the foods you get from WIC.
- Give you more choices so you can buy the foods your family likes.
- Help you meet current nutrition guidelines.

Breastfeeding Moms and Babies Will Get More Food

WIC is here to support you while you breastfeed. Fully breastfeeding moms* will get more foods.



Your breastfed baby will get baby food fruits and vegetables, baby cereal, and baby food meats after 6 months of age.

*Fully breastfeeding moms do not get any formula from WIC

More Variety!

More foods for you to choose from and more foods your family likes.



More variety with fresh fruits and vegetables for you and your family

Fresh fruits and vegetables will provide more flavor, more crunch, and more nutrition. Because when it comes to fruits and vegetables - more matters!



More variety with new healthy whole grain choices

You will get whole wheat bread, soft corn tortillas, bulgur, oatmeal, and brown rice for better nutrition and more fiber.



More variety with new non-dairy choices for women

You can choose soy beverage and some tofu in place of your milk.

More variety with canned salmon

If you are a fully breastfeeding mom* you can choose canned salmon or canned tuna for added protein.

Supports Healthy Lifestyles!

WIC supports your healthy lifestyle.

New lower fat choices



If you are a woman or a child over age 2, you will get:

- Lower fat milk (2%, 1%, or fat free)
- One pound of cheese

More choices to better meet nutrition guidelines for women and children

- Fresh fruits and vegetables will replace some of the juice you get from WIC.
- One dozen eggs will be provided instead of two.

Healthy Choices for Babies

Babies over 6 months of age will get baby food fruits and vegetables plus baby cereal. Because your baby will now have added nutrition from baby food fruits and vegetables, WIC will no longer provide juice for babies.

The amount of infant formula your baby will get will be based on your baby's age and nutrition needs. For formula fed babies this means less formula after 6 months of age when other foods are being added.



Your WIC foods

In addition to the milk, cereal, eggs, juice, peanut butter, and beans you already get from WIC you will also receive:

More Variety!

- Fresh fruits and vegetables each month
- Whole grains like whole wheat bread, brown rice, soft corn tortillas, and oatmeal
- Canned salmon or tuna for fully breastfeeding moms*

Women will have the option to choose:

- Soy beverage in place of milk
- Some tofu in place of milk

Changes to Support a Healthy Lifestyle!

- Less milk and only lower fat milk for everyone over 2 years old
- Less cheese
- Less eggs
- Less juice

Healthy Choices for Babies!

- Baby food fruits and vegetables for babies over 6 months
- Baby food meats for fully breastfed babies over 6 months

*Fully breastfeeding moms do not get any formula from WIC

Your new WIC foods will support healthy lifestyles!



www.doh.wa.gov/cfh/WIC

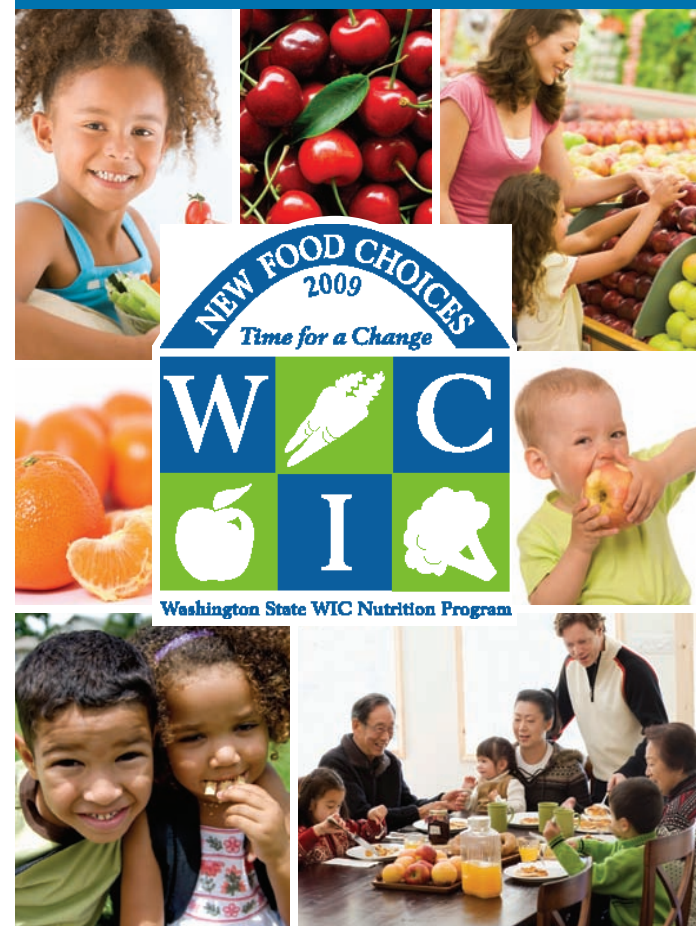
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NEW FOOD CHOICES



In October 2009 WIC will have new foods!

The New WIC Foods
Support Your Healthy Lifestyle