

WIC Monthly Food Prescription

WIC provides a monthly prescription of nutritious foods tailored to supplement the dietary needs of participants to ensure good health, growth and development. The foods are specifically chosen to provide consistency with the Dietary Guidelines for Americans and

established dietary recommendations for infants and children under 2 years of age. The selected foods also reinforce WIC nutrition education messages, address emerging public health nutrition-related issues, and provide wide appeal to the diverse WIC population.

WIC Foods	Allowable Alternatives	Key Nutrients Provided
Fruits and Vegetables	Fresh, Frozen, Canned and Dried	Vitamins A, C and E, Folate, Potassium, Fiber
Commercially Prepared Baby Fruits/Vegetables and Meat	Fresh Bananas	Vitamins A, C and E, Folate, Potassium, Fiber, (Iron and Zinc in baby meat)
Milk	Soy beverage and Tofu	Protein, Calcium, Vitamins A and D, Folate, Riboflavin
Whole Grain Cereals		Iron, B Vitamins, Folate, Fiber, Zinc
Whole Wheat Bread	Brown rice, Oatmeal, Whole grain barley, Bulgur, Soft corn or Whole wheat tortillas	Iron, B Vitamins, Magnesium, Zinc, Fiber
Light Tuna	Salmon, Sardines, Mackerel	Protein, Folate
Canned and dry beans/peanut butter		Protein, B Vitamins, Folate, Fiber
Cheese		Protein, Calcium, Vitamins A and D, Riboflavin
Juice		Vitamin C, Folate
Eggs		Protein, Vitamins A and D
Iron-fortified infant formula	Best alternate source of essential nutrients for non-breastfeeding infants	Iron