TIPS FOR HEALTHY EATING

W.I.C.

Making the healthiest choices

When buying WIC approved foods, your doctor recommends:

1. **Fresh fruits and vegetables!**
   Eat the colors of the rainbow everyday. Fresh is better than canned or frozen. Organic is recommended when possible. Contain lots of fiber, vitamins, minerals (calcium, magnesium, potassium, sodium, zinc)

2. **16 ounce package of organic dry beans, peas, lentils**
   Great source of fiber, protein, and iron.

3. **Whole grains: brown rice, organic bulgar, and oats**
   Another great source of fiber!

4. **100% whole wheat bread: 16 ounce Orowheat brand**
   The other 16 ounce breads (Sara Lee and Roman) contain high fructose corn syrup.

5. **Dozen eggs**
   Eggs have lots of protein. (WIC doesn't allow cage free, organic, vitamin enriched, low cholesterol)

6. **Tofu: 14-16 ounce plain, organic, any brand**
   Contains lots of protein.

7. **Peanut butter: 16-18 ounce Adams or Laura Scudder’s all natural peanut butter, or smart balance peanut butter**
   Make sure the peanut butter does not contain high fructose corn syrup, partially hydrogenated oils, or other artificial ingredients (WIC doesn't cover organic, lowfat, or reduced fat)

8. **Hot breakfast cereal: Instant oatmeal, original flavor**
   Good source of fiber. Cream of wheat and malt-o-meal only have 1 gram of fiber. Other flavors have artificial ingredients. You can add your own honey, maple syrup, fruits or nuts!

9. **Cold breakfast cereal: 12-36 ounce General Mills Cheerios (regular or multigrain)**
   Watch out for cereals that contain a lot of sugar, artificial flavors, high fructose corn syrup, and low fiber.

10. **1 gallon milk: Any brand of non-fat, 1%, 2% (only whole milk under 3 yrs of age)**
    (WIC doesn't cover flavored, organic or calcium-fortified milk.)