

# Common WIC Foods



## Fruit and Vegetables



Fresh



Frozen



Canned



Juice

## Whole grains



100% whole wheat or whole grain, gluten-free bread products



100% whole wheat pasta

## Yogurt and tofu



Corn or 100% whole wheat tortillas

## Milk or soy and plant beverages



Bagged whole grains



Oats

# Common WIC Foods



## Beans



Canned beans



Dry beans, peas  
or lentils

## Cheese



Block

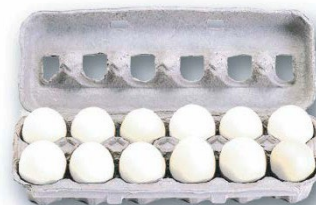


Sliced



Shredded

## Eggs



## Peanut, nut and seed butters



## Cereal



Hot cereal



Cold cereal

## Fish - cans or pouches



Tuna



Salmon



Sardines

## Baby cereal



## Baby food



Fruit/vegetables



Meat