

## Job Aid: WIC Foods and Key Nutrients

WIC Food	Description	Key Nutrients
Breakfast cereal	Ready-to-eat and hot cereals that meet the iron and sugar criteria	Iron, folate, can be fiber for whole grain options
Milk	Pasteurized cows or goats milk that meet vitamin D and A requirements	Vitamin D, vitamin A, calcium, riboflavin
Cheese	Pasteurized, domestic cheese that meets requirements	Calcium
Tofu:	Calcium-set tofu with no added fats, sugars, oils or sodium.	Calcium
Yogurt:	Plain or flavored that meet sugar criteria	Calcium, vitamin D
Soy beverages:	Plain or flavored fortified to be similar to cow's milk	Calcium, vitamin D, riboflavin, vitamin A
Eggs	Chicken eggs	Vitamin D, riboflavin, selenium, iron, zinc
Canned fish	Tuna, salmon, and sardines	Vitamin D, omega 3, zinc, selenium
Juice:	100% fruit and/or vegetable juice	Vitamin C
Bread and other whole grains:	Whole wheat or whole grain bread, brown rice, bulgur, oatmeal, whole grain barley, whole wheat pasta, and soft corn and whole wheat tortillas	Fiber, iron, folate, magnesium
Legumes:	Any type of mature dry beans, peas, or lentils in dry-packaged or canned forms. May not contain added sugars, fats, oils, meat, fruit or vegetables. Examples are black beans, kidney beans, lentils and refried beans.	Fiber, B vitamins, iron, zinc, magnesium, potassium
Peanut butter:	Creamy or chunky, regular or reduced fat, salted or unsalted	Vitamin E, magnesium, potassium, vitamin B6
Fruits and vegetables:	Fresh, frozen, or canned with no added sugar, salt or fat	Lots of vitamins and minerals depending on item, fiber
Infant cereal:	Any plain, dry infant cereal (e.g., rice, barley, mixed grain) that meets iron requirements.	Iron, zinc
Infant foods fruits and vegetables:	Any variety of infant food fruit and/or vegetable without added sugars, starches, or salt.	Lots of vitamins and minerals depends on the item, fiber
Infant foods meats:	Any variety infant food meat or poultry, as a single ingredient, with added broth or gravy.	Protein, zinc, iron
Infant formula:	WIC contract cow or soy-milk based infant formulas that meets iron criteria	Most nutrients needed by young infants
Exempt infant formula:	Medical infant formula requiring physician prescription	Most nutrients needed by young medically fragile infants
Nutritionals:	Medical formula for children and/or adults requiring physician prescription	Depends on the item