

# For Pregnant Women

## What You Will Receive Each Month

4½ gallons 1% lowfat or fat free milk or soy milk, 32 oz. yogurt, and  
1 lb. cheese

or 4½ gallons 1% lowfat or fat free milk or soy milk and 4 lb. tofu  
or other combinations of milk, cheese, yogurt, and tofu are available

36 oz. breakfast cereal

1 lb. whole grains - choice of 100% whole wheat bread, pasta or tortillas;  
brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat)

144 oz. fruit juice

1 dozen eggs

\$47 for fruits and vegetables

**Choice of 2:** 1 lb dry beans or four 16 oz cans of beans  
or 18 oz peanut butter



Florida Department of Health  
WIC Program  
FloridaWIC.org



This institution is an equal opportunity provider.

10/23

Women pregnant with 2 or more babies will receive the same amount of cereal, whole grains, fruit juice, beans/peanut butter, and fruits/vegetables. They will also receive the following: 5 gallons 1% lowfat or fat free milk or soy milk, 32 oz. yogurt, 2 lb. cheese, 2 dozen eggs, and 30 oz. tuna, salmon, mackerel, or sardines.

**Note:** WIC is a supplemental nutrition program. WIC does not provide all of the food you need.