

Spotlight On whole grain WIC Foods

[WIC approved Foods](#)

Check above link for specific whole grain foods



The WIC program gives you a monthly food package that help you get the nutrients you and your family needs. WIC foods are mostly low in fat, high in fiber and rich in vitamins and minerals.

Whole Grains: Oatmeal, rice, bread, pasta, tortilla
Make half your grains whole grains

Foods made from wheat, rice, maize, sorghum, oats or corn are considered grain products. Refined grains like white bread, white rice, go through processing that removes important nutrients like fiber, iron, and many B vitamins.

Why whole grains?

“Whole grains” are healthier than refined grains because they have the entire grain kernel and keep all the healthy nutrients like fiber. Eating whole grains can help your family:

- Reach and maintain a healthy weight
- Lower your risk of heart disease, diabetes and cancers
- Reduce constipation and improve digestive health

Cooking Links

[Try the Apple Enchiladas, Easy Peanut Noodles & other whole grain recipes here](#) [Recetas de WIC](#) [وصفات WIC](#) [Cooking with Kids/ Cocinando Con Niños](#)