

## ***Questions about Milk, Eggs, Cheese, Beans, and Whole Grains:***



**My new food package now has whole wheat bread; can I get white bread instead of whole wheat?**

Whole wheat bread provides more fiber, protein, vitamins and minerals than white bread. It is healthier for our bodies and lowers our risk of heart disease, diabetes, and obesity. This is why WIC only provides whole wheat bread.

**If I don't want whole wheat bread, can I get something else?**

Louisiana WIC will offer brown rice as a substitute for whole wheat bread.

**Why can't I get whole milk?**

WIC in all states across the country can now only provide whole milk to children less than 2 years of age. All children ages 2-5 and all women will receive 2%, 1%, or skim milk. These lower fat milks have the same amount of vitamins, minerals, and protein as whole milk without the extra fat.

**Why am I getting less eggs and cheese?**

The USDA wants WIC moms and children to be healthier so they have decreased the fat content in the food packages and have added healthier foods like whole wheat bread, fruits, and vegetables. Eggs and cheese contain high amounts of cholesterol, saturated fat, and total fat which may cause heart disease and obesity.

**Can I get Soy Milk in my food package?**

Right now there is one Soy Milk available in Louisiana that meets the USDA rules. Louisiana WIC will allow any woman to get Soy Milk in their packages. Children are only able to get Soy Milk in their food package with a prescription from their doctor.

**Why do some people get beans and some get peanut butter?**

The new food packages now provide all Pregnant Women and Breastfeeding Moms with both beans and peanut butter. Moms not breastfeeding and children can get peanut butter instead of beans only if they have certain nutrition needs; for example, an underweight child.

**Will Rice Beverages and Yogurt be allowed by WIC?**

Rice beverages are not approved substitutes for cow's milk by the USDA. Currently the USDA has not allowed WIC to substitute yogurt for milk