

WIC Nutrition Information

A WIC nutritionist reviews all available health and dietary assessment data to determine the client's nutritional concerns and risks. The nutritionist then provides appropriate nutrition counseling and referrals. Click on the links below for more information on nutrition.



<http://www.choosemyplate.gov/>

CDC-Fruits and Veggies Matter

<http://www.fruitsandveggiesmatter.gov/index.html>

USDA Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>

Nutrition.gov

http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1

Drink Lowfat Milk

<http://www.dhs.wisconsin.gov/wic/WICway/milk-english.pdf>

Make Half Your Grains Whole-Info Sheet

<http://www.dhs.wisconsin.gov/wic/WICway/grains-english.pdf>

Making Half Your Grains Whole- Power Point

<http://www.dhs.wisconsin.gov/wic/WICway/grain-english.pdf>