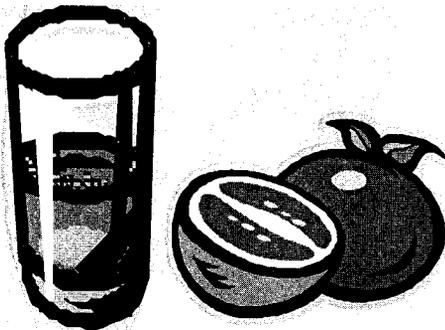


**New Look, New Life for
WIC For You**

WIC For You has changed to better serve your needs. It's smaller, easier to read and easier to save (just punch holes in the left side and keep them in a notebook for a nutrition resource). We hope you like the look and feel of your new nutrition newsletter. Each issue will tackle a new topic in the world of women and children's nutrition. You'll find helpful hints for feeding children, information on WIC foods and recipes and tips for eating healthy. Look for *10 Tips for Quick and Healthy Cooking* in our next issue. It'll be out in May.

**WIC FRUIT JUICES:
A Good Source of
Vitamin C**

Because one of vitamin C's most important jobs is to help your body absorb iron, vitamin C is helpful in preventing anemia. Your body needs vitamin C to help wounds heal and for the formation of bones, teeth, blood vessels and skin.



WIC FOR YOU

Texas Department of Health

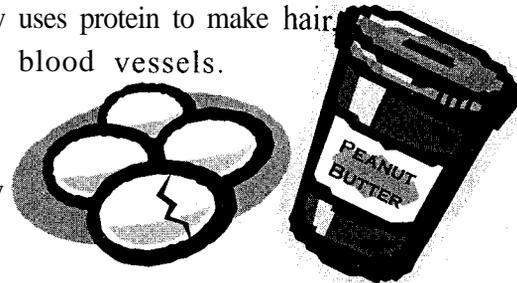
Volume 8/Number 2

WIC: Your Nutrition Headquarters

Why are WIC foods so great? Have you ever wondered why WIC offers only certain foods? WIC provides foods that promote good nutrition and health by providing good sources of protein, vitamin A, vitamin C, vitamin D, calcium and iron. Let's take a closer look at some of the health benefits of the **WIC foods**.

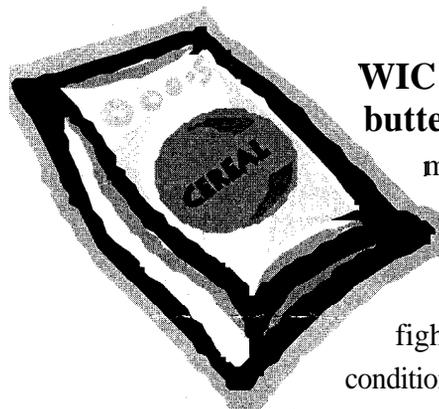
WIC Foods Serve Up Protein, Iron and Calcium Beans, peanut butter, eggs and tuna are all good sources of *protein*.

Your body uses protein to make hair, fingernails, skin, bones and blood vessels. Your body's immune system uses protein to make antibodies. Antibodies help protect the body from diseases and infections.



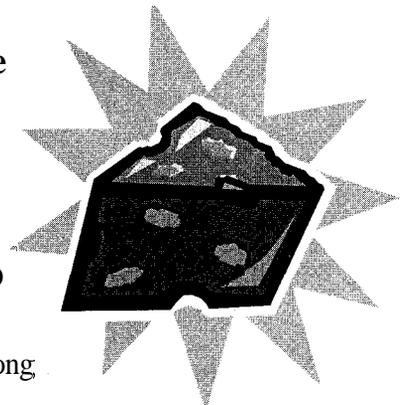
WIC cereals, beans and peanut butter are high in *iron*.

Iron is a mineral that helps blood carry oxygen throughout the body. When iron is low, your body may feel weak or tired and have trouble fighting off infections. Anemia is the condition that is caused by low iron in the blood. The WIC blood test is a test for anemia.



Milk and cheese contain large amounts of *calcium*.

Milk also contains lots of vitamin D. Calcium helps bones grow healthy and stay strong and is important for muscles, especially the heart muscle. Vitamin D helps your body absorb calcium and, therefore, is needed to keep bones strong and healthy.



Ask WIC ...

Q: Why can't I get any brand of cereal with my WIC voucher?

A: To be chosen as a WIC cereal, it must be high in iron and low in sugar. This makes sure that WIC participants receive a cereal that is nutritious.

Q: Why aren't carrots and tuna on my vouchers?

A: These items are provided to meet the nutritional needs of totally breastfeeding women.



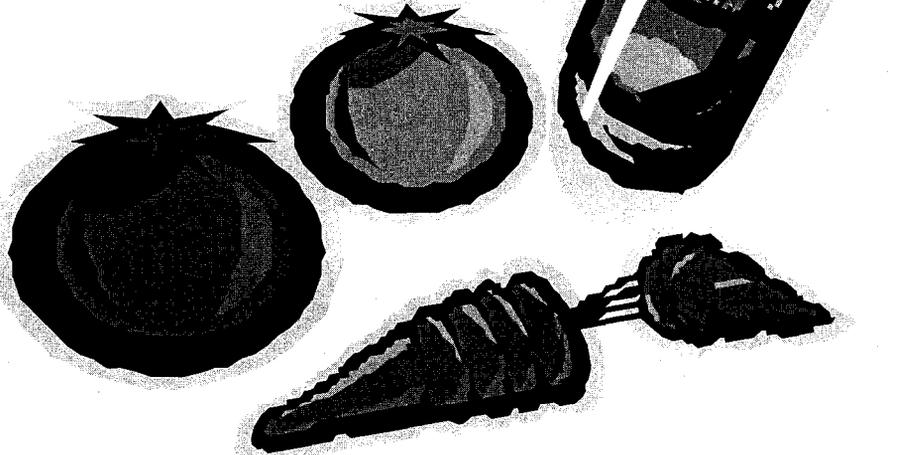
If you have a question for Ask WIC, call 1-800-942-3678.



Or mail your questions to: Ask WIC
WIC Nutrition Education
1100 W. 49th Street
Austin, TX 78756

Vitamin A found in Vegetable Juices and Carrots

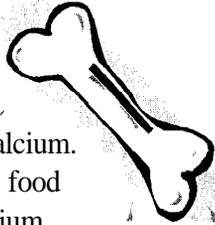
Vegetable juices and carrots are excellent sources of vitamin A. Vitamin A is used by your body to keep skin healthy. The immune system is stronger and better able to fight off disease and illness when your body gets enough vitamin A. Vitamin A is also important for eyesight, especially night vision.



JUST FOR KIDS

Draw a line from the body part to the food that helps it work.

Bones grow with the help of calcium. Draw a line to the food that is high in calcium.



Peanut Butter



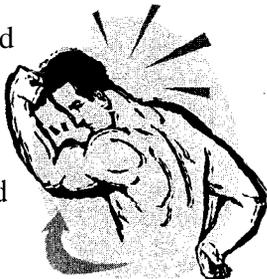
Vitamin A is good for your eyesight. Which food on the right is full of vitamin A?



Milk



Muscles need iron to work hard and be strong. Find the food that's high in iron.



Carrots

