

WIC food log

MEAL	Day 1	Day 2	Day 3
B-fast	Honey Bunches of Oats cereal w/milk	Cheese omelet w/whole grain toast and OJ	Yogurt w/fruit
Lunch	Red beans and rice and oranges	Baked potato w/cheese and watermelon	PB sandwich and mango and milk
Snack	Hard boiled eggs	Fruit salad	Baby carrots
Dinner	Cheese Quesadillas w/snap peas and apple slices and juice	Vegetable stir-fry w/rice and cantaloupe and milk	Bean and cheese burritos w/lettuce and tomato and watermelon
Snack	Fruit and yogurt smoothie	½ PB sandwich and milk	½ cheese sandwich and juice
Hydration	75 oz water	90 oz water	80 oz water
Macro/Micro Excess	Sugar, Calcium, iron	Sugar	Sugar
Macro/Micro Moderate	Carbs, fruits, dairy	Carbs, dairy, fruits	Dairy, Carbs, fruits
Macro/Micro Deficiency	Vegetables, protein, healthy fat, heme iron, Vit D	Vegetables, protein, healthy fat, heme iron, Vit D	Vegetables, protein, healthy fat, heme iron, Vit D

I had my daughter fill this out with what she would eat because she is currently on WIC. She loves fruit and grains but isn't so keen on veggies or the protein sources available through WIC. She will not eat fish or tofu (so tuna and salmon are out). She will eat eggs and dairy, and occasionally avocados. It would be nice if other meat besides fish was an option. PB is an option but is high in fat.

As far as micronutrients go, calcium, iron, vitamin D and others are added to many of the WIC approved foods, but not eating them in the right combination can be counterproductive. The amounts may seem like more than enough, but if they don't absorb into the body people are still deficient.

Learning how to combine foods in order to increase absorption of these important micronutrients could be just as important as ingesting them. Iron absorbs better with Vitamin C. (berries with fortified bread). Vitamin D needs to be eaten with fat, so fortified skim milk isn't going to allow absorption of the Vitamin D because the fat has been removed from the milk.

I know WIC is only meant to be supplemental, but even with food stamps for 1 person there is not enough food to last a month. Something needs to change. Thankfully we are able to fill in the gaps for my daughter, but many others don't have enough healthy food to eat.