



Add a variety of protein foods to your grocery list



Add a Plant-Based Protein Foods Offer more variety!

Canned or dried beans, peas, and lentils

- Black \$*
- Black-eyed \$*
- Garbanzo (chickpeas) \$*
- Great Northern \$*
- Edamame - frozen \$*
- Kidney \$*
- Lentils \$*
- Lima \$*
- Mixed \$*
- Navy \$*
- Pink \$*
- Pinto \$*
- Red \$*
- Split peas \$*

Nuts or nut butter

- Almonds
- Peanuts \$ or peanut butter \$*
- Pecans
- Pistachios
- Walnuts

Seeds or seed butter

- Chia seeds
- Ground flax seeds
- Pumpkin
- Sunflower seeds \$ or
- Sunflower butter
- Sesame seeds or tahini

Other plant-based protein foods

- Hummus
- Tempeh
- Tofu *

Seafood Varieties Twice a week is best!

Canned seafood

- Tuna \$*
- Salmon \$*
- Sardines \$*
- Mackerel \$*

Frozen or local fresh seafood

- Catfish \$
- Clams
- Cod \$
- Crab
- Herring \$
- Lobster
- Oysters
- Mackerel \$
- Pollock
- Salmon
- Sardines \$
- Scallops
- Shrimp
- Tilapia \$
- Trout
- Tuna
- Whiting \$

Animal Protein Foods Choose leaner options

Lean meat and poultry

- Chicken \$
- Eggs \$*
- Turkey

Lean cuts of meat

- Choice or Select (not Prime)
- Round
- Loin
- Sirloin
- Lean

- Ground meat that is 90% lean or more

- Wild game meat \$:
Antelope, bear, bison, deer, elk, wild boar, snake, rabbit, squirrel

- Wild game birds \$:
Duck, goose, grouse, pheasant, quail, turkey

*** = May be a WIC food**

Confirm this list with your local WIC office's most recent WIC food list.

\$ = Lower cost option