

Examples of Good Cracker Choices

Whole Grain Crackers

Ry Krisp

Light Rye

Seasoned or sesame

(Crispbreads are usually whole-grain rye crackers and are a good choice)

Nabisco

Reduced Fat Triscuit

Garden Herb Triscuit

Roasted Garlic Triscuit

Triscuit Thin Crisps

Low sodium Triscuit

Examples of Good Cereal Choices

Cheerios:

General Mills, plain or Multi-Grain*

Corn Flakes:

Great Value

Hannaford,

IGA,

Kellogg's (plain only),

Ralston,

Shaw's

ShurFine

See the WIC website for more good cereal choices at:

http://www.maine.gov/dhhs/wic/nutrition_approvedfoods.htm