Benefits of the WIC Program on Diet Quality and Growth and Development

1. **Improved diet quality**
   a. Those who received WIC during their first 2 years of life had improved diet quality compared to those who were eligible for WIC but stopped participating
      i. Higher consumption of greens and beans
      ii. Decreased intake of saturated fats

   **Source:** Longer Participation in WIC is Associated with Better Diet Quality in 24-month-old children

   b. Children who were receiving WIC consumed more (compared to those who were eligible for WIC but not receiving WIC):
      i. Vegetables: 60.4% compared to 42.3%
      ii. Grains: 85.5% compared to 76.5% (p<.05)

   **Source:** Food and Beverage Intake from 12 to 23 Months by WIC Status

2. **Improvement in health outcomes**
   a. Decreased levels of anemia
   b. Decreased failure to thrive
   c. Improved nutritional deficiencies

   **Source:** Effects of WIC and Food Stamp Program Participation on Child Outcomes

3. **Growth and Development**
   a. Reduces risk of abuse and neglect

   **Source:** Effects of WIC and Food Stamp Program Participation on Child Outcomes

   b. Contributes to overall diet of children
      i. At 13 months, 44% of calories came from WIC-eligible foods
      ii. Contributed 57% of daily vitamin A; 59% of daily vitamin D; 54% of calcium; 52% of potassium; 48% of magnesium; and 46% of dietary fiber

   **Source:** Contribution of WIC-Eligible Foods to the Overall Diet of 13- and 24-Month Old Toddlers in the WIC Infant and Toddler Feeding Practices Study-2