

Weight Conversions

NonFat or 1% LowFat Milk



WIC Cheese



Yogurt



WIC Bread



WIC Cereal



Peanut Butter



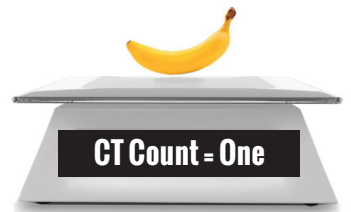
Juice



Concentrate WIC Juice



Fresh Banana



Canned Beans



Dry Beans/Peas/Lentils



Gerber Cereal for Baby



Enfamil Infant



WIC Baby Food



WIC Baby Food Meats



Weight Conversions:
Ounce = OZ
16 Ounces = 1 Pound = 454g

