



# Choices for Haitian Cuisine

WIC offers many food choices! You can use your WIC benefits to purchase foods that are familiar to you and your family, or to try new ones! During your WIC appointment, ask your WIC nutritionist to review the complete WIC [food guide](#) for more options and information.

## Fruits & Vegetables



**Pineapple**



**Avocado**



**Cassava**



**Leeks**



**Sweet potato**



**Chayote**



**Plantain**



**Papaya**

Allowed:

- Fresh or frozen
- Whole, cut, bagged, or packaged
- Organic or non-organic

## Whole Grains



**Brown rice**

Other options:  
whole wheat  
pasta, whole  
wheat bread,  
oatmeal

## Cereal



**Grits**

## Beans



**Kidney beans**



**Chickpeas**



**Black beans**



**White beans**

Options: dried or canned beans, lentils, or peas

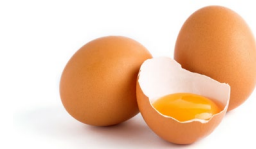
## Dairy



**Evaporated milk**



**Milk**



**Eggs**

Other options:

- Cheese – American, Colby, Cheddar, Monterey Jack, Mozzarella, Muenster
- Yogurt
- Tofu