

CMA CEU VIRTUAL WORKSHOP
Prenatal Nutrition and WIC
Resource Links

St. Croix County WIC: [WIC \(Women, Infants and Children\) program | St. Croix County, WI](#)

WIC Brochures: [WIC: Outreach Materials | Wisconsin Department of Health Services](#)

Prenatal Nutrition: [Tips for Pregnant Moms](#) [Tips for Pregnant Moms \(Spanish\)](#)

Calcium: [Calcium - Consumer](#)

Vitamin D: [The Importance of Vitamin D in the Diet](#) | [Vitamin D - Consumer](#)

Protein: [Eye on Nutrition: Protein | WIC Works Resource System](#)

Fiber: [Eye on Nutrition: Fiber | WIC Works Resource System](#)

Iron: [The Importance of Iron in the Diet](#) | [Iron - Consumer](#)

Folic Acid: [The Importance of Folate/Folic Acid in the Diet](#) | [Folate - Consumer](#)

Iodine: [The Importance of Iodine in the Diet](#) | [Iodine - Consumer](#)

Common Pregnancy Discomforts: [Common Discomforts of Pregnancy | American Pregnancy Association](#)

Unsafe Foods: [food-safety-infographic-pregnant-women.jpg \(2318x3000\)](#)

Fish Guide: [Advice about Eating Fish | FDA](#)

Caffeine: [Caffeine and Pregnancy - American Pregnancy Association](#)