

**Estimated MOTHERS Food Bag Duration and Coverage of Target Nutrients**

	RDA during Pregnancy Estimated 2000 kcal/d Estimated 80 g/d	Estimated Daily Nutrient Coverage in WIC Package V	Remaining Nutrient Coverage Gap assuming mom consumes 100% of WIC provisions	Total Provision in MOTHERS Food Bag	Estimated Bag Duration on Its Own, in days	Estimated Bag Duration with WIC, in days	Estimated Daily Bag Provision, assuming use over 1 mo	% RDA Covered by Bag, assuming use over 1 mo	Estimated Daily Bag Provision, assuming use over 2 wks	% RDA Covered by Bag, assuming use over 2 weeks
<b>Kcals*</b>	795 kcal/d	1205 kcals	23658.35 kcal	11.80	19.6	788.6 kcals	39.40%	1689.9 kcals	84.50%	
<b>Protein (1.1g/kg)</b>	41.9 g/d	38 g	1193.01 g	14.90	31.4	39.8 g	49.80%	85.2 g	106.50%	
<b>Fiber</b>	28 g	12 g/d	403.85 g	14.40	25.24	13.5 g	48.20%	28.8 g	102.90%	
<b>Folate</b>	600 mcg DFE	610 mcg DFE/d	14337.32 mcg	23.90	N/A	477.9 mcg DFE	79.70%	1024 mcg DFE	170.70%	
<b>B12</b>	2.6 mcg	6.87 mcg/d	67.73 mcg	25.10	N/A	2.3 mcg	88.50%	4.84 mcg	186.20%	
<b>Iron</b>	27 mg	18.4 mg/d	463.5 mg	17.20	51.5	15.5 mg	57.40%	33.1 mg	122.60%	
<b>Vitamin D</b>	600 IU (15mcg)	7.95 mcg/d	177.7 mcg	11.80	25.4	5.9 mcg	39.30%	12.6 mcg	84%	
<b>Calcium</b>	1000 - 1300 mg	1445 mg/d	14208.15 mg	12.55	N/A	473.6 mg	41.20%	1014.9 mg	88.30%	
<b>Choline</b>	> 450 mg	217 mg/d3	4184.1 mg	9.30	17.96	139.5 mg	31%	298.9 mg	66.40%	
<b>Iodine</b>	220 mcg	Information not provided	990.6 mcg	4.50	N/A	33.03 mcg	15%	70.8 mcg	32.20%	
<b>Omega-3s, total</b>	650mg	300 mg/d	15510 mg	23.86	44.31	51.7 mg	79.50%	1107.9 mg	170.40%	
<b>Omega-3s, DHA</b>	300 mg	Information not provided	4,110 mg	13.7	N/A	137 mg	45.67%	293.6 mg	97.89%	
			<b>Average Number of Days</b>	<b>15.25</b>	<b>30.77</b>					

\* Estimate based on recommendations to increase caloric intake 340kcal/d in the 2nd trimester, and 452kcal/d in the third trimester

1. NASEM - Nutrition during pregnancy and lactation: Exploring new evidence: Proceedings of a workshop  
Weismiller DG, Kolasa KM. Special concerns through early pregnancy journey. Nutrition Today. 2016;51(4):175-185  
Kolasa KM, Weismiller DG. Nutrition during pregnancy and lactation. Berdanier CD, Dwyer J, Heber D (ed). In "CRC Handbook of Nutrition and Food" pp 261-278.
2. Institute of Medicine 2006. WIC Food Packages: Time for a Change. Washington, DC: The National Academies Press. <https://doi.org/10.17226/11280>.
3. Estimated using USDA's Food Data Central Website: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](http://fdc.nal.usda.gov).