

WIC Foods for the Fully Breastfeeding Mom and Baby

The new WIC foods provide healthier choices for you and your baby. These foods:



- ✓ Support your breast milk supply
- ✓ Are lower in fat and higher in fiber
- ✓ Help you maintain a healthy weight
- ✓ Follow the Dietary Guidelines, MyPyramid and infant feeding recommendations



GRAINS	FRUITS and VEGETABLES	DAIRY/SOY*	PROTEIN
<p><u>For Mom:</u></p> <ul style="list-style-type: none"> • 1 lb whole wheat bread, brown rice or other whole grain options • 36 oz iron-fortified cereal 	<p><u>For Mom:</u></p> <ul style="list-style-type: none"> • \$10 cash value voucher for fruits and vegetables • 144 oz of vitamin C rich juice 	<p><u>For Mom:</u></p> <ul style="list-style-type: none"> • 6 gallons of fat-reduced milk (2%, 1% or skim) or soy substitute • 1 lb cheese • one additional pound of cheese can substitute for 3 quarts of milk 	<p><u>For Mom:</u></p> <ul style="list-style-type: none"> • 2 dozen eggs • 1 lb dry or 4 16 oz cans beans or peas • 18 oz peanut butter • 30 oz canned fish
<p><u>For Baby at 6 months:</u></p> <ul style="list-style-type: none"> • 24 oz iron-fortified infant cereal 	<p><u>For Baby at 6 months:</u></p> <ul style="list-style-type: none"> • 64 4 oz jars baby food fruits and vegetables 	<p><u>For Baby at 6 months:</u></p> <ul style="list-style-type: none"> • Your breast milk! 	<p><u>For Baby at 6 months:</u></p> <ul style="list-style-type: none"> • 31 2.5 oz jars baby food meats

*Substitutions for cheese and tofu that exceed the maximum allowed (2 lbs cheese or 6 lbs tofu) must be accompanied by a health care provider request based on a qualifying medical condition.

