

# WIC Foods for the Partially 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
- ✓ Provide appropriate nutrients for your baby's growth
- ✓ Follow the Dietary Guidelines, MyPyramid and infant feeding recommendations



GRAINS	FRUITS and VEGETABLES	DAIRY/SOY*	PROTEIN
<p><b>For Mom:</b></p> <ul style="list-style-type: none"> <li>• 1 lb whole wheat bread, brown rice or other whole grain options</li> <li>• 36 oz iron-fortified cereal</li> </ul>	<p><b>For Mom:</b></p> <ul style="list-style-type: none"> <li>• \$8 cash value voucher for fruits and vegetables</li> <li>• 144 oz of vitamin C rich juice</li> </ul>	<p><b>For Mom:</b></p> <ul style="list-style-type: none"> <li>• 5 ½ gallons of fat-reduced milk (2%, 1% or skim) or soy substitute</li> <li>• 1 lb cheese substitutes for 3 quarts of milk</li> </ul>	<p><b>For Mom:</b></p> <ul style="list-style-type: none"> <li>• 1 dozen eggs</li> <li>• 1 lb dry or 4 16 oz cans beans/peas</li> <li>• 18 oz peanut butter</li> </ul>
<p><b>For Baby at 6 months:</b></p> <ul style="list-style-type: none"> <li>• 24 oz iron-fortified infant cereal</li> </ul>	<p><b>For Baby at 6 months:</b></p> <ul style="list-style-type: none"> <li>• 32 4 oz jars baby food fruits and vegetables</li> </ul>	<p><b>For Baby:</b></p> <ul style="list-style-type: none"> <li>• Your breast milk!</li> </ul> <p><b>For Baby 0-1 months:</b> Max of 1 can powder formula  <b>For Baby 1-3 months:</b> Up to 4 cans powder formula (14 cans conc.)  <b>For Baby 4-5 months:</b> Up to 5 cans powder formula (17 cans conc.)  <b>For Baby 6-11 months:</b> Up to 4 cans powder formula (12 cans conc.)</p>	

A partially breastfeeding Mom will not receive food benefits after her baby turns six months of age if the amount of formula in the infant package exceeds the federal maximums.

\*Substitutions for cheese and tofu that exceed the maximum allowed (1 lb cheese or 4 lbs tofu) must be accompanied by a health care provider request based on a qualifying medical condition.

