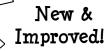
WIC Foods for Breastfeeding Mom and Baby

The new WIC foods help you and your breastfeeding baby meet today's nutrition needs as recommended by your health care provider. You can continue to enjoy milk, cereal, eggs, fish, juice, peanut butter and beans plus fruits, vegetables, cheese, and whole grains.

At six months of age your baby can receive infant food meats, fruits, vegetables, and cereal.





Your New WIC Foods:

- Support your breast milk supply
- Promote steady weight loss and help you maintain a healthy weight after delivery
- Improve the variety of foods available
- Are consistent with Dietary Guidelines, MyPyramid, and infant feeding recommendations!

What You Will Receive:

Grains	FRUITS and VEGETABLES	DAIRY	PROTEIN
For Mom:	For Mom:	For Mom:	For Mom:
1 pound whole wheat bread	^{\$} 10 cash value voucher for fruits and veggies	24 quarts of milk	1 pound dried beans Or peas Or 4, 15 ounce cans
Or other whole grain options	144 fluid ounces of vitamin C-rich juice	More allowed substitutions	18 ounces of peanut butter
36 ounces iron-fortified cereal			30 ounces canned fish
			2 dozen eggs
For Baby:	For Baby:	For Baby:	For Baby:
24 ounces iron-fortified infant cereal	256 ounces baby food fruits and veggies	Your breastmilk!	77.5 ounces baby food meat

Eat WIC foods to keep you strong while you love and take care of your growing baby!