

# 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.

**New & Improved!**



## Your New WIC Foods:

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

## What You Will Receive:

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

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