

WIC Foods for Partial Breastfeeding Mom and Baby

The new WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider. You can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans plus fruits, vegetables and whole grains. **At six months of age** your baby can receive infant food fruits, vegetables, and cereal.



Your New WIC Foods:

- ♥ Are lower in fat and higher in fiber
- ♥ Provide appropriate nutrients for your baby's growth
- ♥ 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>For Mom</p> <p>36 ounces iron-fortified cereal</p> <p>1 pound of whole wheat bread</p> <p>Or other whole grain options</p> <p>For Baby</p> <p>24 ounces iron-fortified infant cereal</p>	<p>For Mom</p> <p>\$8 cash value voucher for fruits & veggies</p> <p>144 fluid ounces of vitamin C-rich juice</p> <p>For Baby</p> <p>128 ounces baby food fruits and veggies</p>	<p>For Mom</p> <p>22 quarts of milk</p> <p>More allowed substitutions</p> <p>For Baby</p> <p>Your breastmilk! Infant formula in amounts to meet your baby's individual needs</p>	<p>For Mom</p> <p>1 pound dried beans or peas Or 4-15 ounce cans beans or peas</p> <p>1 dozen eggs</p> <p>18 ounces of peanut butter</p>

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