

# WIC Foods

New  
&  
Improved

## for Mom and Baby Breastfeeding

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
- Improve the variety of foods available
- Promote steady weight loss and help you maintain a healthy weight after delivery



### What You Will Receive

#### FOR MOM

##### GRAINS

- Two 18 ounce boxes iron-fortified cereal
- 1 pound whole wheat bread
- Or other whole grain options

##### VEGETABLES and FRUITS

- \$10 cash value voucher for veggies and fruits
- Three 12 ounce cans frozen vitamin C-rich juice

##### DAIRY

- 6 gallons of non-fat (skim) or low-fat (1%) milk
- 1 pound of cheese
- More allowed substitutions

##### PROTEIN

- 1 pound dried beans or peas
- Or four 15 ounce cans beans or peas
- 18 ounces of peanut butter
- 30 ounces canned fish
- 2 dozen eggs

#### FOR BABY

Your breastmilk!!

##### Plus at six months of age:

- Iron-fortified infant cereal
- Baby food vegetables and fruits
- Baby food meats
- All in amounts to meet your baby's individual needs

This institution is an equal opportunity provider.

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