

# WIC Foods

New  
&  
Improved

## for Mom and Baby Some Breastfeeding/ Some Formula

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

This institution is an equal opportunity provider.

### 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

- \$8 cash value voucher for veggies and fruits
- Three 12 ounce cans frozen vitamin C-rich juice

##### DAIRY

- 5 1/2 gallons of non-fat (skim) or low-fat (1%) milk
- More allowed substitutions

##### PROTEIN

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

#### FOR BABY

- Your breastmilk!!
- Infant formula

#### Plus at six months of age:

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

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