

CHOICES FOR MOM AND BABY



FULLY BREASTFEEDING

WIC foods support your healthy lifestyle choices and the development of your breastfeeding baby. You will 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 meats, fruits, vegetables and cereal.

YOUR WIC FOODS

- Support your supply of breast milk
- Offer a variety of foods
- Promote steady weight loss and help you maintain a healthy weight after delivery
- Provide your growing baby's complete nutritional needs

WHAT YOU WILL RECEIVE

FOR MOM:

Grains

- 36 ounces of iron-fortified cereal
- 16 ounces of whole grains (bread, buns, tortillas, rice or pasta)

Vegetables and Fruits

- Three 12 ounce cans of frozen or three 11.5 ounce cans of shelf-stable concentrate Vitamin C-rich juice
- \$11 cash value benefit for fresh vegetables and fruits, canned fruits and vegetables, and frozen fruits and vegetables

Dairy

- 1 pound of cheese
- 6 gallons of non-fat (skim) or low-fat (1%) milk
 - Allowable substitutions of cheese, yogurt or soy milk

Protein

- 30 ounces of canned tuna or salmon
- 2 dozen eggs
- Choice of two: 1 pound dried beans or peas OR four 15-16 ounce cans of beans OR one 16-18 ounce jar of peanut butter

FOR BABY:

Your breast milk

At six months of age

- Iron-fortified infant cereal
- Baby food vegetables and fruits
- Baby food meats

Eat WIC foods for a healthy you and a healthy growing baby!

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