

# CHOICES FOR MOM AND BABY



## MINIMALLY OR NOT BREASTFEEDING

WIC foods support your healthy lifestyle and your baby's development. You will enjoy milk, cereal, eggs, juice, peanut butter and beans, as well as fruits and vegetables. Your formula feeding baby will receive infant formula.

At six months of age your baby can receive infant fruits, vegetables and cereal.



## YOUR WIC FOODS

- Are low in fat and high in fiber
- Offer a variety of foods
- Help you maintain your strength to care for your baby
- Support your growing baby's development needs

## WHAT YOU WILL RECEIVE

### FOR MOM:

#### Grains

- 36 ounces of iron-fortified cereal

#### 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

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

#### Protein

- 1 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:

#### Infant formula

#### At six months of age

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

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

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