

# WIC Foods for Non-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.  
**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



Offer more variety



Help you reach a healthy weight



Follow Dietary Guidelines, MyPyramid, and infant feeding recommendations!

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
<p><b>For Mom</b></p> <ul style="list-style-type: none"> <li>– Iron-fortified cereal</li> </ul>	<p><b>For Mom</b></p> <ul style="list-style-type: none"> <li>– \$8.00 Fruit and Vegetable Check for approved fruit and/or vegetables: fresh, frozen or canned</li> <li>– Vitamin C-rich juice</li> </ul>	<p><b>For Mom</b></p> <ul style="list-style-type: none"> <li>– Low-fat (1%) or fat-free (skim) milk</li> </ul>	<p><b>For Mom</b></p> <ul style="list-style-type: none"> <li>– Dry or canned beans/peas or peanut butter</li> <li>– Eggs</li> </ul>
<p><b>For Baby</b></p> <ul style="list-style-type: none"> <li>– Iron-fortified infant cereal</li> </ul>	<p><b>For Baby</b></p> <ul style="list-style-type: none"> <li>– Baby food fruits and vegetables</li> </ul>	<p><b>For Baby</b></p> <ul style="list-style-type: none"> <li>– Infant formula</li> </ul>	

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

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