



**WOMEN - MEDICAL FOODS and OTHER FOODS – Prescription Required**  
**Provided by the Wisconsin WIC Program to Pregnant and Postpartum Women**  
**(up to 12 months postpartum if breastfeeding; up to 6 months postpartum if not breastfeeding)**

A Prescription, for treatment of a diagnosed medical condition, is required using the WIC Prescription/Clinical Data form for Women (with required items completed). The prescription is subject to WIC RD approval.

Medical Foods and Other Foods	Description, Allowable Medical Conditions for WIC Provision, and Contraindications	Kcals /8 oz	Protein Gms /8 oz	Protein Sources	Carbohydrate Sources	Fat Sources	Product Form, Size, Reconstituted Amount	Maximum Number Cans Per Month	Prepared Ounces Per Day
<b>Ensure Nutrition Shake</b> Abbott Nutrition	<b>Description:</b> Lactose- and gluten-free; low-residue; high in calories and protein; omega-3 fatty acids; vitamins and minerals; Kosher, Halal <b>Allowable medical conditions for WIC provision:</b> Cancer; recovery from major illness or surgery; low-residue diets post bowel surgery; acute phases of Crohn’s Disease, ulcerative colitis, diverticulitis, Celiac disease including celiac sprue, non tropical sprue and gluten sensitive enteropathy) <b>Unallowable reasons:</b> Manage body weight without an underlying medical condition <b>Contraindications:</b> Milk protein or soy allergy, galactosemia	250	9	Milk protein concentrate, soy protein isolate	Corn maltodextrin, sucrose, corn syrup	Vegetable oils (canola, corn, soy)	6-pack 8 fl oz reclosable bottles (Rich Dark Chocolate, Homemade Vanilla, Creamy Milk Chocolate, Strawberries & Cream, Butter Pecan, and Coffee Latte).	108 - 114 (18-19 6-packs)	30
<b>Ensure Plus</b> Abbott Nutrition	<b>Description:</b> Lactose- and gluten-free; low-residue; higher in calories and protein than regular Ensure; prebiotic fiber; omega-3 fatty acids, vitamins and minerals; Kosher, Halal <b>Allowable medical conditions for WIC provision:</b> Medical conditions creating increased caloric, protein and other nutrient requirements and/or requiring modified or low-residue diets; medical diagnoses requiring fluid restrictions creating difficulty to meet caloric and nutrient requirements (e.g. pre-eclampsia, renal disease, heart or lung disease; medical conditions such as HIV/AIDS; multiple bone fractures or burns; pregnancy or lactation with >2 fetuses/infants; post bowel surgery; acute phases of Crohn’s Disease, ulcerative colitis, or diverticulitis; Celiac disease including celiac sprue, non tropical sprue and gluten sensitive enteropathy) <b>Contraindications:</b> Milk protein or soy allergy, galactosemia	350	13	Milk protein concentrate, soy protein concentrate	Corn maltodextrin, sucrose	Vegetable oils (canola, corn, soy)	6-pack 8 fl oz bottles (Rich Dark Chocolate, Creamy Milk Chocolate, Homemade Vanilla, Strawberries & Cream, and Butter Pecan) 6-pack 32 fl oz bottles (Creamy Milk Chocolate, Homemade Vanilla)	108 - 114 (18-19 6-packs)	30



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<b>Boost Original</b> Nestlé	<b>Description:</b> Lactose- and gluten-free; low residue; high calorie, high protein; vitamins and minerals; Kosher <b>Allowable medical conditions for WIC provision:</b> Medical conditions creating increased caloric and nutrient requirements or requiring modified or low-residue diets; cancer; recovery from major illness or surgery; low-residue diets post bowel surgery; acute phases of Crohn’s Disease, ulcerative colitis, or diverticulitis; Celiac disease including celiac sprue, non tropical sprue and gluten sensitive enteropathy) <b>Contraindications:</b> Milk protein allergy, galactosemia	240	10	Milk protein concentrate	Sucrose, corn syrup solids	Vegetable oils (canola, high oleic sunflower, corn)	6-pack 8 fl oz bottles (Very Vanilla, Rich Chocolate, and Creamy Strawberry)	108 - 114 (18-19 6-packs)	30
<b>Boost Plus</b> Nestlé	<b>Description:</b> Lactose- and gluten-free, low residue; higher in calories and protein than Boost Original; prebiotic fiber; vitamins and minerals; Kosher <b>Allowable medical conditions for WIC provision:</b> Medical diagnosis requiring fluid restrictions creating difficulty to meet caloric and nutrient requirements (e.g.. pre-eclampsia, renal disease, heart or lung disease); medical conditions creating increased caloric and nutrient requirements or requiring modified or low-residue diets (e.g. HIV/AIDS; multiple bone fractures or burns; pregnancy or lactation with >2 fetuses/infants; post bowel surgery; acute phases of Crohn’s Disease, ulcerative colitis, or diverticulitis; Celiac disease including celiac sprue, non tropical sprue and gluten sensitive enteropathy) <b>Contraindications:</b> Milk protein allergy, galactosemia	360	14	Milk protein concentrate, sodium caseinate, calcium caseinate	Sucrose, corn syrup	Vegetable oils (canola, high oleic sunflower, Corn)	6-pack 8 fl oz bottles (Very Vanilla, Rich Chocolate, and Creamy Strawberry)	108 - 114 (18-19 6-packs)	30
<b>Boost High Protein</b> Nestlé	<b>Description:</b> Lactose- and gluten-free; low residue; high calorie, high protein; Kosher <b>Allowable medical conditions for WIC provision:</b> Medical conditions creating increased	240	15	Milk protein concentrate, sodium caseinate,	Sucrose, corn syrup	Vegetable oils (canola, high oleic	6-pack 8 fl oz bottles (Very Vanilla, Rich Chocolate, and	108 - 114 (18-19 6-packs)	30



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	caloric, protein, and other nutrient requirements or requiring modified or low-residue diets. (e.g. cancer, recovery from major illness or surgery; bone fractures; pregnancy or lactation with >2 fetuses/infants; post bowel surgery; acute phases of Crohn's Disease, ulcerative colitis, or diverticulitis; Celiac disease including celiac sprue, non tropical sprue and gluten sensitive enteropathy) <b>Contraindications:</b> Milk protein allergy, galactosemia.			calcium caseinate		sunflower, corn)	Creamy Strawberry)		
<b>Whole Milk</b> Unflavored cow's milk (Kosher allowed)	<b>Allowable medical conditions for WIC provision:</b> Medical conditions resulting in decreased food intake, fluid restriction, or increased nutrient requirements; metabolic conditions requiring calories from fat verses carbohydrate - Women with special needs for whom the most realistic option for assuring adequate calorie intake is whole milk - If Ensure or Boost is to be provided for a medical condition requiring additional calories, it is logical to provide it in combination with whole milk instead of 1% or fat free. - Conditions for which calorie dense foods are needed (e.g., pregnant women who've had gastric bypass surgery); medical conditions for which additional fat is needed to slow transit time in the gut (e.g., Dumping Syndrome) or to compensate for fat malabsorption (e.g., Cystic Fibrosis).  <b>Unallowable reasons:</b> Manage body weight without an underlying medical condition	160	8	Cow milk protein	Lactose	Animal fat	Gallons (with some exceptions for half gallons)	- PG &Part BF <sup>1</sup> : 5½ Gal - Non-BF <sup>2</sup> : 4 Gal - Fully BF <sup>3</sup> : 6 Gal	- PG &Part BF <sup>1</sup> : 23 - Non-BF <sup>2</sup> : 17 - Fully BF <sup>3</sup> : 26

<sup>1</sup>Pregnant and partially breastfeeding (up to 1 year postpartum)

<sup>2</sup>Nonbreastfeeding (up to 6 months postpartum)

<sup>3</sup>Fully breastfeeding (up to 1 year postpartum)



**DEPARTMENT OF HEALTH SERVICES**  
Division of Public Health  
P-40077D (02/12)

**STATE OF WISCONSIN**  
Bureau of Community Health Promotion  
WIC Program, Federal Reg. 246

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