

WIC Foods for Breastfeeding Mom and Baby

The new WIC foods help you and your breastfeeding 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>For Mom</p> <ul style="list-style-type: none"> – Iron-fortified cereal – Approved whole wheat/whole grain food, such as: <ul style="list-style-type: none"> – 100% Whole Wheat Bread, Buns, Rolls – Soft Corn/Whole Wheat Tortillas – Brown Rice <p>For Baby</p> <ul style="list-style-type: none"> – Iron-fortified cereal 	<p>For Mom</p> <ul style="list-style-type: none"> – \$10 Fruit and Vegetable Check (\$8 if partially breastfeeding) for approved fruit and/or vegetables: fresh, frozen or canned – Vitamin C-rich juice <p>For Baby</p> <ul style="list-style-type: none"> – Baby food fruits and vegetables (fully breastfed can receive twice as much as non-breastfed) 	<p>For Mom</p> <ul style="list-style-type: none"> – Low-fat (1%) or fat-free (skim) milk – Cheese (fully breastfeeding only) <p>For Baby</p> <ul style="list-style-type: none"> – Your breastmilk! – Infant formula (partially breastfed only) 	<p>For Mom</p> <ul style="list-style-type: none"> – Dry or canned beans/peas – Peanut butter – Eggs – Canned fish (fully breastfeeding only) <p>For Baby</p> <ul style="list-style-type: none"> – Baby food meat (fully breastfed only)

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

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