



CHOICES for Mom and Baby

Fully Breastfeeding

WIC foods support your healthy lifestyle choices and the healthy 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 food, meats, fruits, vegetables and cereal.

Your WIC Foods

- Support your breast milk supply
- 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
- 1 pound whole grain bread

VEGETABLES and FRUITS

- Three 12-ounce cans of frozen Vitamin C-rich juice
- \$10 cash value voucher for fresh vegetables and fruits

DAIRY

- 6 gallons of non-fat (skim), low-fat (1%) or reduced fat (2%) milk
- 1 pound of cheese
- Allowable substitutions of more cheese or soy milk

PROTEIN

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

FOR BABY

Your breastmilk!

AT SIX MONTHS OF AGE:

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



This institution is an equal opportunity provider.

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