

WIC Foods for the Partially Breastfeeding Mom and Baby

The new WIC foods provide healthier choices for you and your baby. These foods:



- ✓ Support your breast milk supply
- ✓ Are lower in fat and higher in fiber
- ✓ Provide appropriate nutrients for your baby's growth
- ✓ Follow the Dietary Guidelines, MyPyramid and infant feeding recommendations



GRAINS	FRUITS and VEGETABLES	DAIRY/SOY*	PROTEIN
<p>For Mom:</p> <ul style="list-style-type: none"> • 1 lb whole wheat bread, brown rice or other whole grain options • 36 oz iron-fortified cereal 	<p>For Mom:</p> <ul style="list-style-type: none"> • \$8 cash value voucher for fruits and vegetables • 144 oz of vitamin C rich juice 	<p>For Mom:</p> <ul style="list-style-type: none"> • 5 ½ gallons of fat-reduced milk (2%, 1% or skim) or soy substitute • 1 lb cheese substitutes for 3 quarts of milk 	<p>For Mom:</p> <ul style="list-style-type: none"> • 1 dozen eggs • 1 lb dry or 4 16 oz cans beans/peas • 18 oz peanut butter
<p>For Baby at 6 months:</p> <ul style="list-style-type: none"> • 24 oz iron-fortified infant cereal 	<p>For Baby at 6 months:</p> <ul style="list-style-type: none"> • 32 4 oz jars baby food fruits and vegetables 	<p>For Baby:</p> <ul style="list-style-type: none"> • Your breast milk! <p>For Baby 0-1 months: Max of 1 can powder formula For Baby 1-3 months: Up to 4 cans powder formula (14 cans conc.) For Baby 4-5 months: Up to 5 cans powder formula (17 cans conc.) For Baby 6-11 months: Up to 4 cans powder formula (12 cans conc.)</p>	

A partially breastfeeding Mom will not receive food benefits after her baby turns six months of age if the amount of formula in the infant package exceeds the federal maximums.

*Substitutions for cheese and tofu that exceed the maximum allowed (1 lb cheese or 4 lbs tofu) must be accompanied by a health care provider request based on a qualifying medical condition.

