

WIC Foods for 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
For Mom <ul style="list-style-type: none">– Iron-fortified cereal– Whole wheat bread– other whole grain foods	For Mom <ul style="list-style-type: none">– \$8 cash voucher for fruits & veggies– Vitamin C-rich juice	For Mom <ul style="list-style-type: none">– Milk– Other Dairy and Soy foods	For Mom <ul style="list-style-type: none">– Dry or canned beans or peas– Eggs– Peanut butter
For Baby <ul style="list-style-type: none">– Iron-fortified cereal	For Baby <ul style="list-style-type: none">– Baby food fruits & veggies	For Baby <ul style="list-style-type: none">– Your breastmilk!– Infant formula	

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

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