

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
For Mom – Iron-fortified cereal – Whole wheat bread – other whole grain foods	For Mom – \$10 cash voucher for fruits & veggies – Vitamin C-rich juice	For Mom – Milk – Other Dairy and Soy foods	For Mom – Dry or canned beans or peas – Eggs – Peanut butter – Canned fish
For Baby – Iron-fortified cereal	For Baby – Baby food fruits & veggies	For Baby – Your breastmilk!	For Baby – Baby food meat

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

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