

(NEW &amp; IMPROVED!)

# WIC foods for mom & baby

The new WIC foods help you and your breastfeeding baby meet today's nutrition needs as recommended by registered dietitians. You can continue to enjoy milk, cereal, eggs, fish, juice, peanut butter and beans, plus fruits, vegetables, and whole grains. At six months of age, your baby can receive infant food meats, fruits, vegetables, and cereal.

Your new WIC foods are lower in fat and higher in fiber. They also support your breast milk supply, improve the variety of foods available, and promote steady weight loss to help you maintain a healthy weight after delivery.



## for mom

### GRAINS

- 36 oz. iron-fortified cereal
- 1 lb. whole wheat bread
- OR other whole grain options

### FRUITS & VEGGIES

- \$10 cash value benefit for fruits and vegetables
- (3) 12 oz. cans frozen vitamin C-rich juice

### DAIRY

- 6 gal. reduced fat, low fat, or skim milk
- 1 lb. cheese
- additional allowed substitutions

### PROTEINS

- 30 oz. canned fish
- 2 dozen eggs
- 18 oz. peanut butter
- 1 lb. dried beans or peas
- OR (4) 16 oz. cans beans

## for baby

### AT 6 MONTHS OF AGE

- 24 oz. iron-fortified cereal
- (36) 2-pack containers of baby food fruits & veggies
- (31) 2.5 oz jars of baby food meats

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

