

WIC Foods for Breastfeeding Mom and Baby

(Exclusive)

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, meat, 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
<p>For Mom</p> <ul style="list-style-type: none"> – Iron-fortified cereal – Whole grain bread OR Soft corn or Whole wheat tortillas 	<p>For Mom</p> <ul style="list-style-type: none"> – \$10 cash value benefit on the Michigan WIC Bridge card for fresh fruits & veggies – Vitamin C-rich juice 	<p>For Mom</p> <ul style="list-style-type: none"> – Milk – Cheese (1 pound, and an additional two pounds can be substituted for six quarts of the milk) 	<p>For Mom</p> <ul style="list-style-type: none"> – Eggs – Dry or canned beans or peas – Peanut butter – Canned fish
<p>For Baby</p> <ul style="list-style-type: none"> – Iron-fortified cereal 	<p>For Baby</p> <ul style="list-style-type: none"> – 64-4 oz. jars Infant fruits & vegetables 	<p>For Baby</p> <ul style="list-style-type: none"> – Your breastmilk! 	<p>For Baby</p> <ul style="list-style-type: none"> – 31-2.5 oz. jars Infant meat

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