

WIC Foods for Breastfeeding Mom and Baby

(Partial)

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 |
|---|---|---|--|
| <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 Baby</p> <ul style="list-style-type: none"> – Iron-fortified cereal | <p>For Mom</p> <ul style="list-style-type: none"> – \$8 cash value benefit on the Michigan WIC Bridge card for fresh fruits & veggies – Vitamin C-rich juice <p>For Baby</p> <ul style="list-style-type: none"> – 32-4 oz. jars Infant fruits & vegetables | <p>For Mom</p> <ul style="list-style-type: none"> – Milk – Cheese (one pound can be substituted for 3 quarts of the milk) <p>For Baby</p> <ul style="list-style-type: none"> – Your breastmilk! – Infant formula | <p>For Mom</p> <ul style="list-style-type: none"> – Eggs – Dry or canned beans or peas – Peanut butter |

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

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