

WIC Foods for Non-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 6 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	For Mom – \$8 cash voucher for fruits & veggies – Vitamin C-rich juice	For Mom – Milk – Other dairy and soy foods	For Mom – Eggs – Dry or canned beans and peas <i>or</i> – Peanut butter
For Baby – Iron-fortified infant cereal	For Baby – Baby food fruits & veggies	For Baby – Infant formula	

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