

Infant – WIC Foods

Healthy foods for your infant



**Your
New
WIC
Foods**

- ♥ **Support breastfeeding**
- ♥ **Do not include solids until 6 months**
- ♥ **Stop giving juice**
- ♥ **Change the amount of formula based on baby's age**
- ♥ **Follow Dietary Guidelines and MyPyramid recommendations**

Grains



**At 6 months:
24oz cereal**

Dairy



**Breastmilk
or formula**

Fruits & Vegetables



**At 6 months:
Baby fruits and
vegetables (jars/packs)
OR bananas***
*no bananas in mailed food boxes

**Totally breastfed
babies:
256oz (about 64
4oz jars)**

**Partly breastfed and
formula fed babies:
128oz (about 32
4oz jars)**

Protein



For breastfed babies only

**At 6 months:
Jarred meats**

**77.5oz
(about 31
2.5oz jars)**