

Partially Breastfeeding – WIC Foods



Healthy foods to support breastfeeding

**Your
New
WIC
Foods**

- ♥ Support your breastmilk supply
- ♥ Promote a healthy weight loss and a healthy weight after delivery
- ♥ Give you more variety
- ♥ Follow Dietary Guidelines and MyPyramid recommendations

Grains



**1#
whole grains**

**36oz
cereal**

Dairy



**5½ gallons
lowfat milk**

**Ask about cheese
or soy options**

Fruits & Vegetables



\$8 fruits and vegetables

3 juice*

***11.5 – 12oz frozen, concentrate, or pourable concentrate OR 46oz can**

Protein



**18oz
peanut
butter**

**1 dozen
eggs**

**Beans
(1# dry
or 64oz
canned)**