

Postpartum – WIC Foods



Healthy foods after delivery

**Your
New
WIC
Foods**

♥ **Are lower in fat
and higher in fiber**

♥ **Help you stay
strong to care for
your baby**

♥ **Give you more
variety**

♥ **Follow Dietary
Guidelines and
MyPyramid
recommendations**

Grains



36oz cereal

Dairy



**4 gallons
lowfat milk**

**Ask about cheese
or soy options**

Fruits & Vegetables



\$8 fruits and vegetables

2 juice*

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

Protein



**1 dozen
eggs**

**Beans (1# dry or
64oz canned) OR
18oz peanut butter**