

# Totally Breastfeeding – WIC Foods



Healthy foods to support breastfeeding

**Your  
WIC  
Foods**

♥ **Support your  
breastmilk supply**

♥ **Promote a  
healthy weight  
loss and a healthy  
weight after  
delivery**

♥ **Give you  
variety**

♥ **Follow Dietary  
Guidelines and  
MyPyramid  
recommendations**

## Grains



**1#  
whole grains**

**36oz  
cereal**

## Dairy



**6 gallons  
lowfat milk**

**Ask about cheese  
or soy options**

## Fruits & Vegetables



**\$10 fruits and vegetables**

**3 juice\***

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

## Protein



**2 dozen  
eggs**

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

**30oz  
fish**

**18oz  
peanut  
butter**