

WIC Foods for Fully Breastfeeding Women

What you will receive each month until your baby is 12 months old:

- 3 gallons 1% lowfat or fat free milk
- 32 oz fat free, lowfat, or reduced fat yogurt
- 1 lb cheese
- 36 oz breakfast cereal
- 48 oz whole grains: whole grain bread, whole wheat pasta, whole wheat tortillas, corn tortillas, brown rice, oats, or bulgur
- 2 dozen eggs
- \$55 for fresh, frozen, or canned fruits and vegetables
- 2 lb legumes: 1 lb legumes = 1 lb dry beans, peas, or lentils; four 15-16 oz cans of beans; or 15.5-18 oz jar of peanut butter
- 20 oz canned fish

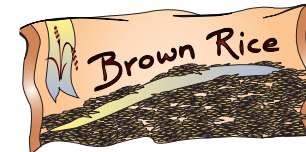
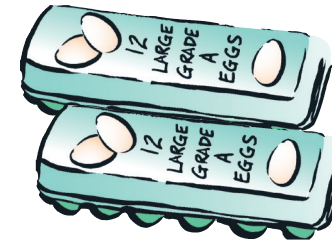
Milk Choices

- Lactose free 1% lowfat or fat free milk
- Soymilk and/or pea & oatmilk blend
- Fat free evaporated milk

Food Substitutions

- Remove 1 lb cheese—Add 0.75 gallon milk
- Remove 32 oz yogurt—Add 0.25 gallon milk
- Remove \$3 fruits and vegetables—Add 64 fl oz juice (maximum 64 fl oz juice per month)
- Remove 1 dozen eggs—Add 1 lb legumes
- Add 32 oz yogurt—Remove 0.25 gallon milk (maximum 64 oz yogurt per month)
- Add tofu—Remove 0.25 gallon milk per pound of tofu added

These monthly foods are also given to women who are partially breastfeeding two or more babies. Women fully breastfeeding two or more babies will receive \$82.50 to purchase fruits and vegetables and 1½ times the monthly amount of all other foods listed above.



FloridaWIC.org

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Note: WIC is a supplemental nutrition program. WIC does not provide all of the food you need.

This institution is an equal opportunity provider. 10/25