



health

For more than 90 years, the Tennessee Department of Health has been helping mothers and their babies. To make sure your new baby is healthy and gets off to a good start, we strongly recommend breastfeeding.

# WIC FOODS FOR PARTIALLY BREASTFEEDING WOMEN

## Your WIC Foods:

- Increase your choice of food • Offer a variety of fruits and vegetables
- Help improve your family's health • Follow the Dietary Guidelines and MyPlate recommendations



## What You Will Receive Each Month:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
36 oz cereal 1 - 16 oz whole wheat bread or other whole grain products such as: <ul style="list-style-type: none"> <li>• Brown rice</li> <li>• Bulgur</li> <li>• Oatmeal</li> <li>• Barley</li> <li>• Soft corn tortillas</li> <li>• Whole wheat tortillas</li> <li>• Whole wheat macaroni / pasta</li> </ul>	3 – 11.5 to 12 oz frozen or 48 oz containers of WIC approved juice  \$11 cash value voucher for fresh or frozen fruits and vegetables	4 gallons milk – Fat Free, Low Fat, or Sweet Acidophilus  1-9.6 oz container nonfat dry milk or choose 3 (any combination) of these: <ul style="list-style-type: none"> <li>• quart buttermilk</li> <li>• 12 oz can evaporated milk</li> <li>• 16 oz tofu</li> <li>• 32 oz tub fat free or low fat yogurt</li> </ul> 16 oz cheese	1 dozen eggs  16 oz package dried beans/peas <b>OR</b> 4 - 15 to 16 oz cans of canned beans  1 - 16 to 18 oz jar of peanut butter

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