



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 FULLY BREASTFEEDING MOM

Your WIC Foods:

- Increase your choice of food
- Offer a variety of fruits and vegetables
- Help improve your 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"> • Brown rice • Bulgur • Oatmeal • Barley • Soft corn tortillas • Whole wheat tortillas • Whole wheat macaroni / pasta 	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	5 gallons milk – Fat Free, Low Fat, or Sweet Acidophilus 1 quart buttermilk OR 12 oz can evaporated milk OR 16 oz tofu OR 32 oz tub fat free or low fat yogurt 2 - 16 oz cheese	2 dozen eggs 16 oz package dried beans/peas OR 4 - 15 to 16 oz cans of canned beans 1 - 16 to 18 oz jar of peanut butter 30 oz tuna, salmon, sardines or mackerel

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