



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 YOUR INFANT (BIRTH THROUGH 11 MONTHS)

## 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   |
|--|--|--|---|
| <p><b>All infants at 6 months:</b><br/>3 - 8 oz boxes of infant cereal</p> | <p><b>Fully breastfeeding infants at 6 months:</b><br/>64 - 4oz containers infant fruits &amp; vegetables (Stage 2 or 2nd Stage foods only) or 32 twin packs</p> <p><b>Partially breastfed and fully formula fed infants at 6 months:</b><br/>32 - 4oz containers of infant fruits &amp; vegetables (Stage 2 or 2nd Stage foods only) or 16 twin packs</p> | <p><b>Fully breastfed infants:</b><br/>Mom's breastmilk!</p> <p><b>Partially breastfed infants:</b><br/>Mom's breastmilk and Infant formula in amounts to supplement your baby's needs</p> <p><b>Formula fed infants:</b><br/>Number of cans will depend on powder or concentrate, and age of infant</p> | <p><b>Fully breastfed infants at 6 months:</b><br/>31 - 2.5 oz jars of baby food meat</p> |

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