

New WIC Foods Coming in the Fall of 2009



- More foods for breastfeeding moms and their babies
- Mom's food will depend on how she is feeding her baby

· Formula amounts will be based on the baby's age and how the baby is fed



- **NEW** food: Whole wheat and whole grain bread



- Other whole grain options including brown rice, corn and whole wheat tortillas

· **NEW** food for infants
Baby food: vegetables, fruits and meats



- **NEW** protein choices for breastfeeding women:
Salmon in addition to tuna



· 2%, 1% and skim milk for children over two years and for women

- Changes in the amount of cheese and milk



- Vegetables and Fruit in place of some of the juice

- **NEW** food for women and children
fresh vegetables and fruit.



- **NEW** Canned beans in addition to dried beans or peanut butter

· **Coming to North Dakota WIC
October 1, 2009**