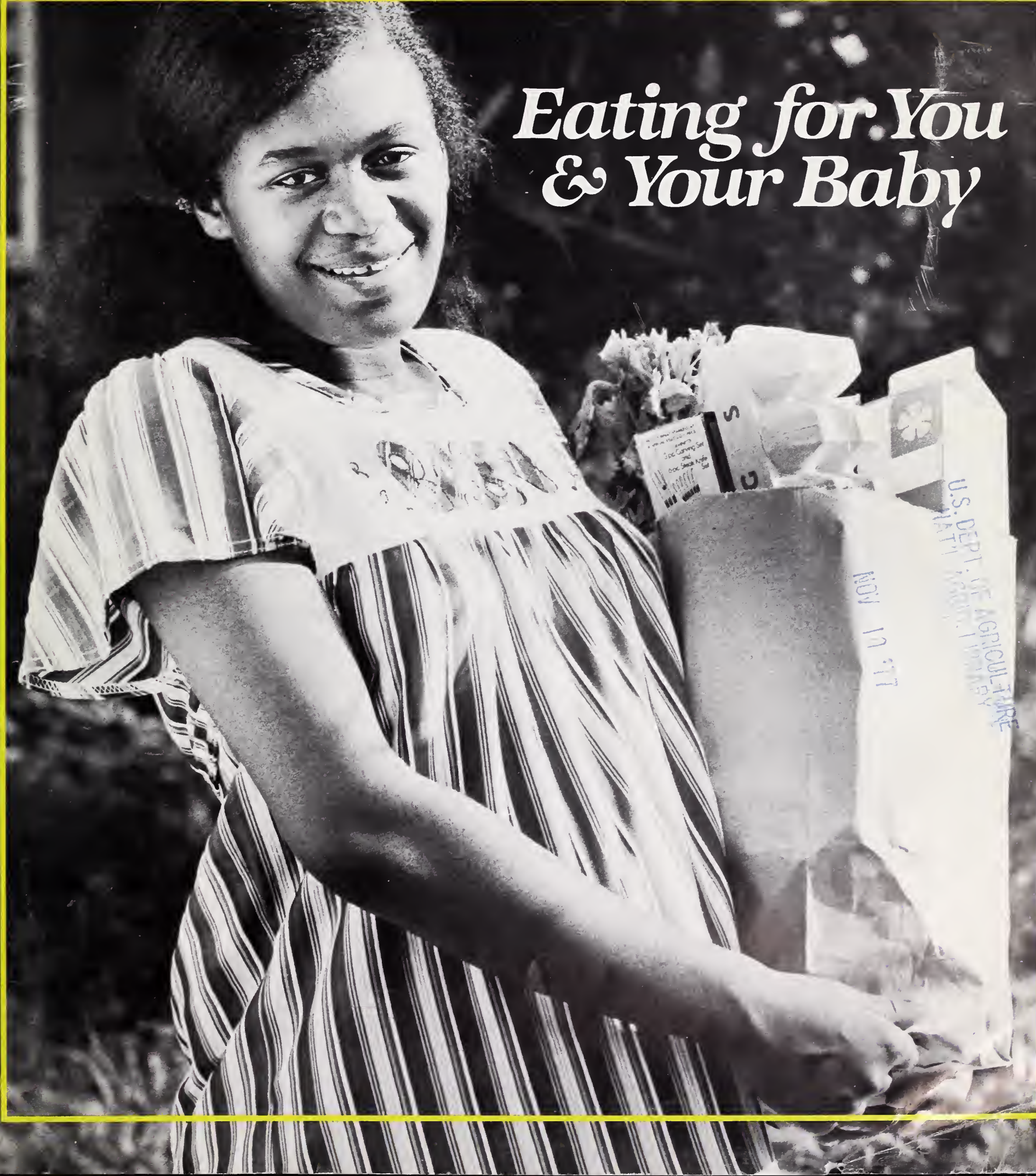


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# How WIC Helps

U.S. Department of Agriculture      Food and Nutrition Service      Program Aid No. 1198



*Eating for You  
& Your Baby*





*“...to me, the WIC program does work. If it hadn't been for the WIC program, I would never have known that...our [my children and myself] blood counts were low.”* Alabama recipient *“I am now able to plan better meals...because of WIC. I would not have knowledge of why I should buy certain foods...had I not received the information from talking with the WIC teachers and aids.”* Connecticut recipient *“...my family has benefited 100 percent from the [WIC] program...”* Oregon recipient *“If it had not been for the WIC program...I would have been very discouraged and scared.”* Arizona recipient *“I am very grateful to the WIC program for the help my baby and I receive and [I] have always found our WIC staff to be efficient, friendly, and helpful.”* Nevada recipient *“WIC has made my home life a lot less tense...”* Massachusetts recipient *“...I was...pregnant. I didn't know what foods to eat...they [WIC personnel]...give you these foods but they also counsel you.”* Missouri recipient



# Eating for You & Your Baby

Not all of us eat as well as we should to give our bodies all the things we need to be healthy. But some of us do a better job than others. Now that you are pregnant or nursing a baby, you have an extra reason to make sure that you eat right. If you've never spent much time thinking about what you eat, this is the time to start. It's not hard, it just takes a little more thought about what you put in your mouth. Your baby's health could depend on it.

When you are hungry, you can eat any number of things to stop that hungry feeling. But if you are pregnant or nursing, you and your baby need certain nutrients — or building materials — found in foods. The only way your baby can get the nutrients it needs to build muscles and bones and other body tissues is through you. What you

eat can make the difference between a normal, healthy baby and a baby who may have problems.

If you are a teenager, your body is still growing while your baby is developing inside you. This gives you another reason to try to get the right nutrients through what you eat. Not only do you need nutrients to stay healthy and help your baby develop, but you also need them to continue to grow yourself.

The WIC food package gives you some of the needed foods for you and your unborn or nursing baby. It is set up especially for you. There are other WIC food packages for infants and older children. Your WIC package has milk, cheese, eggs, vegetable or fruit juice, and iron-fortified cereal. That isn't all the food you need, but it is a healthy start.

There are many ways to serve the WIC foods so that you don't have to eat the same thing each day. Fix the foods the way you like them, or try the suggestions on the next page. Remember that different foods contain nutrients which do different things for you and your baby, so it is important to eat a variety of foods.



Photo: La Leche League International



## Vegetable & Fruit Juice

Vegetable and fruit juices in the WIC package contain vitamin C. The body uses this vitamin to help hold body cells together.

In addition, vitamin C strengthens the walls of the blood vessels and helps fight infection.

Drink your vegetable or fruit juice as a snack or as part of your breakfast or other meals.

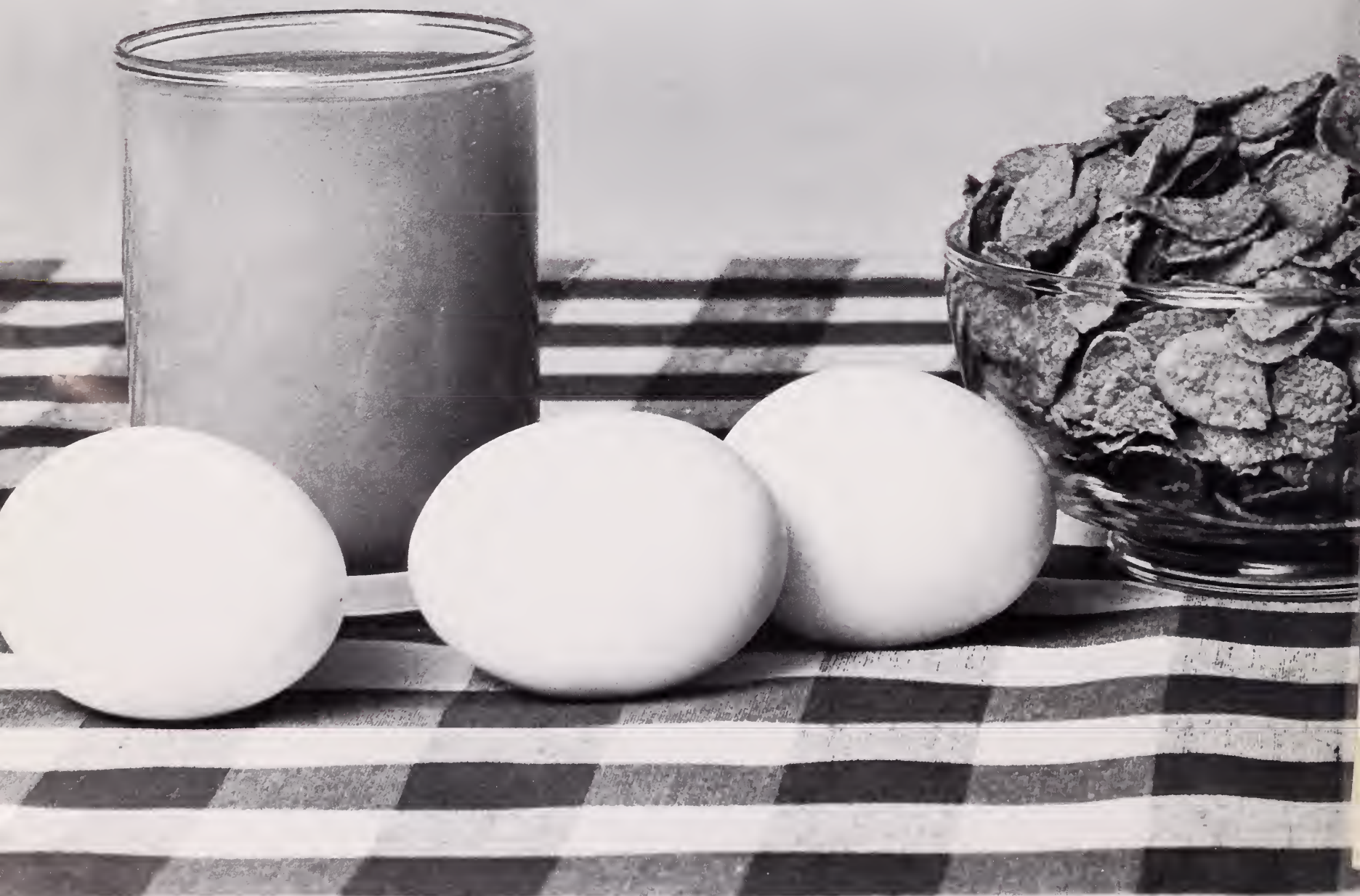
## Eggs

Eggs have protein, iron, and some vitamin A. Protein helps the baby grow and build muscles and blood. Iron also builds blood and helps prevent a blood condition called anemia. You need vitamin A for healthy eyes and skin.

Fix your eggs many different ways — fried, hard or soft boiled, poached, or scrambled — for any meal. Try an omelette sometimes. Have a hard boiled egg for a snack.

## Iron-Fortified Cereal

Iron-fortified cereals give you the iron you need for building blood and preventing anemia. They also have the B vitamins needed for a healthy nervous system, a good appetite, and good digestion. Have cereal with milk for breakfast or as a snack. Try adding fresh, dry, or canned fruits like sliced bananas, raisins, or peaches to it.





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# WIC Foods

## for Pregnant & Nursing Women

## Milk & Cheese

Milk and cheese give you and your baby calcium, protein, vitamin A, and B vitamins.

Calcium helps build strong bones and teeth, and helps muscles and nerves work well.

You have to have protein for the baby to grow and develop.

Protein also helps build muscles and blood. Vitamin A helps keep eyes and skin healthy.

You need B vitamins for the nervous system, and to help you have a good appetite and digest your food well.

Drink your milk plain, put it in pudding, or fix yourself a milkshake or eggnog. Eat cheese by itself or on crackers, melt it on toast or tortillas, or put it in scrambled eggs.





# Notes

What to eat  
each day

The WIC foods are actually foods you need all the time in order to be as healthy as you can be. They include choices from four basic food groups. This chart gives you an idea of what you should be eating each day.

Eating the right foods is just as important when you are breastfeeding as when you are pregnant. You should follow the same eating plan as when you were pregnant, adding an extra glass of milk and a nutritious snack, such as cheese and crackers or a peanut butter sandwich. Nursing mothers need more liquids than normal, so increase the amount you drink to 8 to 12 glasses a day.

How much to have each day

	When pregnant	When breastfeeding
<b>Milk and milk products</b> (milk, cheese, cottage cheese, yogurt, and ice cream)	<b>3 or more servings</b> (4 for pregnant teenagers)	<b>4 or more servings</b>
<b>Meat and meat substitutes</b> (meat, poultry, fish, cheese, dry beans or peas, eggs, and nuts)	<b>2 or more servings</b>	<b>2 or more servings</b>
<b>Vegetables and fruits and their juices</b> (citrus, tomatoes and peppers, dark green and deep yellow fruits and vegetables)	<b>4 or more servings</b>	<b>4 or more servings</b>
<b>Breads and cereals</b> (whole-grain or enriched bread, cereal, rice, and spaghetti or other pasta)	<b>4 servings</b>	<b>4 servings</b>

To round out meals and get additional calories if needed, you can have extra servings from these food groups as well as other foods. Remember that you need to drink 6 to 8 glasses of water or other liquids each day.

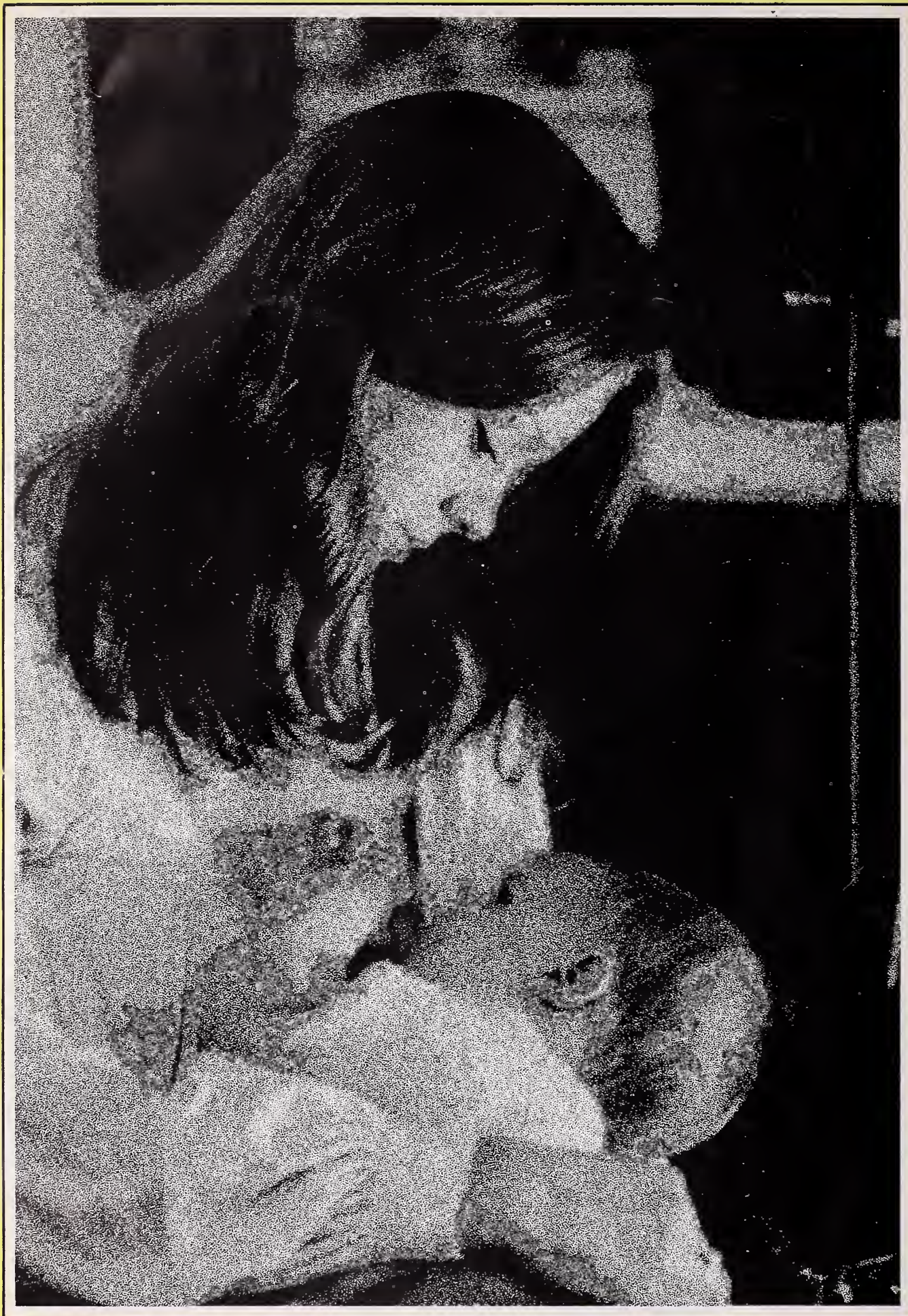




Being pregnant or nursing a baby is a big job, and the WIC program is here to help you. If you don't have enough money to buy the additional foods you need, talk to the people at the health

clinic or welfare office to see if you are eligible for food stamps or other aid. Use your WIC food package as the start to a better way of eating, and both you and your baby will be better off for it.





*Photo: La Leche League International*

The WIC program has other supplemental food packages, one for infants from birth to 1 year old and one for children 1 to 5 years old. For more information on these packages, ask at your WIC office.

The Special Supplemental Food Program for Women, Infants, and Children is open to all eligible persons regardless of race, sex, color, creed, or national origin.

September 1977