

# FOOD BENEFITS QUICK GUIDE FOR WOMEN



Below is a brief summary of the Maryland WIC food benefit package for women. See the Maryland WIC Authorized Foods List for more information about authorized foods for each category.

**EXCLUSIVELY BREASTFEEDING** (up to 1 year after birth)      **PREGNANT OR MOSTLY BREASTFEEDING** (up to 1 year after birth)      **BREASTFEEDING SOME OR NOT BREASTFEEDING** (up to 6 months after birth)

## WIC OFFERS BREASTFEEDING SUPPORT TO ALL MOMS!

<b>COW'S MILK OR SOY BEVERAGE</b>	6 gallons 1% low fat or fat free	5.5 gallons 1% low fat or fat free	4 gallons 1% low fat or fat free
<b>CHEESE</b> <i>optional</i>	1 pound cheese Optional additional 1 pound cheese reduces milk by 3/4 of a gallon	Optional 1 pound cheese reduces milk by 3/4 of a gallon	
<b>TOFU</b> <i>optional</i>	4 pounds tofu (reduces milk by 1 quart for each pound)		
<b>YOGURT</b> <i>optional</i>	32 ounces low fat or fat free yogurt (reduces milk by 1 quart)		
<b>EGGS</b>	2 dozen	1 dozen	
<b>LEGUMES</b>	Choose 2: 1 pound dry beans or 64 ounces canned or 1 (16-18 ounce) container peanut butter		1 pound dry beans or 64 ounces canned or 1 (16-18 ounce) container peanut butter
<b>CEREAL</b>	36 ounces cold or hot breakfast cereal		
<b>WHOLE GRAINS</b>	1 pound whole wheat bread, brown rice, whole wheat or soft corn tortillas, whole wheat pasta, or oats		NONE
<b>FISH</b>	30 ounces canned fish	NONE	
<b>FRUITS &amp; VEGETABLES</b>	\$11 to buy fresh, frozen, or canned fruits and vegetables		
<b>JUICE</b>	144 fluid ounces	96 fluid ounces	

Women who need a special nutrition supplement may receive up to 910 fluid ounces of a WIC-Eligible Nutritional per month. Submit this request using a Maryland WIC Medical Documentation Form.

