

FOOD PACKAGES FOR BREASTFEEDING WOMEN

Foods	Breastfeeding Women		
	The more women breastfeed, the more food they will get!		
	<u>Fully BF</u>	<u>Partially BF</u>	<u>Some BF</u>
	(up to 1 year postpartum; baby receives no formula) *	(up to 1 year postpartum; baby receives less than or equal to a ½ formula package)	(up to 6 months postpartum; baby receives greater than a ½ formula package)
Juice	3 - 11.5 or 12 oz frozen or 46 oz cans	3 - 11.5 or 12 oz frozen or 46 oz cans	2 - 11.5 or 12 oz frozen or 46 oz cans
Milk (some tofu or soy beverage can be substituted for milk)	24 quarts	22 quarts	16 quarts
Cereal	36 oz	36 oz	36 oz
Cheese 3 qt milk = 1# cheese	1 # plus up to 2 additional pounds without a qualifying medical diagnosis	No more than 1# without qualifying medical diagnosis	No more than 1# without qualifying medical diagnosis
Eggs	2 dozen	1 dozen	1 dozen
Fresh fruits and vegetables	\$10.00	\$8.00	\$8.00
Whole grains: 100% Whole wheat bread, soft corn tortillas, brown rice oatmeal, or bulgur	1 lb	1 lb	N/A
Tuna or salmon	30 oz	N/A	N/A
Dry beans &/or peanut butter	1 lb <u>and</u> 18 oz	1 lb <u>and</u> 18 oz	1 lb or 18 oz

*Women fully breastfeeding multiples receive 1 ½ times the amount of food received in a fully breastfeeding food package.

Fully breastfeeding infants receive more foods at 6 months.

Feeding Method	Baby Cereal	Baby Food Fruits and Vegetables	Baby Food Meat
Fully Breastfed	24 oz	64 – 4 oz jars	31 – 2.5 oz jars
Partially Breastfed	24 oz	32 – 4 oz jars	None
Some Breastfed**	24 oz	32 – 4 oz jars	None
Fully Formula Fed	24 oz	32 – 4 oz jars	None

**Infants receiving more than ½ the amount of formula in an infant formula food package are documented as “Some Breastfed”.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).