

## BREASTFEEDING

*For Fully Breastfeeding Babies Only*

### Baby Food Meats

2.5 oz. (1st stage only)

*Brands listed on check*

#### Allowed:

- Turkey and Turkey Broth
- Chicken and Chicken Broth
- Beef and Beef Broth

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### Canned Fish

*Pouches allowed only if printed on check*

Tuna - 5 or 6 oz. can

#### Allowed:

- Light only, water packed, any brand

#### Not Allowed:

- Oil packaged, sauce (flavored) packed, white, organic, all natural steak or fillet, low sodium or albacore



Salmon - 5 or 6 oz. can

#### Allowed:

- Pink salmon, water packed, any brand

#### Not Allowed:

- Oil packed, sauce (flavored) packed, organic, all natural, smoked, Atlantic, Keta, Blueback, red, salmon steak or fillet

Sardines - 3.75 oz. can

#### Allowed:

- Water packed, any brand

#### Not Allowed:

- Oil packed, sauce (flavored) packed, organic, all natural, kippered fish

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*For Babies Receiving Formula*

### Infant Formula

*Brand & type listed on check*

