



Snack Ideas to Eat While You Breastfeed or Pump

- Pretzel sticks with hummus
- A handful of almonds with dried raisins
- Whole grain crackers with cheese slices
- Apples and celery slices with peanut butter used as a dip
- Slices of deli turkey rolled-up with a handful of grapes
- Carrot and cucumber slices with hummus dip
- Strawberries and apple slices with yogurt dip
- Whole wheat English muffin with peanut butter
- Quartered cheese or peanut butter sandwich on whole wheat bread
- Cheese cubes with dried fruits such as apricots
- Hard-boiled egg with a handful of cherry tomatoes
- Glass of low-fat milk with cut-up melons and grapes
- A mixture of whole grain cereal in a bag



OR Choose at least one from each group below:

Group 1: Foods High in Protein:

- Cheese cubes, slices or sticks
- Yogurt
- Peanut butter
- Deli meat slices: turkey, chicken, roast beef or low-sodium ham
- Nuts & seeds: almonds, walnuts or sunflower seeds
- Hummus
- Glass of low-fat milk

Group 2: Fiber Rich Carbohydrates: fruits, vegetables, and grains:

- Prepared fruit such as: apple or peach slices, cut-up cantaloupe or watermelon, orange slices, hulled strawberries, seedless grapes, banana or plantain slices
- Prepared vegetables such as: celery or carrot sticks, slices of pepper, cucumber or tomatoes, radishes, olives
- Canned, frozen, soaked or dried beans: kidney beans, pinto beans, chickpeas, lima beans, soy beans, fava bean
- Whole grain English muffin, bagel, or bread
- Whole grain flour or corn tortilla
- Mixed finger-food cereal in a bag: wheat chex, toasted oats, mini wheats
- Dried fruits with no added sugar: raisins, apricots, raisins, prunes, plantains
- Whole grain crackers
- Low-fat popcorn
- Pretzel sticks
- Sliced pita

Also, remember to drink plenty of water and sugar-free/ non-caffeinated beverages. Rule of thumb: drink until you are no longer thirsty.

WIC Breastfeeding Hotlines: Greensboro: 336-641-4114 High Point: 336-641-7689

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