

**4.06 Pregnant Women**

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**POLICY:**

The purpose of this policy is to outline the authorized supplemental food for women participants who do not have a qualifying condition to receive exempt formula or a medical food.

**PROCEDURE:**

**A. Women with a Singleton Pregnancy Authorized Categories of Supplemental Foods**

The maximum monthly allowances of authorized supplemental food for women with a singleton pregnancy include the following:

1. Milk, fluid 22 qt.
  - a. Low-fat milks, as specified in FDA standards, such as Low-fat (1%) and Fat Free (Skim milk), are the recommended types of milk allowed for women.
  - b. Milk Substitutes
    1. Soy beverage
      - a. Soy based beverage can be substituted for milk on a quart for quart basis.
    2. Cheese
      - a. Cheese may be substituted for milk at the rate of 1 pound (#) of cheese per 3 quarts of milk. Whenever 1 pound of cheese is substituted, the remaining 1 quart of milk will be provided.
      - b. No more than 1 pound of cheese may be substituted for milk
2. Breakfast cereal, 36 oz.
3. Juice, 144 fl. oz.
4. Fruits and Vegetables, \$11.00
5. Whole grain bread, or other whole grains, 1 lb.
6. Eggs, 1 dozen

**4.06 Pregnant Women**

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7. Legumes, 1 lb. or 4 cans (15-16oz), and Peanut Butter, 16-18 oz.

**B. Pregnant Women with Two or More Fetuses Authorized Categories of Supplemental Foods**

Women who are fully breastfeeding, while pregnant will also receive this food package. The maximum monthly allowances of authorized supplemental foods include the following:

1. Milk, fluid 24 qt.
  - a. Low-fat milks, as specified in FDA standards, such as Low-fat (1%) and Fat Free (Skim milk), are the only types of milk allowed for women.
  - b. Milk Substitutes
    1. Soy beverage
      - a. Soy based beverage can be substituted for milk on a quart for quart basis.
    2. Cheese
      - a. Cheese may be substituted for milk at the rate of 1 pound (#) of cheese per 3 quarts of milk. Whenever 1# cheese is substituted, the remaining 1 quart of milk will be provided.
      - b. No more than 1 pound of cheese may be substituted for milk.
2. Cheese, 1 lb.
3. Breakfast cereal, 36 oz.
4. Juice, 144 fl. oz.
5. Fruits and Vegetables, \$11.00
6. Whole Wheat bread, or other whole grains, 1 lb.
7. Eggs, 2 dozen
8. Legumes and Peanut Butter, 1 lb. and peanut butter 16-18 oz.

**4.06** **Pregnant Women**

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9. Fish (canned), 30 oz.

**C. Prescribing Food Packages**

Only a Competent Professional Authority (CPA) is authorized to prescribe supplemental foods in quantities that do not exceed the regulatory maximum and are appropriate for the participant, taking into consideration the participant's age and nutritional needs.

**REFERENCES:**

1. WIC Regulations 246.10, Food Package V, Pregnant and Partially Breastfeeding Women and Food Package VII, Fully Breastfeeding.
2. Federal Register/Vol. 79, No. 42/Rules and Regulations.