

North Carolina WIC Program Information on the Selection of Approved Foods

The North Carolina WIC Program approves a variety of nutritious foods to maintain the North Carolina WIC Authorized Product List (APL) in compliance with federal and state regulations with consideration of health benefit for WIC participant.

A product must meet the federal regulations and criteria specified in this document. WIC supplemental foods are approved based on criteria such as nutrient specifications, availability and cost. North Carolina WIC will review the list of allowable foods throughout the year as needed to add or remove from the allowable foods.

A manufacturer may contact the North Carolina WIC program throughout the year with any questions regarding criteria for allowable foods or to have their contact information added to the mailing list by emailing newicfoods@dhhs.nc.gov

Cow's Milk:	
Approved <ul style="list-style-type: none">▪ Fresh fluid cow milk: 1 gallon, ½ gallon and 1-quart▪ Lactose-reduced or lactose-free cow milk: ½ gallon▪ Ultra-High Temperature (UHT) cow milk: 1 quart▪ Evaporated cow milk: 12 oz. canned▪ Skim, 1%, 2% and whole pasteurized cow milk▪ Organic cow milk▪ Must conform to FDA standards of identity at 21 CFR Part 131.110, 21 CFR Part 131.130▪ Must be pasteurized.▪ Must contain 400 International Units of Vitamin D per quart (100 IU per cup).▪ Must contain 2000 International Units of Vitamin A per quart (500 IU per cup) (reduced fat, low-fat or nonfat)	Not Approved <ul style="list-style-type: none">▪ Buttermilk▪ Chocolate or other flavored milk▪ Goat's milk▪ Milk drinks▪ Powdered milk

Yogurt:	
Approved <ul style="list-style-type: none">▪ 1 quart (32 oz.)▪ Pasteurized▪ Must be pasteurized and conform to FDA standard of identity for whole-fat (21 CFR 131.200), low-fat (21 CFR 131.203) or non-fat yogurt (21 CFR 131.206).▪ Contain no more than 40 gm sugar per cup (8 oz.)▪ Fortified with Vitamin A & D▪ Plain yogurt▪ Flavored yogurt▪ Organic yogurt	Not Approved <ul style="list-style-type: none">▪ Drinkable yogurts▪ Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients▪ Yogurts with artificial sweeteners

Soy-based Beverage:

Approved

- 64 oz. containers, unflavored
- Organic soy-based beverage
- Fortified to meet the following nutrient levels, in accordance with fortification guidelines issued by FDA per 8 oz. cup soy-based beverage:
 - 276 milligrams calcium
 - 8 grams protein
 - 500 IU Vitamin A
 - 100 IU Vitamin D
 - 24 milligrams magnesium
 - 222 milligrams phosphorus
 - 349 milligrams potassium
 - 0.4 milligrams riboflavin
 - 1.1 micrograms Vitamin B12

Not Approved

- Flavored soy-based beverage
- Soy-based beverage with artificial sweeteners

Tofu:

Approved

- 14 oz. – 16 oz. prepackaged
- Calcium-set tofu prepared with calcium salts (e.g. calcium sulfate)
- May also contain other coagulants (i.e. magnesium chloride)
- Organic tofu

Not Approved

- Tofu with added fats, sugars, oils or salt (sodium)
- Tofu with artificial sweeteners

Cheese:

Approved

- 8-ounce or 16-ounce size packages
- Forms including block, sliced (wrapped or unwrapped), snack, cubed, shaped, crumbled, strips, sticks, diced, grated, string or shredded cheese
- Any of the following types of cheese or blends of any of these cheeses:
 - Brick
 - Cheddar
 - Colby
 - Monterey Jack
 - Mozzarella
 - Muenster
 - Pasteurized processed American
 - Provolone
 - Swiss
- Lower-sodium varieties
- Reduced-fat and reduced-cholesterol varieties
- Organic Cheese
- Must conform to FDA standard of identity at 21 CFR Part 133
- Must be domestic cheese made from 100% pasteurized milk

Not Approved

- Cheese foods
- Cheese products
- Cheese spreads
- Cheese with additions such as wine, nuts, seeds, jalapenos, pimentos, herbs, spices, seasonings or flavorings (wine or smoked)
- Deli or hoop cheese

Eggs:

Approved

- One dozen container, chicken eggs only
- All sizes
- All grades
- White or Brown eggs
- Specialty eggs such as low-cholesterol, cage-free, stress-free, free-range, vitamin-enriched, antibiotic-free, vegetarian-fed-hen, no-growth-hormones, fertile or organic eggs

Not Approved

- Powdered, liquid or hard-boiled eggs

Fish:

Approved

- 5 oz.- 6 oz. cans or foil packs
- Organic Fish
- **Pink Salmon:** Any brand, plain unseasoned packed in water and with or without bones (21 CFR 161.170)
- **Chunk-Light Tuna:** Any brand, plain unseasoned packed in water (21 CFR 161.190)

Not Approved

- Fish with added ingredients
- Lunch packs or kits

Concentrate Juice:

Approved

- 11.5 oz. – 12 oz. containers
- Organic juice
- 100% fruit or vegetable juice or blends of any fruit or vegetable, unsweetened, pasteurized
- Frozen or shelf stable concentrate
- Must conform to FDA standard of identity (21 CFR part 146 for fruit juice), (21 CFR part 156 for vegetable juice)
- Juices fortified with calcium, vitamin D or vitamin C
- Must contain a minimum of 30 mg of Vitamin C per 100 ml of juice or 72 mg of Vitamin C per 8 oz. (e.g., Vitamin C = 90% U.S. RDA for women per 6 fluid ounces juice)
- Vegetable juice may be regular or low sodium
- Packaged in plastic, glass, cans, or refrigerated paper cartons

Not Approved

- Concentrate products with guidance for diluting to less than single strength
- Juice drinks or cocktails
- Juices promoted for use by infants
- Juices with added nutrients/additives (other than calcium, vitamin D or vitamin C)
- Juices with artificial sweeteners
- Sports drinks

Single Strength Juice:

Approved

- 48 oz. and 64 oz. containers
- Organic juice
- 100% juice, unsweetened, pasteurized
- Must conform to FDA standard of identity (21 CFR part 146 for fruit juice), (21 CFR part 156 for vegetable juice)
- Juices fortified with calcium, vitamin D or vitamin C
- Must contain a minimum of 30 mg of Vitamin C per 100 ml of juice, or 72 mg of Vitamin C per 8 oz (e.g., Vitamin C = 90% U.S. RDA for women per 6 fluid ounces juice)
- Vegetable juice may be regular or low sodium
- Packaged in plastic, glass, cans or refrigerated paper cartons

Not Approved

- Freshly squeezed juices
- Juice drinks or cocktails
- Juices promoted for use by infants
- Juices with added nutrients/additives other than calcium, vitamin D or vitamin C
- Juices with artificial sweeteners
- Sports drinks

Cereal:

Approved

- 12 oz. to 36 oz. size bag or box
- Oatmeal may be instant, quick, or regular cook and must be plain-flavored only
- Organic cereal

For all cereals (whole grain and non-whole grain):

- Must meet FDA standard of identify for ready-to-eat and instant and regular hot cereal
- Must contain a minimum of 28 mg of iron per 100 grams of dry cereal
- Must contain ≤ 21.2 grams of sucrose and other sugars per 100 grams of dry cereal; ≤ 6 grams sugar/dry oz. cereal

For whole grain cereals:

- Whole wheat or whole grain must be primary ingredient by weight
- Must meet labeling requirements for making a health claim as a “whole grain foods with moderate fat content”
- Must contain a minimum of 51% whole grains (using dietary fiber as the indicator)
- Must meet the regulatory definitions for “low saturated fat” (≤ 1 gram saturated fat per RACC*) and “low cholesterol” (≤ 20 milligrams cholesterol per RACC*)
- Must bear quantitative trans fat labeling
- Contain ≤ 6.5 grams total fat per RACC* and ≤ 0.5 grams trans fat per RACC*

Not Approved

- Single serving packets
- Cereals with artificial sweeteners

Bread/Buns:

Approved

- 16 oz. loaf
- 100% whole-grain and/or whole-wheat bread and buns
- Organic bread or buns

Whole Wheat Bread

- Whole wheat bread must conform to FDA standard of identity (21 CFR 136.180) “Whole wheat flour” and/or “bromated whole wheat flour” must be the only flours listed in the ingredient list

Whole Grain Bread

- Whole grain bread must conform to FDA standard of identity (21 CFR 136.110) AND must meet labeling requirements for making a health claim as a “whole grain foods with moderate fat content”
- Must contain a minimum of 51% whole grains (using dietary fiber as the indicator)
- Must meet the regulatory definitions for “low saturated fat” (≤ 1 gram saturated fat per RACC*) and “low cholesterol” (≤ 20 milligrams cholesterol per RACC*)
- Must bear quantitative trans fat labeling
- Contain ≤ 6.5 grams total fat per RACC* and ≤ 0.5 grams trans fat per RACC*

* RACC = Reference Amount Customarily Consumed

Not Approved

- Bagels or rolls
- Bread or buns with artificial sweeteners

Brown Rice:

Approved

- 14 oz. – 16 oz. bag or box
- Plain, whole-grain brown rice
- Instant, quick or regular cooking
- Organic brown rice

Not Approved

- Brown rice with added sugar, fats, oils or salt (sodium)
- Mixtures of rice
- Seasoned or flavored rice
- Brown rice with artificial sweeteners

Tortillas:

Approved

- 16 oz. package
- Organic tortillas
- Soft corn (yellow or white) tortillas: must be made from ground masa flour (corn flour) using traditional processing methods
- Whole wheat tortillas: “Whole Wheat Flour” must be the ONLY flour listed in the ingredient list

Not Approved

- Hard-shelled corn tortillas
- Tortillas with artificial sweeteners

Whole Wheat Pasta:

Approved

- 16 oz. package
- Must conform to the FDA standard of identity (21 CFR 139.138)
- Organic pasta
- 100% whole-grain and/or whole-wheat pasta: “Whole Wheat Flour” and “Whole Durum Wheat Flour” must be the **only** flours listed in the ingredient

Not Approved

- Added sugars, fats, oils or salt (i.e., sodium)

Whole Grain Barley:

Approved

- 14 oz. – 16 oz. bag or box
- Plain, whole-grain barley
- Instant, quick, or regular cooking
- Organic whole grain barley

Not Approved

- Added sugars, fats, oils or salt (i.e., sodium)

Bulgur:

Approved

- 14 oz. – 16 oz. bag or box
- Plain, whole-grain bulgur
- Instant, quick, or regular cooking
- Organic bulgur

Not Approved

- Added sugars, fats, oils or salt (i.e., sodium)

Oatmeal/Oats:

Approved

- 14 oz. – 16 oz. bag or box
- Plain, old fashioned, rolled, cut, or steel cut.
- Instant, quick, or regular cooking
- Organic oatmeal/Oats

Not Approved

- Added sugars, fats, oils or salt (i.e., sodium)

Mature Legumes (Beans, Peas, Lentils):

Approved

- 16 oz. bag or box
 - 15 oz. - 16 oz. cans
- DRY BEANS, PEAS, LENTILS**
- Any type of plain, unseasoned mature dry beans, peas or lentils
 - Organic dry beans, peas or lentils
- CANNED BEANS, PEAS, LENTILS**
- Any type of plain, unseasoned mature canned beans, peas or lentils
 - Low-sodium mature canned beans, peas or lentils
 - Organic canned beans

Not Approved

- Canned beans with meat or added sugars, fat or oils
- Frozen mature legumes (beans, peas or lentils)
 - **May obtain with cash-value benefit—only**
- Green beans or green peas (canned, fresh or frozen)
 - **May obtain with cash-value benefit only**
- Soup mixes

Peanut Butter:

Approved

- 16 oz. – 18 oz. containers
- Must conform to FDA Standard of Identity (21 CFR 164.150)
- Natural or Organic peanut butter
- Less-sugar varieties
- Lower-sodium, sodium-free or salt-free varieties
- Reduced-fat varieties
- Plain, creamy, crunchy, chunky or whipped

Not Approved

- Freshly ground peanut butter
- Peanut butter combinations (such as jelly, chocolate, honey, marshmallow)
- Peanut butter spread
- Peanut butter with artificial sweeteners

Infant Cereal:

Approved

- 8 oz. containers
- Plain, dry infant cereal
- Organic infant cereal
- Must contain minimum of 45 milligrams of iron per 100 grams of dry cereal

Not Approved

- Infant cereal with added fruit or formula
- Infant cereal with artificial sweeteners

Infant Meats:

Approved

- 2.5 oz. containers (single or multi packs)
- Plain meat with gravy or with broth
- Texture may range from pureed through diced
- Organic infant meats

Not Approved

- Meat and pasta mixtures
- Meat and vegetable mixtures
- Infant meats with added sugars or salt (sodium)

Infant Fruits and Vegetables:

Approved

- 3.5 oz or 4 oz. containers (single)
- 2 oz, 3.5 oz, 4 oz containers (2-pack-single or variety packs)
- Single fruit or blend of fruits
- Single vegetable or blend of vegetables
- Combination of fruit and vegetable
- Organic infant fruits and vegetables

Not Approved

- Infant fruits and vegetables with added sugar, starches or salt (sodium)
- Infant fruits and vegetables with artificial sweeteners

Cash-value Benefit: Fruits and Vegetables

Approved

FRUITS with no added sugar, fats, oils or salt

- Fresh fruit
- Frozen fruit
- Fruit, juice-packed or water-packed in cans, glass or plastic containers
- Pre-cut, diced or sliced fruit
- Single serving packets
- Organic fruits

VEGETABLES with no added sugar, fats, oils

- Fresh vegetables
- Frozen mature legumes (beans, peas or lentils)
- Frozen vegetables
- Low-sodium vegetables
- Pre-cut, diced, sliced or shredded vegetables
- Canned tomato sauce or canned tomato paste
- Single serving packets
- Vegetables in cans, glass or plastic containers
- Organic vegetables

Not Approved

- Breaded vegetables
- Catsup or other condiments
- Dried fruits
- Dried vegetables
- Dry or canned mature legumes (beans, peas or lentils)
 - **Not allowed with cash-value benefit**
- Fruit and/or vegetable juices
 - **Not allowed with cash-value benefit**
- Fruit baskets
- Fruit leathers and fruit roll-ups
- Fruit or vegetable items on party trays
- Fruit or vegetable items on salad bars
- Fruits or vegetables mixed with sauces or foods other than other fruits and vegetables
- Fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and/or maple syrup
- Fruit packed in cans, glass or plastic containers with artificial sweeteners
- Herbs used for flavoring
- Infant fruits and vegetables
- Ornamental and decorative fruits and vegetables
- Pickled vegetables, olives
- Soups