WIC Supplemental Foods

Federal regulations define the minimum criteria for determining WIC supplemental foods with each State Agency having the ability to further define the selection criteria. The table below outlines the criteria that North Carolina uses to determine approved foods and not approved foods. Specific food choices in some food categories are outlined at https://www.ncdhhs.gov/ncwicfoods. Also refer to the most current "NC WIC Program Shopping Guide" used by participants and the "North Carolina WIC Vendor Transaction Guide" used by vendors. These guides may be ordered from the Community Nutrition Services Section. The most current NC WIC Approved Product List (APL) is available at https://www.ncdhhs.gov/ncwicfoods.

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Cow's Milk: Size and type as indicated on shopping list

Approved	Not Approved
▪ 1 gallon, ½ gallon and 1-quart fresh fluid milk ▪ ½ gallon lactose-reduced or lactose-free milk ▪ 1 quart Ultra High Temperature (UHT) milk ▪ 12 oz. canned evaporated milk ▪ Skim, 1%, 2% and whole pasteurized milk ▪ Organic milk	▪ Buttermilk ▪ Chocolate or other flavored milk ▪ Goat's milk ▪ Milk drinks ▪ Powdered milk

Cheese: Size and type as indicated on shopping list

Approved	Not Approved
▪ 8 oz. or 16 oz. prepackaged block or 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	▪ 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

Soy-based Beverage: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specific list of foods.**	
Approved ▪ 64 oz. container ▪ Organic soy-based beverage	**Not Approved** ▪ Flavored soy-based beverage ▪ Soy-based beverages with artificial sweeteners

Tofu: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specified list of foods.**	
Approved ▪ 14 oz. - 16 oz. prepackaged ▪ Calcium-set tofu prepared with calcium salts ▪ Organic tofu	**Not Approved** ▪ Tofu with added fats, sugars, oils or sodium ▪ Tofu with artificial sweeteners

Yogurt: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specified list of foods**	
Approved ▪ 32 oz. (quart) container or 2 oz. and 4 oz. packages that total exactly 16 oz. or 32 oz. ▪ Pasteurized ▪ Organic yogurt	**Not Approved** ▪ Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients ▪ Drinkable yogurts

Concentrate Juice: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specified list of foods.**	
Approved ▪ 11.5 oz. – 12 oz. containers ▪ 100% juice, unsweetened, pasteurized ▪ Frozen or shelf stable concentrate ▪ Juices fortified with calcium, vitamin D or vitamin C ▪ Organic juice	**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 ▪ Sports drinks

Single Strength Juice: **Must be an approved brand and size** as indicated on shopping list. **Refer to** https://www.ncdhhs.gov/ncwicfoods **for specific list of foods.**	
Approved ▪ 48 oz. and 64 oz. containers ▪ 100% juice, unsweetened, pasteurized ▪ Juices fortified with calcium, vitamin D or vitamin C ▪ Vegetable juice may be regular or low sodium ▪ Packaged in plastic, glass, cans or refrigerated paper cartons ▪ Organic Juice	**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 ▪ Sports drinks

Cereal: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specific list of foods.**	
Approved ▪ 12 oz. or larger size box or bag ▪ At least 28 mg iron per 100 g dry cereal ▪ Less than or equal to 6 gm. Sugar per dry oz. cereal ▪ Includes whole grain as the primary ingredient by weight AND meets labeling requirements for making a health claim as a "whole-grain food with moderate fat content" ▪ Organic cereals	**Not Approved** ▪ Single serving packets ▪ Cereals with artificial sweeteners

Bread/Buns/Rolls: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specific list of foods.**	
Approved ▪ 16 oz. loaf ▪ 100% whole-grain and/or whole-wheat bread ▪ Organic bread	**Not Approved** ▪ Bagels ▪ Bread with artificial sweeteners

Brown Rice: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specific list of foods.**	
Approved ▪ 14 oz. -16 oz. bag or box ▪ Plain, whole-grain brown rice ▪ Instant, quick, or regular cooking ▪ Organic brown rice	**Not Approved** ▪ Mixtures of rice ▪ Seasoned or flavored rice ▪ Brown rice with added sugar, fats, oils, or salt (sodium) ▪ Brown rice with artificial sweeteners

Tortillas: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specific list of foods.**	
Approved ▪ 16 oz. package ▪ Soft corn (yellow or white) tortillas ▪ Whole wheat tortillas ▪ Organic tortillas	**Not Approved** ▪ Hard-shelled corn tortillas ▪ Tortillas with artificial sweeteners

Whole Wheat Pasta: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specified list of foods.**	
Approved ▪ 16 oz. package ▪ 100% whole-grain and/or whole-wheat pasta ▪ All shapes ▪ Organic pasta	**Not Approved** ▪ Added sugars, fats, oils, or salt (i.e., sodium)

Whole Grain Barley: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specified list of foods.**	
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: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specified list of foods.**	
Approved ▪ 14 oz. -16 oz. bag or box ▪ Plain, whole-grain bulger ▪ Instant, quick, or regular cooking ▪ Organic bulger	**Not Approved** ▪ Added sugars, fats, oils or salt (i.e., sodium)

Oatmeal/Oats: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specified list of foods.**	
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)

Peanut Butter: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specific list of foods.**	
Approved ▪ 16 oz. – 18 oz. containers ▪ Less-sugar varieties ▪ Lower-sodium, sodium-free or salt-free varieties ▪ Plain, creamy, crunchy, or chunky ▪ Reduced-fat varieties ▪ Natural varieties ▪ Organic peanut butter	**Not Approved** ▪ Freshly ground peanut butter ▪ Peanut butter combinations (such as jelly, chocolate, marshmallow) ▪ Peanut butter spread ▪ Peanut butter with artificial sweeteners

Mature Legumes (Beans, Peas, Lentils): Size and type as indicated on shopping list	
Approved ▪ 16 oz. bag or box ▪ 15 oz. - 16 oz. cans ▪ Organic variety **DRY BEANS, PEAS, LENTILS** ▪ Any type of plain, unseasoned mature 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	**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

Eggs: Size and type as indicated on shopping list	
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: Size and type as indicated on shopping list	
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 ▪ **Chunk-Light Tuna:** Any brand, plain unseasoned packed in water	**Not Approved** ▪ Fish with added ingredients ▪ Lunch packs or kits

Formulas or Nutritional Products
Approved ▪ Only the brand, size, type and quantity as indicated on shopping list

Infant Cereal: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specified list of foods**	
Approved ▪ 8 oz. box ▪ Plain, dry infant cereal ▪ Organic infant cereal	**Not Approved** ▪ Infant cereal with added fruit or formula ▪ Infant cereal with artificial sweeteners

Infant Meats: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specific list of foods.**	
Approved ▪ 2.5 oz. containers (single or multi-packs) ▪ Plain meat with gravy or with broth ▪ 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: **Must be an approved brand. Refer to https://www.ncdhhs.gov/ncwicfoods for specific list of foods.**	
Approved ▪ 3.5 oz, 4 oz. containers (single) ▪ 2 oz, 3.5 oz, 4 oz containers (single or multi-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	Not 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
▪ Organic fruit
▪ Pre-cut, diced, or sliced fruit
▪ Single serving packets
 	
VEGETABLES with no added sugar, fats, or oils
▪ Fresh vegetables
▪ Frozen mature legumes (beans, peas, or lentils)
▪ Frozen vegetables
▪ Low-sodium vegetables
▪ Organic 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
	▪ Breaded vegetables
	▪ Catsup or other condiments
	▪ Dried fruits
	▪ Dried vegetables
	▪ Dry or canned mature legumes (beans, peas, or lentils)
	  ○ **May obtain when listed under the legume category**
	▪ Fruit and/or vegetable juices
	  ○ **May obtain when listed under the juice category**
	▪ 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
	▪ Salsa