

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 ncwicfoods@dhhs.nc.gov

Cow's Milk:	
Approved <ul style="list-style-type: none">▪ Least expensive brand available of pasteurized cow's milk<ul style="list-style-type: none">○ Skim milk○ 1% milk○ 2% milk○ Whole milk○ Evaporated milk○ Lactose-reduced or lactose-free milk○ Ultra High Temperature (UHT) milk	Not Approved <ul style="list-style-type: none">▪ Buttermilk▪ Chocolate or other flavored milk▪ Goat's milk▪ Milk drinks▪ Powdered milk▪ Organic milk

- **Size:** Fresh milk are gallons, half gallons and quarts; lactose-free milk is half gallons; Ultra High Temperature (UHT) milk is quarts
- Whole, low-fat, or non-fat milks shall conform to the FDA standard of identity (21 CFR 131.110).

Cheese:

Approved

- 16 oz. prepackaged block or sliced (wrapped or unwrapped)
- Least expensive domestic brand available of 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

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
- Snack, cubed, shaped, crumbled, strips, sticks, diced, grated or shredded cheese
- String cheese
- Organic cheese

- Conform to the FDA standard of identity (21 CFR Part 133).

Soy-based Beverage:

Approved

- 64 oz. containers, unflavored.
- 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
- Soy-based beverages with DHA/ARA and/or omega-3 fats
- Organic soy-based beverage

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)

Not Approved

- Tofu with added fats, sugars, oils or salt (sodium)
- Tofu with artificial sweeteners
- Tofu with DHA/ARA and/or omega-3 fat
- Organic tofu

Yogurt:

Approved

- 1 quart (32 oz.)
- Pasteurized
- Conform to FDA standard of identity for whole fat yogurt, low-fat yogurt, or nonfat yogurt
- Contain no more than 40 gm sugar per cup (8 oz.)
- Yogurt fortified with Vitamin A & D
- Plain yogurt
- Flavored yogurt

Not Approved

- Drinkable yogurts
- Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients
- Yogurts with artificial sweeteners
- Yogurts with DHA/ARA and/or omega-3 fats
- Yogurts with prebiotics and/or probiotics
- Organic yogurt

- 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).

Concentrate Juice:

Approved

- 11.5 oz. – 12 oz. containers
- 100% fruit or vegetable juice or blends of any fruit or vegetable, unsweetened, pasteurized
- Frozen or shelf stable concentrate
- Juices fortified with calcium, vitamin D or vitamin C
- Must contain a minimum of 30 mg of Vitamin C per 100 ml of 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 DHA/ARA and/or omega-3 fats
- Juices with artificial sweeteners
- Sports drinks
- Organic juice

- Must conform to FDA standard of identity (21 CFR part 146 for fruit juice), (21 CFR part 156 for vegetable juice)

Single Strength Juice:

Approved

- 48 oz. and 64 oz. containers
- 100% juice, unsweetened, pasteurized
- Juices fortified with calcium, vitamin D or vitamin C
- Must contain a minimum of 30 mg of Vitamin C per 100 ml of 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 DHA/ARA and/or omega-3 fats
- Juices with artificial sweeteners
- Sports drinks
- Organic juice

- Must conform to FDA standard of identity (21 CFR part 146 for fruit juice), (21 CFR part 156 for vegetable juice)

Cereal:

Approved

- 12 oz. to 36 oz. size bag or box

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*

* **RACC = Reference Amount Customarily Consumed**

Not Approved

- Single serving packets
- Cereals with artificial sweeteners
- Cereals with DHA/ARA and/or omega-3 fats
- Organic cereal

Bread:

Approved

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

Whole Wheat Bread

- “Whole wheat flour” and/or “bromated whole wheat flour” must be the only flours listed in the ingredient list.

Whole Grain Bread

- 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, buns or rolls
- Bread with artificial sweeteners
- Bread with DHA/ARA and/or omega-3 fats
- Organic bread

- Whole Wheat Bread: Must conform to FDA standard of identity (21 CFR 136. 180)
- Whole Grain Bread: Must conform to FDA standard of identity (21 CFR 136. 110)

Brown Rice:

Approved

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

Not Approved

- Brown rice with added sugar, fats, oils or salt (sodium)
- Mixtures of rice
- Seasoned or flavored rice
- Brown rice with artificial sweeteners
- Brown rice with DHA/ARA and/or omega-3 fats
- Organic brown rice

Tortillas:

Approved

- 16 oz. package
- 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
- Tortillas with DHA/ARA and/or omega-3 fats
- Organic tortillas

Whole Wheat Pasta:

Approved

- 16 oz. package
- 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 list
- All shapes

Not Approved

- Added sugars, fats, oils or salt (i.e., sodium)
- Pasta with DAH/ARA and/or omega-3 fats
- Organic pasta

➤ Conform to the FDA standard of identity (21 CFR 139.138)

Peanut Butter:

Approved

- 16 oz. – 18 oz. containers
- Less-sugar varieties
- Lower-sodium, sodium-free or salt-free varieties
- Reduced-fat varieties
- Plain, creamy, crunchy, chunky or whipped
- Natural varieties

Not Approved

- Freshly ground peanut butter
- Peanut butter combinations (such as jelly, chocolate, honey, marshmallow)
- Peanut butter spread
- Peanut butter with artificial sweeteners
- Peanut butter with DHA/ARA and/or omega-3 fats
- Organic peanut butter

➤ Must conform to FDA Standard of Identity (21 CFR 164.150)

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
- **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 –**
- Green beans or green peas (canned, fresh or frozen)
 - **May obtain with cash-value benefit –**
- Soup mixes
- Organic dry beans, peas or lentils

Eggs:

Approved

- One dozen container
- Least expensive brand available
- Large, white, grade A chicken eggs

Not Approved

- Brown eggs
- Powdered, liquid or hard boiled 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

Canned Fish:

Approved

- 5 oz. – 6 oz. cans or foil packs
- **Pink Salmon:** Any brand, plain, unseasoned, packed in water, with or without bones
- **Chunk-Light Tuna:** Any brand, plain, unseasoned, packed in water

Not Approved

- Fish with added ingredients
- Lunch packs or kits

Infant Cereal:

Approved

- 8 oz. containers
- Plain, dry 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 cereal with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Organic infant cereal

Infant Meats:

Approved

- 2.5 oz. containers
- Plain meat with gravy or with broth
- Texture may range from pureed through diced

Not Approved

- Meat and pasta mixtures
- Meat and vegetable mixtures
- Infant meats with added sugars or salt (sodium)
- Infant meats with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Organic infant meats

Infant Fruits:

Approved

- 4 oz. containers (single)
- 3.5 oz. – 4 oz. containers (2-pack)
- First ingredient must be fruit
- Single fruit or blend of fruits
- Texture may range from strained through diced

Not Approved

- Infant fruit and vegetable mixtures
- Infant fruits with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Infant fruits with added sugar, starches or salt (sodium)
- Infant fruits with artificial sweeteners
- Organic infant fruits

Infant Vegetables:

Approved

- 4 oz. containers (single)
- 3.5 oz. – 4 oz. containers (2-pack)
- First ingredient must be vegetables
- Single vegetable or blends of vegetables
- Texture may range from strained through diced

Not Approved

- Infant vegetable and fruit mixtures
- Infant vegetables with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Infant vegetables with added sugar, starches or salt (sodium)
- Organic infant vegetables

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