



North Carolina WIC Program

Approved Foods Los Alimentos Aprobados Por WIC

Effective: October 1, 2010 – September 30, 2011
Efectivo: 1 Octubre 2010 – 30 Septiembre 2011



North Carolina WIC Program Approved Foods

Cow's Milk: Size and type as listed on food instrument

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
- Least expensive brand of size and type

Not Approved

- Buttermilk
- Chocolate or other flavored milk
- Goat milk
- Milk drinks
- Organic milk
- Powdered milk

Cheese: Size and type as listed on food instrument

Approved

- 16 oz. prepackaged block or sliced (wrapped or unwrapped)
- Least expensive domestic brand 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
- Organic cheese
- Snack, cubed, shaped, crumbled, strips, sticks, diced, grated or shredded cheese
- String cheese

Eggs: Size and type as listed on food instrument

Approved

- One dozen container
- Least expensive brand
- 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

North Carolina WIC Program Approved Foods

Soy-based beverage: Must be an approved brand as specified on list below		
Approved		Not Approved
<ul style="list-style-type: none"> ▪ 64 oz. container 		<ul style="list-style-type: none"> ▪ Organic soy-based beverage ▪ Soy-based beverage with added fats, sugars, oils or sodium ▪ Flavored soy-based beverage
Brand Name	Product Name	Unit Container Size (ounces)
8th Continent	Original Flavor Soymilk	64

Tofu: Must be an approved brand as specified on list below		
Approved		Not Approved
<ul style="list-style-type: none"> ▪ 14 oz. - 16 oz. prepackaged 		<ul style="list-style-type: none"> ▪ Organic tofu ▪ Tofu with added fats, sugars, oils or sodium
Brand Name	Product Name	Unit Container Size (ounces)
Azumaya	Extra Firm Tofu	14
Azumaya	Firm Tofu	14
Azumaya	Silken Tofu	16
House Foods	Tofu Soft (Silken)	14
House Foods	Tofu Medium Firm (Regular)	14
House Foods	Tofu Firm	14
Nasoya	Lite Firm Tofu	14
Nasoya	Lite Silken Tofu	16

North Carolina WIC Program Approved Foods

Concentrate Juice: Must be an approved brand as specified on list below

Approved

- 11.5 oz. - 12 oz. containers
- 100% juice, unsweetened, pasteurized
- Frozen or shelf stable concentrate
- Juices fortified with calcium
- Juices fortified with calcium and vitamin D

Any brand of grapefruit or orange juice

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Best Yet	Apple Juice	12
Dole	Orange Peach Mango Juice	12
Dole	Orange Strawberry Banana Juice	12
Dole	Pineapple Juice	12
Dole	Pineapple Orange Juice	12
Dole	Pine-Orange Banana Juice	12
Dole	Pine-Orange Strawberry Juice	12
Florida Gold	Apple Juice	12
Florida Gold	Grape Juice	12
Food Club	Apple Juice	12
Food Club	Grape Juice	12
Food Lion	Apple Juice	12
Great Value	Apple Juice	12
Great Value	Grape Juice	12
Hannaford	Apple Juice	12
Harris Teeter	Apple Juice	12
HY·TOP	Apple Juice	12
Juicy Juice	Apple Juice	11.5
Juicy Juice	Berry Juice	11.5
Juicy Juice	Punch Juice	11.5
Kroger	Grape Juice	12
Kroger	Apple Juice	12
Kroger	Apple Juice-with Calcium	12
Kroger	Pineapple Juice	12
Kroger	Pineapple Orange Juice	12
Langers	Apple Cranberry Juice	11.5
Langers	Apple Juice	11.5
Langers	Apple Orange Pineapple Juice	11.5
Langers	Grape Juice	11.5
Langers	Pineapple Juice	11.5
Langers	White Grape Juice	11.5
Market Pantry	Apple Juice	12

North Carolina WIC Program Approved Foods

Concentrate Juice: Must be an approved brand as specified on list below

Approved

- 11.5 oz. - 12 oz. containers
- 100% juice, unsweetened, pasteurized
- Frozen or shelf stable concentrate
- Juices fortified with calcium
- Juices fortified with calcium and vitamin D

Any brand of grapefruit or orange juice

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Market Pantry	Pineapple Juice	12
Market Pantry	Pineapple Orange Juice	12
Old Orchard	Apple Cherry Juice	12
Old Orchard	Apple Cranberry Juice	12
Old Orchard	Apple Kiwi Strawberry Juice	12
Old Orchard	Apple Passion Mango Juice	12
Old Orchard	Apple Raspberry Juice	12
Old Orchard	Apple Strawberry Banana Juice	12
Old Orchard	Blueberry Pomegranate Juice	12
Old Orchard	Cherry Pomegranate Juice	12
Old Orchard	Cranberry Pomegranate Juice	12
Old Orchard	Apple Juice	12
Old Orchard	Cranberry Juice	12
Old Orchard	Cranberry Raspberry Juice	12
Old Orchard	Grape Juice	12
Old Orchard	Pineapple Juice	12
Old Orchard	Pineapple Orange Juice	12
Old Orchard	Pineapple Orange Banana Juice	12
Old Orchard	White Grape Juice	12
Our Family	Apple Juice	12
Richfood	Apple Juice	12
Seneca	Apple Juice	12
Seneca	Grape Juice	12
Southern Home	Apple Juice	12
Tree Top	Apple Juice	12
Welch's	Apple Juice	11.5
Welch's	Cherry Sensation Juice	11.5
Welch's	Fruit Fantastic Juice	11.5
Welch's	Grape Juice	11.5
Welch's	Tropical Passion Juice	11.5
Welch's	White Grape Juice	11.5
Welch's	White Grape Cranberry Juice	11.5

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- 11.5 oz. - 12 oz. containers
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- Frozen or shelf stable concentrate
- Juices fortified with calcium
- Juices fortified with calcium and vitamin D

Any brand of grapefruit or orange juice

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Welch's	White Grape Peach Juice	11.5
Welch's	White Grape Pear Juice	11.5
Welch's	White Grape Raspberry Juice	11.5
Welch's	Wild Berry Juice	11.5

North Carolina WIC Program Approved Foods

Single Strength Juice: Must be an approved brand as specified on list below and size as specified on the food instrument

Approved

- 48 oz. containers
- 64 oz. containers
- 100% juice, unsweetened, pasteurized
- Juices fortified with calcium
- Juices fortified with calcium and vitamin D
- Packaged in plastic, glass, cans, or refrigerated paper cartons

Any brand of grapefruit or orange juice

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Apple & Eve	Apple Juice	48
Apple & Eve	Apple Juice	64
Apple & Eve	Cranberry Juice	48
Apple & Eve	Cranberry Juice	64
Apple & Eve	Cranberry Apple Juice	48
Apple & Eve	Cranberry Apple Juice	64
Apple & Eve	Cranberry Grape Juice	64
Apple & Eve	Cranberry Peach Mango Juice	64
Apple & Eve	Cranberry Pomegranate Juice	64
Apple & Eve	Cranberry Raspberry Juice	48
Apple & Eve	Cranberry Raspberry Juice	64
Apple & Eve	Cranberry Wild Berry Juice	64
Bay Mist	Grape Juice	64
Campbell's	Tomato Juice	64
Campbell's	Tomato Juice-Low Sodium Juice	64
Food Club	100% Grape Juice	64
Food Club	100% Tomato Juice	64
Food Club	100% Vegetable Juice	64
Food Club	Juice A-Lot Grape Juice	64
Food Lion	100% Juice Berry Juice	64
Food Lion	100% Juice Cherry Juice	64
Food Lion	100% Juice Fruit Punch Juice	64
Food Lion	Apple Juice	64
Food Lion	Cranberry Juice Blend	64
Food Lion	Grape Juice	64
Food Lion	Pineapple Juice	64
Food Lion	White Grape Juice	64
Garden Fest	Vegetable Juice	64
Great Value	100% Pineapple Juice Blend	64
Hannaford	Apple Juice	64

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- Juices fortified with calcium
- Juices fortified with calcium and vitamin D
- Packaged in plastic, glass, cans, or refrigerated paper cartons

Not Approved

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

Any brand of grapefruit or orange juice

Brand Name	Product Name	Unit Container Size (ounces)
Hannaford	Cranberry Juice Blend Juice	64
Hannaford	Grape Juice	64
Hannaford	Pineapple Juice	64
Hannaford	White Grape Juice	64
Harris Teeter	Apple Juice	64
Harris Teeter	Cranberry & Concord Grape Flavored Juice	64
Harris Teeter	Cranberry & Red Delicious Apple Juice	64
Harris Teeter	Cranberry Flavored Juice	64
Harris Teeter	Cranberry Raspberry Flavored Juice	64
Harris Teeter	Fortified Grape Juice	64
Harris Teeter	Grape Juice	64
Harris Teeter	Tomato Juice	64
Harris Teeter	White Grape Juice	64
Harris Teeter	White Grape Peach Juice Blend	64
HY·TOP	100% Juice Apple	64
HY·TOP	100% Juice Grape	64
HY·TOP	100% Juice Tomato	64
HY·TOP	100% Juice Vegetable	64
HY·TOP	100% Juice White Grape	64
IGA	100% Grape Juice	64
IGA	Apple Juice	64
IGA	White Grape Juice	64
Kroger	Apple Juice	64
Kroger	Berry Juice	64
Kroger	Cranberry Juice	64
Kroger	Grape Juice	64
Kroger	Pineapple Juice	64
Kroger	White Grape Juice	64
Kroger	White Grape/Peach Juice	64
Langers	Apple Cranberry 100% Juice	64
Langers	Apple Grape 100% Juice	64

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- 64 oz. containers
- 100% juice, unsweetened, pasteurized
- Juices fortified with calcium
- Juices fortified with calcium and vitamin D
- Packaged in plastic, glass, cans, or refrigerated paper cartons

Any brand of grapefruit or orange juice

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Langers	Apple Juice	64
Langers	Apple Orange Pineapple 100% Juice	64
Langers	Disney 100% Juice Berry	64
Langers	Disney 100% Juice Grape	64
Langers	Disney 100% Juice Punch	64
Langers	Disney Apple Cranberry Grape Juice	64
Langers	Grape Juice	64
Langers	Grape Juice Plus	64
Langers	Harvest Apple Plus	64
Langers	Pineapple Juice	64
Langers	Red Grape Juice	64
Langers	Spicy Vegetable 100% Juice with Serrano Chili Peppers	64
Langers	Tomato Juice	64
Langers	Vegetable Juice	64
Langers	Vegetable Juice Low Sodium	64
Langers	White Grape Juice	64
Laura Lynn	100% Juice Blend Berry	64
Laura Lynn	100% Juice Blend Cherry Punch	64
Laura Lynn	100% Juice Blend Cranberry	64
Laura Lynn	100% Juice Blend Fruit Punch	64
Laura Lynn	100% Juice Blend Grape	64
Laura Lynn	8 Vegetable Juice Blend-Low Sodium	64
Laura Lynn	Apple Juice with Calcium/Vitamin C	64
Laura Lynn	Apple Juice with Vitamin C	64
Laura Lynn	Grape Juice	64
Laura Lynn	Tomato Juice	64
Laura Lynn	White Grape Juice	64
Laura Lynn	White Grape-Peach Juice Blend	64
Lowes Foods	Grape Juice	64
Lowes Foods	White Grape Juice	64
Market Pantry	100% Juice-Apple	64

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- 48 oz. containers
- 64 oz. containers
- 100% juice, unsweetened, pasteurized
- Juices fortified with calcium
- Juices fortified with calcium and vitamin D
- Packaged in plastic, glass, cans, or refrigerated paper cartons

Not Approved

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

Any brand of grapefruit or orange juice

Brand Name	Product Name	Unit Container Size (ounces)
Market Pantry	100% Juice-Grape	64
Market Pantry	100% Juice-Pineapple	64
Market Pantry	100% Juice-Punch	64
Market Pantry	100% Juice-Tomato	64
Market Pantry	100% Juice-Vegetable	64
Market Pantry	100% Juice-White Grape	64
Nestle Juicy Juice	Apple Juice	48
Nestle Juicy Juice	Apple Juice	64
Nestle Juicy Juice	Apple Raspberry Juice	64
Nestle Juicy Juice	Berry Juice	64
Nestle Juicy Juice	Cherry Juice	64
Nestle Juicy Juice	Grape Juice	48
Nestle Juicy Juice	Grape Juice	64
Nestle Juicy Juice	Kiwi Strawberry Juice	64
Nestle Juicy Juice	Mango Juice	64
Nestle Juicy Juice	Orange Tangerine Juice	48
Nestle Juicy Juice	Orange Tangerine Juice	64
Nestle Juicy Juice	Punch Juice	64
Nestle Juicy Juice	Strawberry Banana Juice	64
Nestle Juicy Juice	Tropical Juice	64
Nestle Juicy Juice	White Grape Juice	64
Northland	100% Juice Cranberry Grape	48
Northland	100% Juice Cranberry Raspberry	48
Northland	Cranberry Juice	48
Old Orchard	100% Apple Juice	64
Old Orchard	100% Grape Juice	64
Old Orchard	100% Juice-Acai' Pomegranate	64
Old Orchard	100% Juice-Apple Cranberry	64
Old Orchard	100% Juice-Berry Blend	64
Old Orchard	100% Juice-Blueberry Pomegranate	64
Old Orchard	100% Juice-Cherry Pomegranate	64

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Approved

- 48 oz. containers
- 64 oz. containers
- 100% juice, unsweetened, pasteurized
- Juices fortified with calcium
- Juices fortified with calcium and vitamin D
- Packaged in plastic, glass, cans, or refrigerated paper cartons

Not Approved

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

Any brand of grapefruit or orange juice

Brand Name	Product Name	Unit Container Size (ounces)
Old Orchard	100% Juice-Cranberry Pomegranate	64
Old Orchard	100% Juice-Kiwi Strawberry	64
Old Orchard	100% Juice-Peach Mango	64
Old Orchard	100% Juice-Red Raspberry	64
Old Orchard	100% Juice-Wild Cherry	64
Old Orchard	100% White Grape Juice	64
Our Family	100% Apple Juice Fresh	64
Our Family	100% Berry Juice Blend	64
Our Family	100% Cherry Juice Blend	64
Our Family	100% Fruit Punch Blend	64
Our Family	100% Grape Juice Blend	64
Our Family	100% Orange Tangerine Blend	64
Our Family	Apple Juice	64
Our Family	Grape Juice	64
Our Family	Tomato Juice	64
Our Family	White Grape Juice	64
Parade	100% Juice-Apple	64
Parade	100% Juice-Grape	64
Piggly Wiggly	Apple Juice	64
Piggly Wiggly	Grape Juice	64
Piggly Wiggly	White Grape Juice	64
Richfood	Apple Juice	64
Richfood	Berry Juice Blend	64
Richfood	Cherry Juice Blend	64
Richfood	Cranberry 100% Juice	64
Richfood	Grape Juice Blend	64
Richfood	Punch Juice Blend	64
Richfood	White Grape Juice	64
Seneca	100% Apple Juice	48
Seneca	100% Apple Juice	64
Sesame Street	100% Juice Bert & Ernie's Berry	64

North Carolina WIC Program Approved Foods

Single Strength Juice: Must be an approved brand as specified on list below and size as specified on the food instrument

Approved

- 48 oz. containers
- 64 oz. containers
- 100% juice, unsweetened, pasteurized
- Juices fortified with calcium
- Juices fortified with calcium and vitamin D
- Packaged in plastic, glass, cans, or refrigerated paper cartons

Any brand of grapefruit or orange juice

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Sesame Street	100% Juice Big Bird's Apple	64
Sesame Street	100% Juice Elmo's Punch	64
Sesame Street	100% Juice Grover's White Grape	64
Southern Home	100% Apple Juice	64
Southern Home	100% Apple Juice with Calcium	64
Southern Home	100% Grape Juice	64
Southern Home	100% White Grape Juice	64
Southern Home	Juice A Lot Berry-100% Juice	64
Southern Home	Juice A Lot Cherry-100% Juice	64
Southern Home	Juice A Lot Grape-100% Juice	64
Southern Home	Juice A Lot Punch-100% Juice	64
Tipton Grove	Apple Juice	64
Tree Top	Apple Juice	64
V8	V8 100% Vegetable Juice	64
V8	V8 100% Vegetable Juice-Low Sodium	64
Welch's	100% Grape Juice	64
Welch's	100% White Grape Juice	64
Welch's	Red 100% Grape Juice	64
White House	100% Apple Juice from Concentrate	64
White House	Premium 100% Fresh Pressed Apple Juice	64

North Carolina WIC Program Approved Foods

Cereal: Must be an approved brand as specified on list below

Approved

- 12 oz. or larger size box or bag
- At least 28 mg iron per 100 g dry 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”
- Less than or equal to 6 gm. sugar per dry oz. cereal

Not Approved

- Cereals with artificial sweeteners
- Organic cereal
- Single serving packets

Brand Name	Product Name	Unit Container Type	Unit Container Size (ounces)
Best Choice	Enriched Bran Flakes	Box	17.3
Best Choice	Nutty Nuggets	Box	24
Best Choice	Wheat Crisps	Box	14
Better Valu	Toasted Oats	Bag	35
Cream of Wheat	Whole Grain	Box	18
Flavorite	Crunchy Wheat & Barley	Box	24
Flavorite	Enriched Bran Flakes	Box	17.3
Flavorite	Toasted Oats	Box	14
Food Club	Bite Size Frosted Shredded Wheat	Box	18
Food Club	Essential Choice Bran Flakes	Box	17.3
Food Club	Toasted Oats	Box	14
Food Lion	Bite-Sized Frosted Shredded Wheat	Box	18
Food Lion	Enriched Bran Flakes	Box	17.3
Food Lion	Tasteeos	Box	14
General Mills	Cheerios	Box	18
General Mills	Cheerios	Box	14
General Mills	Corn Chex	Box	14
General Mills	Fiber One Frosted Shredded Wheat	Box	15.1
General Mills	Honey Kix	Box	12
General Mills	Kix	Box	12
General Mills	Kix	Box	18
General Mills	MultiGrain Cheerios	Box	12.8
General Mills	MultiGrain Cheerios	Box	16.2
General Mills	Rice Chex	Box	12.8
General Mills	Total Cinnamon Crunch	Box	15.4
General Mills	Total Whole Grain	Box	16
General Mills	Wheat Chex	Box	14
General Mills	Wheaties	Box	15.6
Great Value	Bran Flakes	Box	17.3
Great Value	Crunchy Nuggets	Box	24
Great Value	Frosted Shredded Wheat	Box	24
Great Value	Toasted Wheat	Box	14

June 30, 2010

North Carolina WIC Program Approved Foods
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North Carolina WIC Program Approved Foods

Cereal: Must be an approved brand as specified on list below

Approved

- 12 oz. or larger size box or bag
- At least 28 mg iron per 100 g dry 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”
- Less than or equal to 6 gm. sugar per dry oz. cereal

Not Approved

- Cereals with artificial sweeteners
- Organic cereal
- Single serving packets

Brand Name	Product Name	Unit Container Type	Unit Container Size (ounces)
Great Value	Toasted Whole Grain Oat	Box	18
Great Value	Toasted Whole Grain Oat	Box	14
Hannaford	Bite Size Frosted Shredded Wheat	Box	18
Hannaford	Bran Flakes	Box	17.3
Hannaford	Tasteeos	Box	14
Harris Teeter	Frosted Bite Size Shredded Wheat	Box	18
Harris Teeter	Toasted O's	Box	15
Hospitality	40% Bran Flakes	Box	20
Hospitality	40% Bran Flakes	Bag	35
Hospitality	Bite Size Frosted Shredded Wheat	Box	20.4
Hospitality	Bite Size Frosted Shredded Wheat	Bag	35
Hospitality	Toasted Oats	Box	15
Hospitality	Toasted Oats	Bag	35
Hospitality	Whole Wheat Flakes	Bag	35
HY·TOP	Bite Size Frosted Shredded Wheat	Box	20.4
HY·TOP	Bran Flakes	Box	20
HY·TOP	Multigrain Flakes	Box	17.3
HY·TOP	Old Fashion Oats	Box	18
HY·TOP	Quick Oats	Box	18
HY·TOP	Toasted Oats	Box	15
IGA	40% Bran Flakes	Box	20
IGA	Bite Size Frosted Shredded Wheat	Box	18
IGA	Bite Size Frosted Shredded Wheat	Box	19
IGA	Enriched Bran Flakes	Box	17.3
IGA	Nutty Nuggets	Box	24
IGA	Old Fashioned Oats	Box	18
IGA	Quick Oats	Box	18
IGA	Tasteeos	Box	14
IGA	Toasted Oats	Box	15
Kellogg's	All-Bran Complete Wheat Flakes	Box	17.3
Kellogg's	Bite Size Mini-Wheats Unfrosted	Box	18
Kellogg's	Frosted Mini-Wheats Big Bite	Box	16

North Carolina WIC Program Approved Foods

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Approved

- 12 oz. or larger size box or bag
- At least 28 mg iron per 100 g dry 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”
- Less than or equal to 6 gm. sugar per dry oz. cereal

Not Approved

- Cereals with artificial sweeteners
- Organic cereal
- Single serving packets

Brand Name	Product Name	Unit Container Type	Unit Container Size (ounces)
Kellogg's	Frosted Mini-Wheats Big Bite	Box	20.4
Kellogg's	Frosted Mini-Wheats Bite Size	Box	18
Kellogg's	Frosted Mini-Wheats Bite Size	Box	24
Kroger	Bite Size Frosted Shredded Wheat	Box	18
Kroger	Bran Flakes	Box	17.3
Kroger	Nutty Nuggets	Box	24
Kroger	Toasted Oats	Box	14
Laura Lynn	Enriched Bran Flakes	Box	17.3
Laura Lynn	Frosted Wheatfuls	Box	18
Laura Lynn	Nutty Nuggets	Box	24
Laura Lynn	Shredded Wheat Bite Size	Box	16.4
Laura Lynn	Tasteos	Box	14
Lowe's	Bran Flakes	Box	17.3
Lowe's	Frosted Shredded Wheat	Box	18
Lowe's	Nutty Nuggets	Box	24
Lowe's	Tasteos	Box	14
Malt-O-Meal	Chocolatey Frosted Mini Spooners	Bag	18
Malt-O-Meal	Chocolatey Frosted Mini Spooners	Bag	12
Malt-O-Meal	Chocolatey Frosted Mini Spooners	Bag	17
Malt-O-Meal	Frosted Mini Spooners	Bag	15
Malt-O-Meal	Frosted Mini Spooners	Bag	18
Malt-O-Meal	Frosted Mini Spooners	Bag	27
Malt-O-Meal	Frosted Mini Spooners	Box	18
Malt-O-Meal	Frosted Mini Spooners	Bag	21
Malt-O-Meal	Frosted Mini Spooners	Box	15
Malt-O-Meal	Frosted Mini Spooners	Bag	13
Malt-O-Meal	Frosted Mini Spooners	Bag	36
Malt-O-Meal	Strawberry Cream Mini Spooners	Bag	36
Malt-O-Meal	Strawberry Cream Mini Spooners	Box	18
Malt-O-Meal	Strawberry Cream Mini Spooners	Bag	18
Malt-O-Meal	Strawberry Cream Mini Spooners	Bag	24.5
Market Pantry	Frosted Bite-Size Shredded Wheat Strawberry	Box	16.3

North Carolina WIC Program Approved Foods

Cereal: Must be an approved brand as specified on list below

Approved

- 12 oz. or larger size box or bag
- At least 28 mg iron per 100 g dry 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”
- Less than or equal to 6 gm. sugar per dry oz. cereal

Not Approved

- Cereals with artificial sweeteners
- Organic cereal
- Single serving packets

Brand Name	Product Name	Unit Container Type	Unit Container Size (ounces)
Market Pantry	Frosted Bite-Sized Shredded Wheat	Box	18
Market Pantry	Toasted Oats	Box	15
Nature's Crunch	Enriched Bran Flakes	Box	17.3
Nature's Crunch	Frosted Shredded Wheat	Box	16
Our Family	Bran Flakes	Box	17.3
Our Family	Frosted Bite Size-Shredded Wheat	Box	18
Our Family	Nutty Nuggets	Box	24
Our Family	Toasted Oats	Box	14
Our Family	Wheat Biscuits	Box	14
Piggly Wiggly	Toasted Oats	Box	15
Post	Banana Nut Crunch	Box	15.5
Post	Bran Flakes	Box	16
Post	Grape-Nuts	Box	16
Post	Grape-Nuts	Box	24
Post	Grape-Nuts	Box	32
Post	Grape-Nuts Flakes	Box	18
Post	Grape-Nuts Flakes	Box	14
Post	Honey Bunches of Oats-Vanilla Bunches	Box	18
Post	Shredded Wheat Vanilla Almond	Box	19.5
Quaker	Life	Box	21
Quaker	Life	Box	15
Quaker	Oatmeal Squares-Brown Sugar	Box	16
Quaker	Oatmeal Squares-Brown Sugar	Box	24
Quaker	Oatmeal Squares-Cinnamon	Box	24
Quaker	Oatmeal Squares-Cinnamon	Box	16
Ralston Foods	Enriched Bran Flakes	Box	17.3
Ralston Foods	Frosted Shredded Wheat	Box	18
Ralston Foods	Oat Wise	Box	21
Ralston Foods	Tasteos	Box	14
Richfood	Bite Size Frosted Shredded Wheat	Box	18
Richfood	Bran Flakes	Box	17.3
Richfood	Crunchy Oat Squares	Box	15

North Carolina WIC Program Approved Foods

Cereal: Must be an approved brand as specified on list below

Approved

- 12 oz. or larger size box or bag
- At least 28 mg iron per 100 g dry 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”
- Less than or equal to 6 gm. sugar per dry oz. cereal

Not Approved

- Cereals with artificial sweeteners
- Organic cereal
- Single serving packets

Brand Name	Product Name	Unit Container Type	Unit Container Size (ounces)
Richfood	Crunchy Wheat & Barley	Box	24
Richfood	Honey Oats and Flakes with Almonds	Box	16
Richfood	Toasted Oats	Box	14
Rollin' Oats	Toasted Rollin' Oats	Box	15
Shurfine	Crunchy Wheat Cereal	Box	14
Shurfine	Enriched Bran Flakes	Box	17.3
Shurfine	Frosted Bite Size Shredded Wheat	Box	18
Shurfine	Nutty Nuggets	Box	24
Shurfine	Toasted Oats	Box	14
Southern Home	Bran Flakes	Box	17.3
Southern Home	Toasted Oats	Box	14

North Carolina WIC Program Approved Foods

Bread: Must be an approved brand as specified on list below		
Approved		Not Approved
<ul style="list-style-type: none"> ▪ 16 oz. loaf ▪ 100% whole-grain and/or whole-wheat bread 		<ul style="list-style-type: none"> ▪ Bagels, buns or rolls
Brand Name	Product Name	Unit Container Size (ounces)
Food Lion	100% Whole Wheat Sliced Bread	16
Hannaford	100% Whole Wheat Sliced Bread	16
Healthy Life	99% Fat Free 100% Whole Wheat Whole Grain Bread	16
Healthy Life	Sugar Free 100% Whole Grain Wheat Bread	16
Nature's Own	100% Whole Grain Sugar Free Bread	16
Our Family	100% Whole Wheat Bread	16
Pepperidge Farm	Stone Ground 100% Whole Wheat Bread	16
Pepperidge Farm	100% Whole Wheat Cinnamon with Raisins Swirl Bread	16
Pepperidge Farm	Very Thin Sliced 100% Whole Wheat Bread	16
Pepperidge Farm	Whole Grain Rye Seeded Bread	16
Roman Meal	Sungrain 100% Whole Wheat Bread	16
Sara Lee	Classic 100% Whole Wheat Bread	16
Weight Watchers	100% Whole Wheat Bread	16
Weight Watchers	Weight Watchers Multi Grain Bread	16
Wonder	Soft 100% Whole Wheat Bread	16

North Carolina WIC Program Approved Foods

Brown Rice: Must be an approved brand as specified on list below			
Approved		Not Approved	
<ul style="list-style-type: none"> ▪ 14 oz. -16 oz. bag or box ▪ Plain, whole-grain brown rice ▪ Instant, quick or regular cooking 		<ul style="list-style-type: none"> ▪ Mixtures of rice ▪ Rice with added sugar, fats, oils or salt ▪ Seasoned or flavored rice 	
Brand Name	Product Name	Unit Container Type	Unit Container Size (ounces)
Best Yet	Instant Brown Rice	Box	14
Blue Ribbon	100% Whole Grain Brown Rice	Bag	16
Flavorite	Long Grain Brown Rice	Bag	16
Flavorite	Premium Brown Rice	Box	14
Food Club	Instant Rice Brown Rice	Box	14
Great Value	Brown Rice	Bag	16
Great Value	Instant Brown Rice	Box	14
Gulf Pacific	Long Grain Brown Rice	Bag	16
Harris Teeter	Instant Brown Rice	Box	14
HY·TOP	Instant Precooked Brown Rice	Box	14
HY·TOP	Long Grain Brown Rice	Bag	16
Hy·Vee	Instant Brown Rice	Box	14
Kroger	Boil-in-Bag Brown Rice	Box	14
Kroger	Brown Rice	Box	14
Kroger	Long Grain Brown Rice	Bag	16
Laura Lynn	Brown Rice	Bag	16
Lowe's	Instant Brown Rice	Box	14
Lundberg Family Farms	Long Grain Brown Rice	Bag	16
Lundberg Family Farms	Lundberg Wehani	Bag	16
Lundberg Family Farms	Short Grain Brown Rice	Bag	16
Mahatma	Brown Rice	Bag	14
Mahatma	Brown Rice	Bag	16
Market Pantry	Long Grain Brown Rice	Bag	16
Minute	Brown Rice	Box	14
Our Family	Brown Rice	Bag	16
Shurfine	Instant Brown Rice	Box	14
Southern Home	Instant Brown Rice	Box	14
Success	Boil-in-Bag Whole Grain Brown Rice	Box	14
Uncle Ben's	Fast & Natural Whole Grain Instant Brown Rice	Box	14
Uncle Ben's	Natural Whole Grain Brown Rice	Box	14
Uncle Ben's	Natural Whole Grain Brown Rice	Box	16
Uncle Ben's	Whole Grain Boil-in-Bag Brown Rice	Box	14
Western Family	Instant Brown Rice	Box	14

North Carolina WIC Program Approved Foods

Tortillas: Must be an approved brand as specified on list below		
Approved	Not Approved	
<ul style="list-style-type: none"> ▪ 16 oz. package 	<ul style="list-style-type: none"> ▪ Tortillas that are not 100% whole grain ▪ Hard-shelled corn tortillas 	
Brand Name	Product Name	Unit Container Size (ounces)
Soft Corn Tortillas (yellow or white)		
La Banderita	Corn Tortillas	16
Celia's	Corn Tortillas	16
Don Pancho	White Corn Tortillas	16
La Burrita	Corn Tortillas	16
Soft Whole Wheat Tortillas		
La Banderita	Whole Wheat Tortillas	16
Celia's	Whole Wheat Flour Tortillas	16
Don Pancho	Whole Wheat Tortillas	16
MiCasa	Wheat Tortillas	16
Chi-Chi's	Whole Wheat Tortillas	16

North Carolina WIC Program Approved Foods

Canned Fish: Size and type as listed on food instrument

Approved

- 5 oz.- 6 oz. cans or foil packs
- Any brand, plain unseasoned pink salmon packed in water and with or without bones
- Any brand, plain unseasoned chunk-light tuna packed in water

Not Approved

- Fish with added ingredients
- Lunch packs or kits

Mature Legumes (Beans, Peas, Lentils): Size and type as listed on food instrument

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
- Green beans or green peas*
- Organic dry beans, peas or lentils
- Soup mixes

* May obtain with cash-value vouchers

North Carolina WIC Program Approved Foods

Peanut Butter: Must be an approved brand as specified on list below

Approved

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

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Bama	Creamy Peanut Butter	18
Bama	Crunchy Peanut Butter	18
Better Valu	Peanut Butter Creamy	18
Better Valu	Peanut Butter Crunchy	18
FMV	Creamy Peanut Butter	17
Food Lion	Creamy Peanut Butter	18
Food Lion	Crunchy Peanut Butter	18
Great Value	Creamy Peanut Butter	18
Great Value	Crunchy Peanut Butter	18
Harris Teeter	Creamy Peanut Butter	18
Harris Teeter	Crunchy Peanut Butter	18
Hannaford	Creamy Peanut Butter	18
Hannaford	Crunchy Peanut Butter	18
HY·TOP	Creamy Peanut Butter	18
HY·TOP	Crunchy Peanut Butter	18
IGA	Peanut Butter Creamy	18
IGA	Peanut Butter Crunchy	18
JIF	Creamy Peanut Butter	18
JIF	Extra Crunchy Peanut Butter	18
JIF	Simply Creamy Peanut Butter Less Sugar Low Sodium	17.3
Kroger	Creamy Peanut Butter	18
Kroger	Crunchy Peanut Butter	18
Kroger	Justright Creamy Peanut Butter	17.3
Kroger	Natural Creamy Peanut Butter	16
Kroger	Natural Crunchy Peanut Butter	16
Kroger	Reduced Fat Creamy Peanut Butter	18
Laura Lynn	Creamy Peanut Butter	18
Laura Lynn	Crunchy Peanut Butter	18
Lowe's	Creamy Peanut Butter	18
Lowe's	Crunchy Peanut Butter	18
Market Pantry	Peanut Butter Creamy	18
Market Pantry	Peanut Butter Extra Crunchy	18
Our Family	Creamy Peanut Butter	18

North Carolina WIC Program Approved Foods

Peanut Butter: Must be an approved brand as specified on list below

Approved

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

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Our Family	Crunchy Peanut Butter	18
Our Family	Reduced Sugar Creamy Peanut Butter	17.3
Peter Pan	Creamy Peanut Butter	16.3
Peter Pan	Crunchy Peanut Butter	16.3
Piggly Wiggly	Creamy Peanut Butter	18
Piggly Wiggly	Crunchy Peanut Butter	18
Reese's	Creamy Peanut Butter	18
Richfood	Creamy Peanut Butter	18
Richfood	Extra Crunchy Peanut Butter	18
Shoppers Value	Creamy Peanut Butter	18
Shoppers Value	Crunchy Peanut Butter	18
Skippy	Creamy Peanut Butter	16.3
Skippy	Super Chunk Peanut Butter	16.3
Southern Home	Creamy Peanut Butter	18
Southern Home	Crunchy Peanut Butter	18

North Carolina WIC Program Approved Foods

Formulas or Nutritional Products		
Approved		
<ul style="list-style-type: none"> ▪ Only the brand, size, type and quantity specified on the food instrument 		
Infant Cereal: Must be an approved brand as specified on list below		
Approved	Not Approved	
<ul style="list-style-type: none"> ▪ 8 oz. box ▪ Plain, dry infant cereal 	<ul style="list-style-type: none"> ▪ Infant cereal with added DHA/ARA, Omega 3, prebiotics and/or probiotics ▪ Infant cereal with added fruit or formula ▪ Organic infant cereal 	
Brand Name	Product Name	Unit Container Size (ounces)
Beech Nut	Barley Cereal	8
Beech Nut	Multigrain Cereal	8
Beech Nut	Oatmeal Cereal	8
Beech Nut	Rice Cereal	8
Gerber	Barley Cereal	8
Gerber	Mixed Grain Cereal	8
Gerber	Oatmeal Cereal	8
Gerber	Rice Cereal	8
Gerber	Whole Wheat Cereal	8
Infant Meats: Must be an approved brand as specified on list below		
Approved	Not Approved	
<ul style="list-style-type: none"> ▪ 2.5 oz. containers ▪ Plain meat with gravy or with broth 	<ul style="list-style-type: none"> ▪ Infant meats with added DHA/ARA, Omega 3, prebiotics and/or probiotics ▪ Infant meats with added sugars or salt (sodium) ▪ Meat and pasta mixtures ▪ Meat and vegetable mixtures ▪ Organic infant meats 	
Brand Name	Product Name	Unit Container Size (ounces)
Beech Nut	Stage 1 Beef and Beef Broth	2.5
Beech Nut	Stage 1 Chicken and Chicken Broth	2.5
Beech Nut	Stage 1 Turkey and Turkey Broth	2.5
Gerber	2nd Foods Beef & Beef Gravy	2.5
Gerber	2nd Foods Chicken & Chicken Gravy	2.5
Gerber	2nd Foods Ham & Ham Gravy	2.5
Gerber	2nd Foods Turkey & Turkey Gravy	2.5

North Carolina WIC Program Approved Foods

Infant Fruits: Must be an approved brand as specified on list below

Approved

- 4 oz. jar
- 3.5 oz. - 4 oz. container

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Beech Nut	Stage 2 Apples & Bananas	4
Beech Nut	Stage 2 Apples & Blueberries	4
Beech Nut	Stage 2 Apples & Cherries	4
Beech Nut	Stage 2 Apples, Mango & Kiwi	4
Beech Nut	Stage 2 Apples, Pears & Bananas	4
Beech Nut	Stage 2 Applesauce	4
Beech Nut	Stage 2 Apricots with Pears & Apples	4
Beech Nut	Stage 2 Chiquita Bananas	4
Beech Nut	Stage 2 Chiquita Bananas & Strawberries	4
Beech Nut	Stage 2 Peaches	4
Beech Nut	Stage 2 Pears	4
Beech Nut	Stage 2 Pears & Pineapple	4
Beech Nut	Stage 2 Pears & Raspberries	4
Gerber	2nd Foods Apple Blueberry	4
Gerber	2nd Foods Apple Blueberry	3.5 (2 pk.)
Gerber	2nd Foods Apple Strawberry Banana	4
Gerber	2nd Foods Apple Strawberry Banana	3.5 (2 pk.)
Gerber	2nd Foods Apples	3.5 (2 pk.)
Gerber	2nd Foods Apples & Cherries	3.5 (2 pk.)
Gerber	2nd Foods Applesauce	4
Gerber	2nd Foods Apricot with Mixed Fruit	3.5 (2 pk.)
Gerber	2nd Foods Banana Mixed Berries	3.5 (2 pk.)
Gerber	2nd Foods Banana Orange Medley	3.5 (2 pk.)
Gerber	2nd Foods Banana Plum Grape	3.5 (2 pk.)
Gerber	2nd Foods Bananas	4
Gerber	2nd Foods Bananas	3.5 (2 pk.)
Gerber	2nd Foods Bananas with Apples & Pears	3.5 (2 pk.)
Gerber	2nd Foods Peaches	3.5 (2 pk.)
Gerber	2nd Foods Pear Pineapple	3.5 (2 pk.)
Gerber	2nd Foods Pears	4
Gerber	2nd Foods Pears	3.5 (2 pk.)
Gerber	2nd Foods Prunes with Apples	3.5 (2 pk.)
Mother's Choice	2 Applesauce	4 (2 pk.)
Mother's Choice	2 Bananas	4 (2 pk.)
Mother's Choice	2 Mixed Fruit	4 (2 pk.)

North Carolina WIC Program Approved Foods

Infant Fruits: Must be an approved brand as specified on list below

Approved

- 4 oz. jar
- 3.5 oz. - 4 oz. container

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Mother's Choice	2 Pears	4 (2 pk.)
Parent's Choice	2nd Stage Apples	4 (2 pk.)
Parent's Choice	2nd Stage Bananas	4 (2 pk.)
Parent's Choice	2nd Stage Mixed Fruit	4 (2 pk.)
Parent's Choice	2nd Stage Pears	4 (2 pk.)
Pathmark	Baby Food Applesauce	4 (2 pk.)
Pathmark	Baby Food Banana	4 (2 pk.)
Pathmark	Baby Food Pear	4 (2 pk.)
Up and Up	Baby Food 2nd Stage Apple	4 (2 pk.)
Up and Up	Baby Food 2nd Stage Banana	4 (2 pk.)
Up and Up	Baby Food 2nd Stage Peach	4 (2 pk.)
Up and Up	Baby Food 2nd Stage Pear	4 (2 pk.)

North Carolina WIC Program Approved Foods

Infant Vegetables: Must be an approved brand as specified on list below

Approved

- 4 oz. jar
- 3.5 oz. container

Not Approved

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

Brand Name	Product Name	Unit Container Size (ounces)
Beech Nut	Stage 2 Butternut Squash	4
Beech Nut	Stage 2 Corn & Sweet Potatoes	4
Beech Nut	Stage 2 Country Garden Vegetables	4
Beech Nut	Stage 2 Mixed Vegetables	4
Beech Nut	Stage 2 Tender Golden Sweet Potatoes	4
Beech Nut	Stage 2 Tender Sweet Carrots	4
Beech Nut	Stage 2 Tender Sweet Peas	4
Beech Nut	Stage 2 Tender Young Green Beans	4
Gerber	2nd Foods Carrots	3.5 (2 pk.)
Gerber	2nd Foods Carrots	4
Gerber	2nd Foods Garden Vegetables	3.5 (2 pk.)
Gerber	2nd Foods Green Beans	3.5 (2 pk.)
Gerber	2nd Foods Green Beans	4
Gerber	2nd Foods Mixed Vegetables	3.5 (2 pk.)
Gerber	2nd Foods Peas	3.5 (2 pk.)
Gerber	2nd Foods Peas	4
Gerber	2nd Foods Squash	3.5 (2 pk.)
Gerber	2nd Foods Squash	4
Gerber	2nd Foods Sweet Potatoes	3.5 (2 pk.)
Gerber	2nd Foods Sweet Potatoes	4
Gerber	2nd Foods Sweet Potatoes & Corn	3.5 (2 pk.)

North Carolina WIC Program Approved Foods

Cash-value Vouchers: Fruits and Vegetables

Approved

FRUITS with no added sugar, fats, oils or salt

- Canned fruit, juice-packed or water-packed
- Fresh fruit
- Frozen fruit
- Organic fruit
- Pre-cut, diced or sliced fruit

VEGETABLES with no added sugar, fats or oils

- Canned vegetables
- Fresh vegetables
- Frozen vegetables
- Low-sodium vegetables
- Organic vegetables
- Pre-cut, diced, sliced or shredded vegetables
- Salsa, canned tomato sauce or canned tomato paste

Not Approved

- Breaded vegetables
- Canned fruit with artificial sweeteners
- Catsup or other condiments
- Dried fruits
- Dried vegetables
- Fruit and/or vegetable juices*
- 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 maple syrup
- Herbs used for flavoring
- Mature legumes (dry beans, peas or lentils)*
- Mixed vegetables containing white potatoes
- Ornamental and decorative fruits and vegetables
- Pickled vegetables, olives
- Soups
- White potatoes

* May obtain when listed on food instruments