

North Carolina WIC Program Authorized Foods Nutrition Criteria

The North Carolina (NC) WIC Program approves nutritious foods to include on the NC WIC Authorized Product List (APL) in compliance with federal and state regulations with consideration of health benefits for WIC participants.

Supplemental food items are approved for inclusion in the NC WIC APL based on criteria such as federal regulations and nutrient specifications, retail availability, and cost. The NC WIC Program reviews product submissions throughout the year and the APL is updated on a rolling basis.

A manufacturer may contact the North Carolina WIC program with 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 ▪ 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 ▪ 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 ▪ Buttermilk ▪ Chocolate or other flavored milk ▪ Goat's milk ▪ Milk drinks ▪ Powdered milk ▪ Organic/Specialty cow's milk

Yogurt:	
Approved ▪ 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 CFR131.206). ▪ Contain no more than 40 gm sugar per cup (8 oz.) ▪ 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 ▪ Organic yogurt

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 plant-based beverage
- Soy-based beverage with artificial sweeteners
- 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
- Organic tofu

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
- 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
- Organic cheese

Eggs:

Approved

- One dozen container
- Grade A, Large, white chicken eggs

Not Approved

- Powdered, liquid or hard-boiled eggs
- 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

Fish:

Approved

- 5 oz.- 6 oz. cans or foil pack
- **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
- Organic fish

Concentrate Juice:

Approved

- 11.5 – 12 oz. container
- 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 fl. oz. 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
- Organic juice

Single Strength Juice:

Approved

- 48 oz. and 64 oz. container
- 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 fl. oz. 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
- Organic juice

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

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 “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
- Organic cereal

Whole Wheat Bread, Whole Grain Bread, and Other Grains

Bread/Buns:

Approved

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

For 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

For 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*

Not Approved

- Bagels or rolls
- Bread or buns with artificial sweeteners
- Organic bread or buns

* <i>RACC = Reference Amount Customarily Consumed</i>	
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 - 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 - Organic tortillas
Whole Wheat Pasta:	
Approved 16 oz. package - Must conform to the FDA standard of identity (21 CFR 139.138) - All shapes 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	Not Approved - Added sugars, fats, oils or salt (i.e., sodium) - Organic pasta
Whole Grain Barley:	
Approved 14 oz. – 16 oz. bag or box - Plain, whole-grain barley - Instant, quick, or regular cooking	Not Approved - Added sugars, fats, oils or salt (i.e., sodium) - Organic whole grain barley
Bulgur:	
Approved 14 oz. – 16 oz. bag or box - Plain, whole-grain bulgur - Instant, quick, or regular cooking	Not Approved - Added sugars, fats, oils or salt (i.e., sodium) - Organic bulgur
Oatmeal/Oats:	
Approved 14 oz. – 16 oz. bag or box - Plain, old fashioned, rolled, cut, or steel cut. - Instant, quick, or regular cooking	Not Approved - Added sugars, fats, oils or salt (i.e., sodium) - Organic oatmeal/oats

Mature Legumes (Beans, Peas, and Lentils):

Approved

- 16 oz. bag or box
- 15 oz. - 16 oz. cans

For dry beans, peas, lentils:

- Any type of plain, unseasoned mature dry beans, peas or lentils

For 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 only obtain with CVB**
- Green beans or green peas (canned, fresh or frozen)
 - **May only obtain with CVB**
- Soup mixes
- Organic dry or canned beans, peas, lentils

Peanut Butter:

Approved

- 16 oz. – 18 oz. container
- Must conform to FDA Standard of Identity (21 CFR 164.150)
- 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
- Organic peanut butter

Infant Cereal:

Approved

- 8 oz. container
- 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. container (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. container (single)
- 2 oz., 3.5 oz., 4 oz. containers (single, two-pack, or variety pack)
- 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 (CVB): Fruits and Vegetables

Approved

For fruits: 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

For vegetables: no added sugar, fats, oils

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

Not Approved

- Breaded vegetables
- Catsup or other condiments
- Dried fruits
- Dried vegetables
- Herbs (fresh or dried)
- Dry or canned mature legumes (beans, peas or lentils)
 - **Not allowed with cash-value benefit**
- Fruit and/or vegetable juice
 - **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
- Infant fruits and vegetables
- Ornamental and decorative fruits and vegetables
- Pickled vegetables, olives
- Soups