

# 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](mailto:ncwicfoods@dhhs.nc.gov).

<b>Cow's Milk</b>	
<b>Approved</b> <ul style="list-style-type: none"><li>▪ 1 gallon, ½ gallon and 1-quart fresh fluid milk</li><li>▪ ½ gallon lactose-reduced or lactose-free milk</li><li>▪ 1 quart Ultra High Temperature (UHT) milk</li><li>▪ 12 oz. canned evaporated milk</li><li>▪ Skim, 1%, 2% and whole pasteurized milk</li><li>▪ Must conform to FDA standards of identity at 21 CFR Part 131.110, 21 CFR Part 131.130</li><li>▪ Must be pasteurized</li><li>▪ Must contain 400 International Units of Vitamin D per quart (100 IU per cup)</li><li>▪ Must contain 2000 International Units of Vitamin A per quart (500 IU per cup) (reduced fat, low-fat or nonfat)</li></ul>	<b>Not Approved</b> <ul style="list-style-type: none"><li>▪ Buttermilk</li><li>▪ Chocolate or other flavored milk</li><li>▪ Goat's milk</li><li>▪ Milk drinks</li><li>▪ Powdered milk</li><li>▪ Organic milk</li></ul>
<b>Plant-based Milk Alternative</b>	
<b>Approved</b> <ul style="list-style-type: none"><li>▪ 64 oz. container, unflavored</li><li>▪ Fortified to meet the following nutrient levels, in accordance with fortification guidelines issued by FDA per 8 oz. cup plant-based milk alternatives:<ul style="list-style-type: none"><li>○ 276 milligrams calcium</li><li>○ 8 grams protein</li><li>○ 500 IU Vitamin A</li><li>○ 100 IU Vitamin D</li><li>○ 24 milligrams magnesium</li><li>○ 222 milligrams phosphorus</li><li>○ 349 milligrams potassium</li><li>○ 0.4 milligrams riboflavin</li><li>○ 1.1 micrograms Vitamin B12</li></ul></li></ul>	<b>Not Approved</b> <ul style="list-style-type: none"><li>▪ Flavored plant-based milk alternatives</li><li>▪ Plant-based milk alternatives with artificial sweeteners</li><li>▪ Organic plant-based milk alternatives</li></ul>

<b>Cheese</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 8 oz. or 16 oz. prepackaged block or sliced (wrapped or unwrapped), snack, cubed, shaped, crumbled, strips, sticks, diced, grated, string or shredded cheese</li> <li>▪ Any of the following types of cheese or blends of any of these cheeses: <ul style="list-style-type: none"> <li>○ Brick</li> <li>○ Cheddar</li> <li>○ Colby</li> <li>○ Monterey Jack</li> <li>○ Mozzarella</li> <li>○ Muenster</li> <li>○ Pasteurized processed American</li> <li>○ Provolone</li> <li>○ Swiss</li> </ul> </li> <li>▪ Lower-sodium varieties</li> <li>▪ Reduced-fat and reduced-cholesterol varieties</li> <li>▪ Must conform to FDA standard of identity at 21 CFR Part 133</li> <li>▪ Must be domestic cheese made from 100% pasteurized milk</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Cheese foods</li> <li>▪ Cheese products</li> <li>▪ Cheese spreads</li> <li>▪ Cheese with additions such as wine, nuts, seeds, jalapenos, pimentos, herbs, spices, seasonings or flavorings (wine or smoked)</li> <li>▪ Deli or hoop cheese</li> <li>▪ Organic cheese</li> </ul>
<b>Plant-Based Cheese Alternative</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 8 oz. or 16 oz. prepackaged block or sliced (wrapped or unwrapped), snack, cubed, shaped, crumbled, strips, sticks, diced, grated, string or shredded cheese</li> <li>▪ Must contain a minimum of 250 mg of calcium per 1.5 ounces plant-based cheese</li> <li>▪ Must contain a minimum of 6.5 grams of protein per 1.5 ounces plant-based cheese</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Plant-based curd cheese</li> <li>▪ Organic plant-based cheese</li> </ul>
<b>Yogurt</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ Quart (32 oz.) container or package size that total exactly 16 oz. or 32 oz.</li> <li>▪ 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)</li> <li>▪ Contain no more than 16 gm of added sugars and a minimum of 106 IU (2.67 micrograms) of vitamin D per cup (8 oz.) yogurt</li> <li>▪ Fortified with Vitamin A &amp; D</li> <li>▪ Plain or flavored yogurt</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Yogurt sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients</li> <li>▪ Drinkable yogurt</li> <li>▪ Yogurts with artificial sweeteners</li> <li>▪ Organic yogurt</li> </ul>
<b>Plant-Based Yogurt Alternative</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ Quart (32 oz.) container or package size that total exactly 16 oz. or 32 oz.</li> <li>▪ Must contain no more than 16 grams of added sugars and a minimum of 250 milligrams of calcium, 6.5 grams of protein, and 106 IU (2.67 micrograms) of vitamin D per 8 ounces.</li> <li>▪ Plain or flavored yogurt</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Plant-based yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients</li> <li>▪ Drinkable plant-based yogurt</li> <li>▪ Organic plant-based yogurt</li> </ul>

<b>Tofu</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 14 oz. - 16 oz. prepackaged</li> <li>▪ Must contain a minimum of 100 mg of calcium per 100 grams of tofu</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Tofu with added fats, sugars, oils or sodium</li> <li>▪ Tofu with artificial sweeteners</li> <li>▪ Organic tofu</li> </ul>

<b>Juice</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 64 oz. container</li> <li>▪ 100% juice, unsweetened, pasteurized</li> <li>▪ Must conform to FDA standard of identity (21 CFR part 146 for fruit juice), (21 CFR part 156 for vegetable juice)</li> <li>▪ Juices fortified with calcium, vitamin D or vitamin C</li> <li>▪ Must contain a minimum of 30 mg of Vitamin C per 100 ml of juice or 72 mg of Vitamin C per 8 oz</li> <li>▪ Vegetable juice may be regular or low sodium</li> <li>▪ Packaged in plastic, glass, cans or refrigerated paper cartons</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Freshly squeezed juices</li> <li>▪ Juice drinks or cocktails</li> <li>▪ Juices promoted for use by infants</li> <li>▪ Juices with added nutrients/additives other than calcium, vitamin D or vitamin C</li> <li>▪ Juices with artificial sweeteners</li> <li>▪ Sports drinks</li> <li>▪ Organic juice</li> </ul>

<b>Peanut Butter</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 16 oz. – 18 oz. containers</li> <li>▪ Must conform to FDA Standard of Identity (21 CFR 164.150)</li> <li>▪ Less-sugar varieties</li> <li>▪ Lower-sodium, sodium-free or salt-free varieties</li> <li>▪ Plain, creamy, crunchy, or chunky</li> <li>▪ Reduced-fat varieties</li> <li>▪ Natural varieties</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Freshly ground peanut butter</li> <li>▪ Peanut butter combinations (such as jelly, chocolate, marshmallow)</li> <li>▪ Peanut butter spread</li> <li>▪ Peanut butter with artificial sweeteners</li> <li>▪ Organic peanut butter</li> </ul>

<b>Nut and Seed Butter</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 16 oz. – 18 oz. containers</li> <li>▪ Must conform to FDA Standard of Identity (21 CFR 164.150)</li> <li>▪ Less-sugar varieties</li> <li>▪ Lower-sodium, sodium-free or salt-free varieties</li> <li>▪ Plain, creamy, crunchy, or chunky</li> <li>▪ Reduced-fat varieties</li> <li>▪ Natural varieties</li> </ul>	<ul style="list-style-type: none"> <li>▪ Freshly ground nut and seed butter</li> <li>▪ Nut and seed butter combinations (such as jelly, chocolate, marshmallow)</li> <li>▪ Nut and seed butter spread</li> <li>▪ Nut and seed butter with artificial sweeteners</li> <li>▪ Organic nut and seed butter</li> </ul>

<b>Mature Legumes (Beans, Peas, Lentils)</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 16 oz. bag or box</li> <li>▪ 15 oz. - 16 oz. cans</li> </ul> <p><b>Dry beans, peas, lentils</b></p> <ul style="list-style-type: none"> <li>▪ Any type of plain, unseasoned mature dry beans, peas, or lentils</li> </ul> <p><b>Canned beans, peas, lentils</b></p> <ul style="list-style-type: none"> <li>▪ Any type of plain, unseasoned mature canned beans, peas, or lentils</li> <li>▪ Low-sodium mature canned beans, peas or lentils</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Canned beans with meat or added sugars, fat, or oils</li> <li>▪ Frozen mature legumes (beans, peas, or lentils) <ul style="list-style-type: none"> <li>○ <b>May only obtain with cash-value benefit</b></li> </ul> </li> <li>▪ Green beans or green peas (canned, fresh, or frozen) <ul style="list-style-type: none"> <li>○ <b>May only obtain with cash-value benefit</b></li> </ul> </li> <li>▪ Soup mixes</li> <li>▪ Organic dry or canned beans, peas, lentils</li> </ul>

<b>Eggs</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ One dozen container</li> <li>▪ Grade A, Large, white chicken eggs</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Powdered, liquid or hard-boiled eggs</li> <li>▪ Brown eggs</li> <li>▪ Specialty eggs</li> <li>▪ Organic eggs</li> </ul>

<b>Whole Wheat Bread, Whole Grain Bread, and Other Grains</b>	
<b>Bread/Buns/Bagels/Rolls</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 14 - 24 oz. loaf or package</li> <li>▪ 100% whole-grain and/or whole-wheat bread, buns, bagels, or rolls</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Bread, buns, bagels, or rolls with artificial sweeteners</li> <li>▪ Organic bread, buns, bagels, or rolls</li> </ul>
<b>Brown Rice</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 14 oz. - 24 oz. bag or box</li> <li>▪ Plain, whole-grain brown rice</li> <li>▪ Instant, quick, or regular cooking</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Mixtures of rice</li> <li>▪ Seasoned or flavored rice</li> <li>▪ Brown rice with added sugar, fats, oils, or salt (sodium)</li> <li>▪ Brown rice with artificial sweeteners</li> <li>▪ Organic brown rice</li> </ul>
<b>Tortillas</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 14 - 24 oz. package</li> <li>▪ <b>Soft corn</b> (yellow or white) <b>tortillas</b>: must be made from ground masa flour (corn flour) using traditional processing methods</li> <li>▪ <b>Whole wheat tortillas</b>: “Whole Wheat Flour” must be the ONLY flour listed in the ingredient list</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Hard-shelled corn tortillas</li> <li>▪ Tortillas with artificial sweeteners</li> <li>▪ Organic tortillas</li> </ul>

<b>Whole Wheat Pasta</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 14 - 24 oz. bag or box</li> <li>▪ Must conform to the FDA standard of identity (21 CFR 139.138)</li> <li>▪ <b>100% whole-grain and/or whole-wheat pasta:</b> “Whole Wheat Flour” and “Whole Durum Wheat Flour” must be the only flours listed in the ingredient list</li> <li>▪ 100% whole-grain and/or whole-wheat pasta</li> <li>▪ All shapes</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Added sugars, fats, oils, or salt (i.e., sodium)</li> <li>▪ Organic pasta</li> </ul>
<b>Bulgur</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 14 oz. - 24 oz. bag or box</li> <li>▪ Plain, whole-grain bulgur</li> <li>▪ Instant, quick, or regular cooking</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Added sugars, fats, oils or salt (i.e., sodium)</li> <li>▪ Organic bulgur</li> </ul>
<b>Whole Grain Barley</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 14 oz. - 24 oz. bag or box</li> <li>▪ Plain whole-grain barley</li> <li>▪ Instant, quick, or regular cooking</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Added sugars, fats, oils or salt (i.e., sodium)</li> <li>▪ Organic whole-grain barley</li> </ul>
<b>Oatmeal/Oats</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 14 oz. - 24 oz. bag or box</li> <li>▪ Plain, old fashioned, rolled, cut, or steel cut</li> <li>▪ Instant, quick, or regular cooking</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Added sugars, fats, oils or salt (i.e., sodium)</li> <li>▪ Organic oatmeal/oats</li> </ul>
<b>Breakfast Cereal</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 12 oz. - 36 oz. bag or box</li> <li>▪ Oatmeal may be instant, quick, or regular cook and must be plain-flavored only</li> <li>▪ Must meet FDA standard of identify for ready-to-eat and instant and regular hot cereal</li> <li>▪ Must contain a minimum of 28 mg of iron per 100 grams of dry cereal</li> <li>▪ Must contain <math>\leq</math> 21.2 grams of sucrose and other sugars per 100 grams of dry cereal; <math>\leq</math> 6 grams sugar/dry oz. cereal</li> </ul> <p><b>For whole grain cereals:</b></p> <ul style="list-style-type: none"> <li>▪ Must have “whole grain” as the primary/first ingredient</li> <li>▪ Must meet labeling requirements for making a health claim as “whole grain foods with moderate fat content”</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Single serving packets</li> <li>▪ Cereals with artificial sweeteners</li> <li>▪ Organic cereals</li> </ul>
<b>Infant Cereal</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 8 oz. box</li> <li>▪ Plain, dry infant cereal</li> <li>▪ Must contain minimum of 45 milligrams of iron per 100 grams of dry cereal</li> <li>▪ Organic infant cereal</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Infant cereal with added fruit or formula</li> <li>▪ Infant cereal with artificial sweeteners</li> </ul>

<b>Infant Fruits and Vegetables</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 2 oz, 3.5 oz, and 4 oz containers (single or multi-packs)</li> <li>▪ Single fruit or blend of fruits</li> <li>▪ Single vegetable or blend of vegetables</li> <li>▪ Combination of fruit and vegetable</li> <li>▪ Organic infant fruits and vegetables</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Infant fruits and vegetables with added sugar, starches, or salt (sodium)</li> <li>▪ Infant fruits and vegetables with artificial sweeteners</li> </ul>

<b>Infant Meats</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 2.5 oz. containers (single or multi-packs)</li> <li>▪ Plain meat with gravy or with broth</li> <li>▪ Texture may range from pureed through diced</li> <li>▪ Organic infant meats</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Meat and pasta mixtures</li> <li>▪ Meat and vegetable mixtures</li> <li>▪ Infant meats with added sugars or salt (sodium)</li> </ul>

<b>Fish</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ 5 oz.- 6 oz. cans or foil packs</li> <li>▪ <b>Pink Salmon:</b> Any brand, plain unseasoned, packed in water and with or without bones (21 CFR 161.170)</li> <li>▪ <b>Chunk-Light Tuna:</b> Any brand, plain unseasoned, packed in water(21 CFR 161.190)</li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Fish with added ingredients</li> <li>▪ Lunch packs or kits</li> <li>▪ Organic fish</li> </ul>

<b>Infant Formula, Exempt Infant Formula, or WIC-Eligible Nutritionals</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ Only the brand, size, type and quantity as indicated on shopping list.</li> </ul>	

<b>Fruits and Vegetables (CVB)</b>	
<p><b>Approved</b></p> <ul style="list-style-type: none"> <li>▪ <b>FRUITS</b> with no added sugar, fats, oils or salt           <ul style="list-style-type: none"> <li>○ Fresh fruit</li> <li>○ Frozen fruit</li> <li>○ Fruit, juice-packed or water-packed in cans, glass or plastic containers</li> <li>○ Pre-cut, diced or sliced fruit</li> <li>○ Single serving packets</li> <li>○ Organic fruits</li> </ul> </li> <li>▪ <b>VEGETABLES</b> with no added sugar, fats, or oils           <ul style="list-style-type: none"> <li>○ Fresh vegetables</li> <li>○ Frozen mature legumes (beans, peas or lentils)</li> <li>○ Frozen vegetables</li> <li>○ Vegetables in cans, glass or plastic containers</li> <li>○ Low-sodium vegetables</li> <li>○ Pre-cut, diced, sliced or shredded vegetables</li> <li>○ Canned tomato sauce or canned tomato paste</li> <li>○ Single serving packets</li> <li>○ Organic vegetables</li> </ul> </li> <li><b>Fresh herbs:</b> <ul style="list-style-type: none"> <li>○ Loose bunches or herbs in clamshell packaging.</li> </ul> </li> </ul>	<p><b>Not Approved</b></p> <ul style="list-style-type: none"> <li>▪ Breaded vegetables</li> <li>▪ Catsup or other condiments</li> <li>▪ Dried fruits or vegetables</li> <li>▪ Dry or canned mature legumes (beans, peas, or lentils)           <ul style="list-style-type: none"> <li>○ May obtain when listed under legume category.</li> </ul> </li> <li>▪ Fruit and/or vegetable juices           <ul style="list-style-type: none"> <li>○ May obtain when listed under the juice category.</li> </ul> </li> <li>▪ Fruit baskets</li> <li>▪ Fruit leathers and fruit roll-ups</li> <li>▪ Fruit or vegetable items on salad bars</li> <li>▪ Fruits or vegetables mixed with sauces or foods other than other fruits and vegetables</li> <li>▪ Fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and/or maple syrup</li> <li>▪ Fruit packed in cans, glass, or plastic containers with artificial sweeteners</li> <li>▪ Infant fruits and vegetables</li> <li>▪ Ornamental and decorative fruits and vegetables</li> <li>▪ Pickled vegetables, olives</li> <li>▪ Soups</li> </ul>