

USDA Minimum Requirements and Specifications for Supplemental Foods

Foods	Minimum Requirements and Specifications
<p>WIC Formula:</p> <p style="text-align: center;">Infant Formula</p>	<p>All authorized infant formulas must:</p> <ol style="list-style-type: none"> (1) Meet the definition for an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and meet the requirements for an infant formula under section 412 of the Federal Food, Drug and Cosmetic Act, as amended (21 U.S.C. 350a), and the regulations at 21 CFR parts 106 and 107; (2) Be designed for enteral digestion via an oral or tube feeding; (3) Provide at least 10 mg iron per liter (at least 1.5 mg iron/100 kilocalories) at standard dilution; (4) Provide at least 67 kilocalories per 100 milliliters (approximately 20 kilocalories per fluid ounce) at standard dilution; and (5) Not require the addition of any ingredients other than water prior to being served in a liquid state.
Exempt Infant Formula	<p>All authorized exempt infant formula must:</p> <ol style="list-style-type: none"> (1) Meet the definition and requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act, as amended (21 U.S.C. 350a(h)), and the regulations at 21 CFR parts 106 and 107; and (2) Be designed for enteral digestion via an oral or tube feeding.
WIC-eligible Nutritionals ¹	<ul style="list-style-type: none"> – Certain enteral products that are specifically formulated and commercially manufactured (as opposed to a naturally occurring foodstuff used in its natural state) to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. Such WIC-eligible nutritionals must serve the purpose of a food, meal, or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme.
<p>Milk, Milk Alternatives, and Milk Substitutions:</p> <p style="text-align: center;">Cow's Milk ²</p>	<ul style="list-style-type: none"> – Must conform to FDA Standard of Identity for whole, reduced-fat, low-fat, or nonfat milks (21 CFR 131.110). Must be pasteurized. Only unflavored milk is permitted. May be fluid, shelf-stable, evaporated (21 CFR 131.130), or dry. – Whole, reduced-fat, low-fat, and nonfat cow's milk types and varieties must contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2,000 IU of vitamin A per quart (500 IU per cup).
Plant-based Milk Alternatives	<ul style="list-style-type: none"> – Must contain ≤10 g of added sugars per cup and be fortified to meet the following nutrient levels (amounts are provided per cup): 276 mg calcium, 8 g protein, 500 international units vitamin A, 100 IU (2.5 micrograms) vitamin D, 24 mg magnesium, 222 mg phosphorus, 349 mg potassium, 0.44 mg riboflavin, and 1.1 mcg vitamin B12, in accordance with FDA-issued fortification guidelines. May be flavored or unflavored.

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Cheese	<ul style="list-style-type: none"> – Domestic cheese made from 100 percent pasteurized milk. Must conform to FDA Standard of Identity (21 CFR part 133); Monterey Jack, Colby, natural Cheddar, Swiss, Brick, Muenster, Provolone, part-skim or whole Mozzarella, pasteurized process American, or blends of any of these cheeses are authorized. – Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol are WIC-eligible.
Yogurt (cow's milk)	<ul style="list-style-type: none"> – Must be pasteurized, conform to FDA Standard of Identity (21 CFR 131.200) and contain ≤16 grams of added sugar and a minimum of 106 IU (2.67 micrograms) of vitamin D per 8 ounces. May be plain or flavored. Yogurts that are fortified with vitamin A and other nutrients may be allowed at the State agency's option. Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients are not authorized. Drinkable yogurts are not authorized.
Tofu	<ul style="list-style-type: none"> – Must contain a minimum of 100 mg of calcium per 100 g of tofu. May not contain added fats, sugars, oils, or sodium.
Juice	<ul style="list-style-type: none"> – Must be pasteurized 100 percent unsweetened fruit juice. Must contain at least 30 mg of vitamin C per 100 mL of juice. Must conform to FDA Standard of Identity as appropriate (21 CFR part 146) or vegetable juice must conform to FDA Standard of Identity as appropriate (21 CFR part 156). Except for 100 percent citrus juices, State agencies must verify the vitamin C content of all State-approved juices. Juices that are fortified with other nutrients may be allowed at the State agency's option. Juice may be fresh, from concentrate, frozen, canned, or shelf stable. Blends of authorized juices are allowed. – Vegetable juice may be regular or lower in sodium.
Eggs	<ul style="list-style-type: none"> – Fresh shell domestic hens' eggs (must conform to FDA Standard of Identity in 21 CFR 160.105)
Breakfast Cereal (Ready-to-eat and instant and regular hot cereals)	<ul style="list-style-type: none"> – Must contain a minimum of 28 mg iron per 100 g dry cereal. Must contain ≤21.2 g of added sugar per 100 g dry cereal (≤6 g per dry oz.) – Seventy five percent of cereals on the State agency authorized food list must contain whole grain as the first ingredient.
Fruits and vegetables (fresh and processed) ^{3 4 5 6 7}	<ul style="list-style-type: none"> – Any variety of fresh (as defined by 21 CFR 101.95) whole or cut fruit without added sugars. Any variety of fresh (as defined by 21 CFR 101.95) whole or cut vegetable without added sugars, fats, or oils. – Any variety of canned fruits (must conform to FDA standard of identity as appropriate (21 CFR part 145)); including applesauce, juice pack or water pack without added sugars, fats, oils, or salt (<i>i.e.</i>, sodium). The fruit must be

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	<p>listed as the first ingredient.</p> <ul style="list-style-type: none"> – Any variety of frozen fruits without added sugars, fats, oils, or salt (<i>i.e.</i>, sodium). – Any variety of canned or frozen vegetables without added sugars, fats, or oils. Vegetable must be listed as the first ingredient. May be regular or lower in sodium. Must conform to FDA standard of identity as appropriate (21 CFR part 155). – Any type of dried fruits or dried vegetables without added sugars, fats, oils, or salt (<i>i.e.</i>, sodium). – Any type of immature beans, peas, or lentils, fresh or in canned ⁴ forms. – Any type of frozen beans (immature or mature). Beans purchased with the CVV may contain added vegetables and fruits, but may not contain added sugars, fats, oils, or meat as purchased. Canned beans, peas, or lentils may be regular or lower in sodium content. – State agencies must allow organic forms of WIC-eligible fruits and vegetables.
Whole Wheat Bread, and Whole Grain Options	<ul style="list-style-type: none"> – <i>Whole wheat bread, buns, rolls</i> must conform to FDA Standard of Identity (21 CFR 136.180). (Includes whole wheat buns and rolls.) “Whole wheat flour” and/or “bromated whole wheat flour” must be the only flours listed in the ingredient list. – Brown rice, bulgur (cracked wheat), oats, whole wheat bagels, English muffins, without added sugars, fats, oils, or salt (<i>i.e.</i>, sodium). May be instant-, quick-, or regular-cooking. – Soft corn or whole wheat tortillas. Soft corn tortillas made from ground masa flour (corn flour) using traditional processing methods are WIC-eligible, <i>e.g.</i>, whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour. For whole wheat tortillas, “whole wheat flour” must be the only flour listed in the ingredient list. States may offer tortillas made with folic acid-fortified corn masa flour. – Whole wheat macaroni (pasta) products. Must conform to FDA Standard of Identity (21 CFR 139.138) and have no added sugars, fats, oils, or salt (<i>i.e.</i>, sodium). “Whole wheat flour” and/or “whole durum wheat flour” must be the only flours listed in the ingredient list. Other shapes and sizes that otherwise meet the FDA Standard of Identity for whole wheat macaroni (pasta) products (21 CFR 139.138), and have no added sugars, fats, oils, or salt (<i>i.e.</i>, sodium), are also allowed (<i>e.g.</i>, whole wheat rotini, and whole wheat penne).
Fish (canned) ⁴	<ul style="list-style-type: none"> – Light tuna (must conform to FDA Standard of Identity (21 CFR 161.190)); – Salmon (Pacific salmon must conform to FDA standard of identity (21 CFR 161.170)); – Sardines; and – May be packed in water or oil. Pack may include bones or skin. Only

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	boneless varieties of fish may be provided to children at State agency option. Added sauces and flavorings, <i>e.g.</i> , tomato sauce, mustard, lemon, are authorized at the State agency's option. May be regular or lower in sodium content.
Mature Legumes (dry beans and peas) ¹⁰	<ul style="list-style-type: none"> – Any type of mature dry beans, peas, or lentils in dry-packaged and canned ⁴ forms. Examples include but are not limited to black beans, black-eyed peas, garbanzo beans (chickpeas), great northern beans, white beans (navy and pea beans), kidney beans, mature lima (“butter beans”), fava beans, mung beans, pinto beans, soybeans/edamame, split peas, lentils, and refried beans. Does not include green beans or green peas. All categories exclude soups. May not contain added sugars, fats, oils, vegetables, fruits, or meat as purchased. Canned legumes may be regular or lower in sodium content. ¹¹
Peanut Butter	<ul style="list-style-type: none"> – Peanut butter and reduced-fat peanut butter must conform to FDA Standard of Identity (21 CFR 164.150); creamy or chunky, regular, or reduced-fat, salted or unsalted forms are allowed. Peanut butters with added marshmallows, honey, jelly, chocolate, or similar ingredients are not authorized.
Infant Foods: Infant Cereal Infant Fruits Infant Vegetables Infant Meat	<ul style="list-style-type: none"> – Infant cereal must contain a minimum of 45 mg of iron per 100 g of dry cereal.¹² – Any variety of single ingredient commercial infant food fruit without added sugars, starches, or salt (<i>i.e.</i>, sodium). Texture may range from strained through diced. The fruit must be listed as the first ingredient.¹³ – Any variety of single ingredient commercial infant food vegetables without added sugars, starches, or salt (<i>i.e.</i>, sodium). Texture may range from strained through diced. The vegetable must be listed as the first ingredient.¹⁴ – Any variety of commercial infant food meat or poultry as a single major ingredient, with added broth or gravy. Added sugars or salt (<i>i.e.</i>, sodium) are not allowed. Texture may range from pureed through diced.¹⁵

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Note: FDA = Food and Drug Administration of the U.S. Department of Health and Human Services. Foods must comply with labeling requirements consistent with [21 CFR parts 130](#) and [101](#).

¹ The following are not considered a WIC-eligible nutritional: Formulas used solely for the purpose of enhancing nutrient intake, managing body weight, or addressing picky eaters or used for a condition other than a qualifying condition (e.g., vitamin pills, weight control products, etc.); medicines or drugs as defined by the Federal Food, Drug, and Cosmetic Act as amended; enzymes, herbs, or botanicals; oral rehydration fluids or electrolyte solutions; flavoring or thickening agents; and feeding utensils or devices (e.g., feeding tubes, bags, pumps) designed to administer a WIC-eligible formula.

² All authorized milks must conform to FDA Standards of Identity for milks as defined by [21 CFR part 131](#) and meet WIC's requirements for vitamin fortification as specified in table 4 to [paragraph \(e\)\(12\)](#) of this section. Additional authorized milks include, but are not limited to calcium-fortified, lactose-reduced, organic, and UHT pasteurized milks. Other milks are permitted at the State agency's discretion provided that the State agency determines that the milk meets the minimum requirements for authorized milk.

³ Processed refers to frozen, canned (see footnote 4 to this table 4), or dried.

⁴ Canned refers to processed food items in cans or other shelf-stable containers, e.g., jars, pouches.

⁵ Fresh herbs, cut at the root or with the root intact, are authorized. The following are not authorized: spices and dried herbs; seeds; potted plants with vegetables, fruits or herbs; creamed vegetables or vegetables with added sauces; fresh fruits and/or vegetables packaged with dips, sauces, or glazes; mixed vegetables containing noodles, nuts, or sauce packets; vegetable-grain (e.g., pasta, rice) mixtures; fruit-nut mixtures; breaded vegetables; fruits and vegetables for purchase on salad bars; peanuts or other nuts; ornamental and decorative fruits and vegetables such as chili peppers or garlic on a string, gourds, painted pumpkins, fruit baskets, and decorative blossoms and flowers; and foods containing fruits such as blueberry muffins and other baked goods. Home-canned and home-preserved fruits and vegetables are not authorized.

⁶ Excludes catsup or other condiments; pickled vegetables; olives; soups; juices; and fruit leathers and fruit roll-ups. Canned tomato sauce, tomato paste, salsa, and spaghetti sauce without added sugar, fats, or oils are authorized.

⁷ State agencies have the option to allow only lower sodium canned vegetables for purchase with the cash-value voucher.

⁸ One of the following criteria must be met to confirm the product provides 50% or more whole grains: (1) product labeling contains the FDA health claim "Diet rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers" OR "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease"; (2) meets the "rule of three" criteria (i.e., the first ingredient (or second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran or germ); (3) the manufacturer provides written documentation that the product contains 50% or more whole grains by weight.

⁹ King mackerel is not authorized.

¹⁰ Mature dry beans, peas, or lentils in dry-packaged and canned forms are authorized under the mature legume category. Immature varieties of fresh or canned beans and frozen beans of any type (immature or mature) are authorized for purchase with the cash-value voucher only. Juices are provided as a separate WIC food category and are not authorized under the fruit and vegetable category.

¹¹ The following are not authorized in the mature legume category: soups; immature varieties of legumes, such as those used in canned green peas, green beans, snap beans, yellow beans, and wax beans; baked beans with meat, e.g., beans and franks; beans containing added sugars (except for baked beans), fats, oils, meats, fruits, or vegetables.

¹² Infant cereals containing infant formula, milk, fruit, or other non-cereal ingredients are not allowed.

¹³ Mixtures with cereal or infant food desserts (e.g., peach cobbler) are not authorized; however, combinations of single ingredients (e.g., apple-banana) and combinations of single ingredients of fruits and/or vegetables (e.g., apples and squash) are allowed.

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¹⁴ *Combinations of single ingredients (e.g., peas and carrots) and combinations of single ingredients of fruits and/or vegetables (e.g., apples and squash) are allowed. Mixed vegetables with white potato as an ingredient (e.g., mixed vegetables) are authorized.*

¹⁵ *Infant food combinations (e.g., meat and vegetables) and dinners (e.g., spaghetti and meatballs) are not allowed.*