

<b>Table 4: Minimum Requirements and Specifications for Supplemental Foods</b>	
<b>Categories/Foods</b>	<b>Minimum Requirements and Specifications</b>
<b>WIC formula</b>	
Infant formula	<p>All authorized infant formulas must (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;</p> <p>(2) be designed for enteral digestion via an oral or tube feeding;</p> <p>(3) provide at least 10 mg iron per liter (at least 1.8 mg iron/100 kilocalories) at standard dilution;</p> <p>(4) provide at least 67 kilocalories per 100 milliliters (approximately 20 kilocalories per fluid ounce) at standard dilution.</p> <p>(5) not require the addition of any ingredients other than water prior to being served in a liquid state.</p>
Exempt infant formula	<p>All authorized exempt infant formula must (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</p>

**Table 4: Minimum Requirements and Specifications for Supplemental Foods (cont.)**

<b>Categories/Foods</b>	<b>Minimum Requirements and Specifications</b>
<p><b>WIC Formula</b> (continued)</p> <p>Exempt infant formula (continued)</p> <p>WIC-eligible medical foods <sup>1</sup></p>	<p>2) be designed for enteral digestion via an oral or tube feeding.</p> <p>Certain enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. Such WIC-eligible medical foods 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> <p>WIC-eligible medical foods include many, but not all, products that meet the definition of medical food in Section 5(b)(3) of the Orphan Drug Act (21 U.S.C. 360ee(b)(3)).</p>
<p><b>Milk and milk alternatives</b></p> <p>Cow's milk</p>	<p>Must conform to FDA standard of identity for whole, reduced fat, low-fat, or non-fat milks (21 CFR 131.110). Must be pasteurized and contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2000 IU of vitamin A per quart (500 IU per cup).</p>



<b>Table 4: Minimum Requirements and Specifications for Supplemental Foods (cont.)</b>	
<b>Categories/Foods</b>	<b>Minimum Requirements</b>
<p><b>Milk and milk alternatives</b> (continued)</p> <p>Tofu</p> <p>Soy-based beverage</p>	<p>Calcium-set tofu prepared with only calcium salts (e.g., calcium sulfate). May not contain added fats, sugars, oils, or sodium.</p> <p>Must be fortified to meet the following nutrient levels: 276 mg calcium per cup, 8 g protein per cup, 500 IU vitamin A per cup, 100 IU vitamin D per cup, 24 mg magnesium per cup, 222 mg phosphorus per cup, 349 mg potassium per cup, 0.44 mg riboflavin per cup, and 1.1 mcg vitamin B12 per cup, in accordance with fortification guidelines issued by FDA.</p>
<p><b>Juice</b></p>	<p>Must be pasteurized 100% unsweetened fruit juice. Must conform to FDA standard of identity (21 CFR Part 146) or vegetable juice must conform to FDA standard of identity (21 CFR Part 156) and contain at least 30 mg of vitamin C per 100 mL of juice. With the exception of 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.</p> <p>Vegetable juice may be regular or lower in sodium.<sup>3</sup></p>
<p><b>Eggs</b></p>	<p>Fresh shell domestic hens' eggs or dried eggs mix (must conform to FDA standard of identity in 21 CFR 160.105) or pasteurized liquid whole eggs (must conform to FDA standard of identity in 21 CFR 160.115).</p> <p>Hard boiled eggs, where readily available for purchase in small quantities, may be provided for homeless participants.</p>

<b>Table 4: Minimum Requirements and Specifications for Supplemental Foods (cont.)</b>	
<b>Categories/Foods</b>	<b>Minimum Requirements</b>
<b>Breakfast cereal</b>	<p>Breakfast cereals as defined by FDA in 21 CFR 170.3(n)(4) for ready-to-eat and instant and regular hot cereals.</p> <p>Must contain a minimum of 28 mg iron per 100 g dry cereal.</p> <p>Must contain <math>\leq 21.2</math> g sucrose and other sugars per 100 g dry cereal (<math>\leq 6</math> g per dry oz).</p> <p>At least half of the cereals authorized on a State agency’s food list must have whole grain as the primary ingredient by weight <b>AND</b> meet labeling requirements for making a health claim as a “whole grain food with moderate fat content”: <sup>4</sup></p> <p>(1) contain a minimum of 51% whole grains (using dietary fiber as the indicator);</p> <p>(2) meet the regulatory definitions for “low saturated fat” at 21 CFR 101.62 (<math>\leq 1</math> g saturated fat per RACC) and “low cholesterol” (<math>\leq 20</math> mg cholesterol per RACC);</p> <p>(3) bear quantitative <i>trans</i> fat labeling; and</p> <p>(4) contain <math>\leq 6.5</math> g total fat per RACC and <math>\leq 0.5</math> g <i>trans</i> fat per RACC.</p>

**Table 4: Minimum Requirements and Specifications for Supplemental Foods (cont.)**

Categories/Foods	Minimum Requirements
<p><b>Fruits and Vegetables</b> (fresh and processed)</p>	<p>Any variety of fresh whole or cut fruit without added sugars. <sup>5</sup></p> <p>Any variety of fresh whole or cut vegetable, except white potatoes, without added sugars, fats, or oils (orange yams and sweet potatoes are allowed). <sup>5</sup></p> <p>Any variety of canned <sup>6</sup> fruits (must conform to FDA standard of identity (21 CFR Part 145); including applesauce, juice pack or water pack without added sugars, fats, oils, or salt (i.e. sodium). Any variety of frozen fruits without added sugars. <sup>7</sup></p> <p>Any variety of canned <sup>6</sup> or frozen vegetables (must conform to FDA standard of identity (21 CFR Part 155)) except white potatoes (orange yams and sweet potatoes are allowed); without added sugars, fats, or oils. May be regular or lower in sodium. <sup>3,7</sup></p> <p>Any type of dried fruits or dried vegetable without added sugars, fats, oils, or salt (i.e., sodium). <sup>5</sup></p>

**Table 4: Minimum Requirements and Specifications for Supplemental Foods (cont.)**

Categories/Foods	Minimum Requirements
<p><b>Whole wheat bread/Whole grain bread/Other whole unprocessed grains</b></p>	<p><b><u>Bread</u></b></p> <p><b><u>Whole wheat bread</u></b> must conform to FDA standard of identity (21 CFR 136.180). (Includes whole wheat buns and rolls.)</p> <p><b>AND</b></p> <p>Whole wheat must be the primary ingredient by weight in all whole wheat bread products.</p> <p><b><u>Whole grain bread</u></b> must meet labeling requirements for making a health claim as a “whole grain food with moderate fat content”: <sup>4</sup></p> <p>(1) contain a minimum of 51% whole grains (using dietary fiber as the indicator);</p> <p>(2) meet the regulatory definitions for “low saturated fat” at 21 CFR 101.62 (<math>\leq 1</math> g saturated fat per RACC) and “low cholesterol” (<math>\leq 20</math> mg cholesterol per RACC);</p> <p>(3) bear quantitative <i>trans</i> fat labeling; and</p> <p>(4) contain <math>\leq 6.5</math> g total fat per RACC and <math>\leq 0.5</math> g <i>trans</i> fat per RACC.</p> <p><b>AND</b></p> <p>Whole grain must be the primary ingredient by weight in all whole grain bread products.</p>

<b>Table 4: Minimum Requirements and Specifications for Supplemental Foods (cont.)</b>	
<b>Categories/Foods</b>	<b>Minimum Requirements</b>
<b>Whole wheat bread/Whole grain bread/Other whole unprocessed grains</b> (Continued)	<p><b><u>Other Whole Unprocessed Grains</u></b> Brown rice, bulgur (cracked wheat), oatmeal, and whole-grain barley without added sugars, fats, oils, or salt (i.e., sodium). May be instant-, quick-, or regular-cooking.</p> <p>Soft corn or whole wheat tortillas may be allowed at the State agency’s option. Whole grain must be the primary ingredient by weight.</p>
<b>Canned fish</b> <sup>6</sup>	<p>Canned only:</p> <p>Light tuna (must conform to FDA standard of identity (21 CFR 161.190));</p> <p>Salmon (must conform to FDA standard of identity (21 CFR 161.170));</p> <p>Sardines;</p> <p>Mackerel (N. Atlantic <i>Scomber scombrus</i>, or Chub Pacific <i>Scomber japonicus</i>);</p> <p>May be packed in water or oil. Pack may include bones or skin. May be regular or lower in sodium content. <sup>3</sup></p>
<b>Mature legumes</b> (dry beans and peas)	<p>Any type of mature dry beans, peas, or lentils in dry-packaged or canned <sup>6</sup> forms. Examples include but are not limited to black beans (“turtle beans”), blackeye peas (cowpeas of the blackeye variety, “cow beans”), garbanzo beans (chickpeas), great northern beans, kidney beans, lima beans (“butter beans”), navy beans, pinto beans, soybeans, split peas, and lentils. All categories exclude soups. May not contain added sugars, fats, oils</p>

<b>Table 4: Minimum Requirements and Specifications for Supplemental Foods (cont.)</b>	
<b>Categories/Foods</b>	<b>Minimum Requirements</b>
<b>Mature legumes</b> (dry beans and peas) (Continued)	or meat as purchased. Canned legumes may be regular or lower in sodium content. <sup>3,8</sup>  Baked beans may be provided for participants with limited cooking facilities. <sup>8</sup>
<b>Peanut butter</b>	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 <sup>3</sup> forms are allowed.
<b>Infant Foods:</b> <b>Infant cereal</b>	Infant cereal must contain a minimum of 45 mg of iron per 100 g of dry cereal. <sup>9</sup>
<b>Infant fruits</b>	Any variety of single ingredient commercial infant food fruit without added sugars, starches, or salt (i.e., sodium). Texture may range from strained through diced. <sup>10</sup>
<b>Infant vegetables</b>	Any variety of single ingredient commercial infant food vegetables without added sugars, starches, or salt (i.e., sodium). Texture may range from strained through diced. <sup>11</sup>
<b>Infant meat</b>	Any variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy. Added sugars or salt (i.e. sodium) are not allowed. Texture may range from pureed through diced. <sup>12</sup>

**TABLE 4 FOOTNOTES:** FDA = Food and Drug Administration of the U.S. Department of Health and Human Services; RACC = reference amount customarily consumed.

- 1 The following are not considered a WIC eligible medical food: Formulas used solely for the purpose of enhancing nutrient intake, managing body weight, 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 Food, Drug and Cosmetic Act (21 U.S.C. 350a) 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 confirm to FDA, DHHS standards of identity for milks as defined by 21 CFR Part 131 and meet WIC's requirements for vitamin fortification as stated above. Additional authorized milks include, but are not limited to: calcium-fortified, lactose-reduced and lactose-free, acidified, 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 Any of the following lower sodium forms are allowable:
  - Sodium-free—less than 5 mg sodium per serving;
  - Very low sodium—35 mg sodium or less per serving or, if the serving is 30 g or less or 2 tablespoons or less, 35 mg sodium or less per 50 g of the food;
  - Low-sodium—140 mg sodium or less per serving or, if the serving is 30 g or less or 2 tablespoons or less, 140 mg sodium or less per 50 g of the food;
  - Light in sodium—at least 50 percent less sodium per serving than average reference amount for same food with no sodium reduction;
  - Lightly salted—at least 50 percent less sodium per serving than reference amount (If the food is not “low in sodium,” the statement “not a low-sodium food” must appear on the same panel as the Nutrition Facts panel.); and
  - Reduced or less sodium—at least 25 percent less sodium per serving than reference food.
- 4 Food and Drug Administration (FDA), Health Claim Notification for Whole Grain Foods with Moderate Fat Content at <http://www.cfsan.fda.gov/~dms/flgrain2.html>
- 5 Herbs or spices; edible blossoms and flowers, e.g., squash blossoms (broccoli, cauliflower and artichokes are allowed); creamed or sauced vegetables; vegetable-grain (pasta or rice) mixtures; fruit-nut mixtures; breaded vegetables; fruits and vegetables for purchase on salad bars; peanuts; ornamental and decorative fruits and vegetables such as chili peppers on a string; garlic on a string; gourds; painted pumpkins; fruit baskets and party vegetable trays; and items such as blueberry muffins and other baked goods are not authorized. Mature legumes (dry beans and peas) and juices are provided as separate food WIC categories and are not authorized under the fruit and vegetable category.
- 6 “Canned” refers to processed food items in cans or other shelf-stable containers, e.g., jars, pouches.
- 7 Excludes white potatoes; catsup or other condiments; pickled vegetables, olives; soups; juices; and fruit leathers and fruit roll-ups.
- 8 The following canned mature legumes are not authorized: soups; immature varieties of legumes, such as those used in canned green peas, green beans, snap beans, orange beans, and wax beans; baked beans with meat; e.g., beans and franks; and beans containing added sugars (with the exception of baked beans), fats, meat, or oils.
- 9 Infant cereals containing infant formula, milk, fruit, or other non-cereal ingredients are not allowed.
- 10 Mixtures with cereal or infant food desserts (e.g., peach cobbler) are not authorized; however, combinations of single ingredients (e.g., apple-banana) are allowed.
- 11 Combinations of single ingredients (e.g., peas and carrots) are allowed.
- 12 No infant food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs) are allowed.