Smart Choices • Healthy Families
Texas WIC Approved Foods
Effective October 1, 2011

For more information
Call 1-800-942-3678 | www.texaswic.org
Vendors call 1-800-252-9629 | www.dshs.state.tx.us/wichd/vo/vo1.shtm

Whole Grains

Look for the WIC Approved Item

Whole Wheat Bread
Look for:
- 16 oz. (1 lb.) loaves only
- 100% Whole Wheat

Don't Buy: Sugar-free

Whole Wheat Tortillas
Look for:
- 16 oz. (1 lb.) package only

Don't Buy: White flour tortillas

Yellow or White Corn Tortillas
Look for:
- 16 oz. (1 lb.) package only

Don't Buy: Tostadas

Brown Rice
Look for:
- 16 oz. (1 lb.) package only

Don't Buy: White rice, added seasonings, sugar, fat, oil, or salt

Choose from these brands

Oatmeal
Look for:
- 16 oz. (1 lb.) container only
- Mom's Best Naturals Quick Oats
- Mom's Best Old Fashioned Oats
- 3-Minute Brand Quick Oats
- 3-Minute Brand Old Fashioned Oats

Breakfast Cereals

Choose from these brands

18 & 36 oz. packages only

Higher in whole grains

* 100% folic acid is important to help prevent birth defects

18 oz. only

*18 oz. & 36 oz. Original only

18 oz. & 36 oz. Original only

18 oz. & 36 oz. only

18 oz. only

*18 oz. only

18 oz. only

18 oz. only

18 oz. only

*18 oz. box & bag, 36 oz. club pack & bag

*18 oz. box & bag, & 36 oz. club pack

*18 oz. box & bag, 36 oz. club pack & bag

18 oz. box & bag & 36 oz. bag only

18 oz. box & bag, 36 oz. club pack & bag

18 oz. box & bag, 36 oz. club pack & bag

18 oz. & 36 oz. only

36 oz. only

18 oz. only

18 oz. & 36 oz. only

18 oz. only

18 oz. only

18 oz. only Vanilla Bunches

18 oz. only With Almonds, Cinnamon Bunches, & Honey Roasted

Peanut Butter

Choose any brand

18 oz. jar only

Look For:
Creamy or crunchy

Don't Buy: With honey, jelly, candy pieces, peanut spreads, reduced fat, or organic

Dried Beans

Look for the WIC Approved Item

16 oz. (1lb.) package

Look for:
Black beans, Navy beans, Pinto beans, Green split peas, and Lentils

Don't Buy: Added seasonings or bulk beans

For Children 2-4 Years Old & Women

Canned Beans

Choose from these brands

15 to 16 oz. cans

Look For:
Allens
- Blackeye Peas *(no snaps)* – *fresh shelled*
- Blackeye Peas *(no snaps)* – *dry soaked*
- Black Beans
- Great Northern
- Pinto Beans

Look For:
Casa Fiesta
- Whole Black Beans
- Pinto Beans
- No Fat Refried Black Beans
- No Fat Refried Beans

Look For:
Progresso
- Black Beans

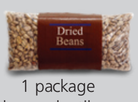
Look For:
Bush's Best
- Blackeye Peas *(no snaps)*
- Black Beans
- Reduced Sodium Black Beans
- Great Northern
- Pinto Beans
- Reduced Sodium Pinto Beans
- Fat Free Refried Beans

Look For:
Ortega
- Original Flavor Black Beans
- Fat Free Refried Beans

Look For:
Van Camp's
- New Orleans Style Red Kidney Beans

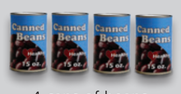
Don't Buy: Chili beans, canned beans with snaps, jalapeño peppers, bacon, oils, Bush's Best "Seasoned Recipe," or soups

How to Buy Beans & Peanut Butter for Children 2-4 Years Old and Women



1 package dry beans, lentils, peas

or



4 cans of beans

or

1 jar peanut butter

Fresh: Fruits, Vegetables & Beans

Choose any brand

Look For:
- Any fresh fruit, vegetable, or bean
- Whole, pre-cut, or packaged
- Single fruit or single vegetable in the package
- Yams or sweet potatoes
- Bagged lettuce or vegetables
- Organic is allowed

Don't Buy:
- White potatoes such as russet, yukon gold, purple or red
- Mixed fruits
- Mixed vegetables
- Bagged mixed salad
- Items from the salad bar, party trays, or fruit baskets
- Decorative or ornamental fruits or vegetables (such as garlic on a string, painted pumpkins, gourds)
- Nuts
- Dried fruits
- Dried vegetables
- Bulk dried beans
- Spices or herbs (such as cilantro, parsley, chives, mint, or thyme)

Frozen: Fruits, Vegetables & Beans

Look For:
- 9 oz. package or larger
- Any single fruit, vegetable, or bean
- Any package type (box, bag)
- With or without salt
- Organic is allowed

Don't Buy:
- With added sugar, artificial sweetener, fats, or oils
- Mixed fruits
- White potatoes such as french fries, hash browns or any mixtures containing potatoes
- Mixed vegetables or beans
- Creamed or sauced vegetables
- Specially seasoned vegetables
- Breaded vegetables
- Vegetables mixed with pasta, rice, or any other ingredients

Milk, Cheese & Eggs

Look for the WIC Approved Item

Milk
Look For:
- Fluid milk: quart (32 oz.)
  ½ gallon (64 oz.)
  1 gallon (128 oz.)
- Low-fat/Nonfat Buttermilk: ½ gallon (64 oz.) only
- Carton or plastic container

Don't Buy: Calcium-fortified, high protein, flavored milk, rice milk, or goat's milk

Children 1 year old:
Look For: Whole milk
Don't Buy: Buttermilk

Children 2 - 4 years old & women:
Look For: Fat-free, low-fat (½% & 1%), reduced-fat (2%) milk and low-fat/nonfat buttermilk
Don't Buy: Whole milk

Choose any brand

Evaporated Milk
Look For:
- 12 oz. only

Don't Buy:
Evaporated filled milk

Children 1 year old:
Look For: Whole milk

Children 2 - 4 years old & women:
Look For: Fat-free, low-fat (1%), reduced-fat (2%) milk
Don't Buy: Whole milk

Lactose-Free Milk
Look For:
- ½ gallon (64 oz.)
- quart (32 oz.)

Don't Buy:
Calcium-fortified

Powder Milk
Look For:
- 9.6 oz.
- 25.6 oz.
- 64 oz.

Look for the WIC Approved Item

Cheese
Look For:
- 1 or 2 lb. packages
- Block or sliced
- American, Cheddar, Colby, Colby-Jack, Monterrey Jack & Mozzarella
- Reduced-fat and low-fat cheese are allowed

Don't Buy: Individually wrapped slices, shredded cheese, processed cheese food, cheese food product, cheese with jalapeño peppers, cheese from the deli, or imported cheese

Choose any brand

Eggs
Look For:
- Packaged in one dozen
- Grade A or AA
- Large, medium, or small

Don't Buy: Extra large, jumbo, brown, fertile, free-range, cage-free, omega-3, organic, with added vitamins or minerals (like Eggland's Best)

WIC Vendors

The Declared Traditionally Least Expensive Brand of WIC foods must be marked with the pink WIC Approved Item sticker. Use this poster to determine whether participants may choose any brand, certain brands or the brand marked with the pink sticker.

WIC Approved Item

Stores may not carry every WIC approved food.

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TEXAS Department of State Health Services

TEXAS WIC Smart Choices • Healthy Families

For Children

Look for the WIC Approved Item

Juice (Plastic)
64 oz.

Look For:
- 100% juice - 120% vitamin C
- Added calcium & vitamin D are allowed

Don't Buy:
- Juice with sugar or sweetener
- Apple cider

Orange | Grapefruit | Orange Pineapple | Orange Mango | Pineapple Mango

Pineapple | Apple | Purple Grape | Vegetable | White Grape

Orange Juice
64 oz.

Look For:
- Orange juice only
- 100% juice - 120% vitamin C
- Carton or plastic container
- Added calcium & vitamin D are allowed

Don't Buy:
- Juice with sugar or sweetener

Frozen Juice
16 oz.

Look For:
- 100% juice - 120% vitamin C
- Added calcium & vitamin D are allowed

Don't Buy:
- Juice with sugar or sweetener

Apple | Orange

For Women

Look for the WIC Approved Item

Juice (Plastic)
48 oz.

Look For:
- 100% juice - 120% vitamin C
- Added calcium & vitamin D are allowed

Don't Buy:
- Juice with sugar or sweetener
- Apple cider

Orange | Grapefruit | Orange Pineapple | Orange Mango | Pineapple Mango

Pineapple | Apple | Purple Grape | Vegetable | White Grape

Frozen Juice
11.5 – 12 oz.

Look For:
- 100% juice - 120% vitamin C
- Added calcium & vitamin D are allowed

Don't Buy:
- Juice with sugar or sweetener

Purple Grape | White Grape | Orange | Grapefruit | Apple

For Exclusively Breastfeeding Women

Choose any brand

Chunk Light Tuna & Pink Salmon
5 to 6 oz. can

Look For:
- Regular or low sodium
- Packed in water

Don't Buy: Albacore, yellowfin, tongol, fillet or gourmet tuna. Packed in oil or pouches

Look For:
- With or without skin and bones
- Packed in water

Don't Buy: Premium skinless and boneless, fillets, and red salmon. Packed in oil or pouches

For Special Food Packages Only

Choose from these brands

Soy Milk & Tofu

8th Continent Soy Milk
- Original and Vanilla only
- ½ gallon (64 oz.)

16 oz. (1lb.) refrigerated

Azumaya | Banyan | House Foods | Tasty Tofu

Available only for special food packages. Children need a prescription.

Choose any brand

Baby Fruits & Vegetables
4 oz. only

Look For:
- Single container
- Single or mixed fruits and/or vegetables

Don't Buy:
- Multipacks
- Dinners, desserts, toddler foods, diced fruits, diced vegetables, organic, or Beechnut Mango
- Baby fruits and vegetables with: cereal, oatmeal, yogurt, meat, rice, pasta, DHA, sugar, salt or starches (such as rice flour or tapioca)

Baby Cereal
Gerber 8 oz. boxes only

Don't Buy: Organic, cereal with fruit, formula, DHA, or other non-cereal ingredients

For Exclusively Breastfed Infants

Choose any brand

Baby Meats
2.5 oz. only

Look For:
- Any single meat with broth or gravy such as chicken, beef, turkey, or ham
- Single containers – no multipacks

Don't Buy: Dinners, organic, meat with vegetables or fruit, DHA, sugar, or salt