

## Minimum Requirements for Supplemental Foods

Categories	Foods	Minimum Requirements
<b>Infant Formulas</b>		
	Infant formula	<ul style="list-style-type: none"> <li>• Meets FDA definition for infant formula</li> <li>• For oral or tube feeding</li> <li>• At least 10 mg iron/liter at standard dilution</li> </ul>
	Exempt infant formula	<ul style="list-style-type: none"> <li>• Meets FDA definition for exempt infant formula</li> <li>• For oral or tube feeding</li> </ul>
	WIC-eligible medical foods	<ul style="list-style-type: none"> <li>• For oral or tube feeding</li> <li>• Formulated to provide nutritional support for individuals with qualifying conditions</li> <li>• Serves the purpose of a food, meal or diet</li> </ul>
<b>Milk and Milk Alternatives</b>		
	Cow's milk	<ul style="list-style-type: none"> <li>• Meets standard of identity</li> <li>• Pasteurized</li> <li>• Meets requirements for vitamin D and vitamin A</li> </ul>
	Goat milk	<ul style="list-style-type: none"> <li>• Meets standard of identity</li> <li>• Pasteurized</li> <li>• Meets requirements for vitamin D and vitamin A</li> </ul>
	Cheese	<ul style="list-style-type: none"> <li>• Meets standard of identity</li> <li>• Domestic</li> <li>• Made with pasteurized milk</li> </ul>
	Tofu	<ul style="list-style-type: none"> <li>• Calcium-set</li> <li>• No added fats, sugars, oils or sodium</li> </ul>
	Soy-based beverage	<ul style="list-style-type: none"> <li>• Meets requirements for calcium, protein, vitamin A, vitamin D, magnesium, phosphorus, potassium, riboflavin, and vitamin B12</li> </ul>
<b>Juice</b>		
	Fruit and vegetable juice	<ul style="list-style-type: none"> <li>• 100% juice</li> <li>• Pasteurized</li> <li>• Unsweetened</li> <li>• Meets standard of identity</li> <li>• At least 30 mg Vitamin C/100 ml</li> </ul>
Categories	Foods	Minimum Requirements

<b>Eggs</b>		
	Eggs	<ul style="list-style-type: none"> <li>• Fresh shell domestic hens' eggs</li> </ul>
<b>Breakfast Cereal</b>		
	Breakfast cereal	<ul style="list-style-type: none"> <li>• Ready-to-eat or instant- and regular-cooking hot cereals</li> <li>• At least 28 mg iron/100 g dry cereal</li> <li>• <math>\leq 6</math> g sugar per dry oz</li> <li>• At least half of the cereals are whole grain with moderate fat content</li> </ul>
<b>Fruits and Vegetables</b>		
	Fruits and vegetables	<ul style="list-style-type: none"> <li>• Any fresh fruit without added sugar</li> <li>• Any fresh vegetable, except white potatoes, without added sugars, fats or oils</li> <li>• Any canned fruit without added sugars, fats, oils or salt</li> <li>• Any frozen fruit without added sugars</li> <li>• Any canned or frozen vegetable, except white potatoes, without added sugars, fats or oils</li> </ul>
<b>Whole Grains</b>		
	Whole grain bread and tortillas	<ul style="list-style-type: none"> <li>• Whole wheat – meets standard of identity and primary ingredient by weight</li> <li>• Whole grain – meets labeling requirements for “whole grain food with moderate fat content”</li> </ul>
	Oatmeal	<ul style="list-style-type: none"> <li>• No added sugars, fats, oils or salt</li> <li>• Instant-, quick- or regular- cooking</li> </ul>
	Brown rice	<ul style="list-style-type: none"> <li>• No added sugars, fats, oils or salt</li> <li>• Instant-, quick- or regular-cooking</li> </ul>
<b>Canned Fish</b>		
	Light tuna	<ul style="list-style-type: none"> <li>• Canned only</li> <li>• Meets standard of identity</li> </ul>
	Pink salmon	<ul style="list-style-type: none"> <li>• Canned only</li> <li>• Meets standard of identity</li> </ul>
<b>Beans</b>		
	Dry and canned beans	<ul style="list-style-type: none"> <li>• Any mature beans, peas or lentils</li> <li>• No added fats, oils or meat</li> </ul>
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Peanut Butter		
	Peanut butter	<ul style="list-style-type: none"> <li>• Meets standard of identity</li> <li>• Creamy or chunky</li> </ul>
Infant Foods		
	Infant cereal	<ul style="list-style-type: none"> <li>• 45 mg of iron/100 g of dry cereal</li> <li>• No added fruit, formula or other additives</li> </ul>
	Infant fruits	<ul style="list-style-type: none"> <li>• Single ingredient commercial infant food fruit</li> <li>• No added sugars, starches or salt</li> </ul>
	Infant vegetables	<ul style="list-style-type: none"> <li>• Single ingredient commercial infant food vegetables</li> <li>• No added sugars, starches or salt</li> </ul>
	Infant meats	<ul style="list-style-type: none"> <li>• Any commercial infant food meat or poultry, as a single major ingredient</li> <li>• No dinners or infant food combinations (e.g. meat and vegetables)</li> <li>• Added broth or gravy is okay</li> <li>• No added sugars or salt</li> </ul>

**(This table is specific to Minnesota WIC-allowed foods)**

For additional information, see federal regulations for the WIC Program  
7 CFR 246.10.