

CHART 2.—WIC FOOD PACKAGES—Continued

[Minimum requirements and allowable foods]

General Foods	Nutrients	Minimum requirements and allowable foods
Infant Formula	Iron	All authorized infant formulas must meet the definition and requirements for an infant formula established by FDA, DHHS; citations section 201(z) Federal Food Drug and Cosmetic Act (21 U.S.C. 321(z)) and requirements under section 412 of 21 U.S.C. 350a and regulations at 21 CFR parts 106 and 107. Designed for enteral digestion via an oral or tube feeding. Iron fortification level must be 10 milligrams per liter.
Exempt Infant Formula	Infant formulas must meet the requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350 a(h)) and the regulations at 21 CFR parts 106 and 107.
Medical Foods	Certain enteral products that are specifically formulated to provide nutritional support for individuals with a diagnosed medical condition, when the use of conventional foods is precluded, restricted or inadequate.

CHART 3.—NUTRITIONAL CONTENT OF CURRENT FOOD PACKAGES—NUTRIENTS PROVIDED PER DAY

[Nutrient yields for entire package, assuming selection of whole milk and legumes. A number of dairy and other options are typically available.]

Current WIC food packages	En- ergy Kcal	Pro- tein g	Fiber g	Fat g	Sat Fat g	Chol. mg	E AE	A RE	B6 mg	Folate µg	B12 µg	C mg	Ca mg	Mag mg	Iron mg	Zinc mg
Children—Package IV ..	853	42.5	5.4	32.3	18.0	319	1.9	840	1.3	264	5.1	106	1,058	217	13.4	6.0
Pregnant and Breastfeeding Women—Package V	933	46.8	5.4	36.7	20.7	336	2.0	880	1.3	270	5.6	107	1,214	234	13.5	6.5
Postpartum Women—Package VI	763	38.4	2.9	32.1	17.9	319	1.7	822	1.2	217	5.1	73	1,018	184	11.7	5.5
Breastfeeding Women—Package VII	1,119	61.3	8.6	43.2	23.8	353	2.7	1,782	1.5	315	6.2	126	1,356	279	15.6	7.8

Notes.—Nutrients analyzed, in order of appearance: Energy, Protein, Dietary Fiber, Total Fat, Saturated Fat, Cholesterol, Vitamin E, Vitamin A, Vitamin B6, Folate, Vitamin B12, Vitamin C, Calcium, Magnesium, Iron and Zinc. All packages assume single strength orange juice for juice, Post Oat Flakes for cereal, Great Northern Beans for legumes, American cheese for cheese, and whole milk. Daily nutritional values are derived through dividing monthly WIC allotments by 30 days.

CHART 4.—SOME KEY NUTRIENTS IN A SELECTION OF WIC-TYPE FOODS

[Data from USDA, Agricultural Research Service, Nutrient Data Bank, http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl]

Food item	Serving size	En- ergy kcal	Pro- tein mg	Fiber mg	Fat mg	Sat fat mg	Chol mg	E AE	A RE	B6 mg	Folate mg	B12 mg	C mg	Ca mg	Mag mg	Iron mg	Zinc mg
Dairy:																	
Milk, 3.5 to 3.8% fat	1 cup	150	8.0	0.0	8.1	5.1	33	0.2	76	0.1	12	0.9	2	291	33	0.1	0.9
Milk, 3.5 to 3.8% fat, calcium fort.	1 cup	151	8.1	0.0	8.2	5.1	33	0.2	76	0.1	12	0.9	2	1,033	33	0.1	0.9
Milk, low-fat or skim >1% fat	1 cup	85	8.3	0.0	0.4	0.3	4	0.1	149	0.1	13	0.9	2	301	28	0.1	1.0
Milk, calcium fortified, > 1 % fat	1 cup	103	8.1	0.0	2.6	1.6	10	0.1	146	0.1	13	0.9	2	550	34	0.1	1.0
Milk, skim or nonfat	1 cup	86	8.4	0.0	0.4	0.3	4	0.1	149	0.1	13	0.9	2	302	28	0.1	1.0
Cheese, American	1.5 oz.	152	9.2	0.0	11.9	7.5	34	0.2	104	0.0	5	0.4	0	267	12	0.3	1.3
Cheese, Brick	1.5 oz.	158	9.9	0.0	12.6	8.0	40	0.2	128	0.0	9	0.5	0	286	10	0.2	1.1
Cheese, Natural Cheddar	1.5 oz.	171	10.6	0.0	14.1	9.0	45	0.2	118	0.0	8	0.4	0	307	12	0.3	1.3
Cheese, Cheddar/Colby, low-fat	1.5 oz.	74	10.4	0.0	3.0	1.8	9	0.0	27	0.0	5	0.2	0	176	7	0.2	0.8
Cheese, Colby	1.5 oz.	167	10.1	0.0	13.7	8.6	40	0.1	117	0.0	8	0.4	0	291	11	0.3	1.3
Cheese, Monterey Jack	1.5 oz.	159	10.4	0.0	12.9	8.1	38	0.1	108	0.0	8	0.4	0	317	11	0.3	1.3
Mozzarella, whole	1.5 oz.	120	8.3	0.0	9.2	5.6	33	0.1	102	0.0	3	0.3	0	220	8	0.1	0.9
Mozzarella, part-skim	1.5 oz.	119	11.7	0.0	7.3	4.6	23	0.2	81	0.0	4	0.4	0	311	11	0.1	1.3
Mozzarella, non-fat	1.5 oz.	63	13.5	0.8	0.0	0.0	8	0.1	86	0.0	4	0.4	0	375	14	0.1	1.7
Juice:																	
Orange juice, unsweetened ¹	3/4 cup	78	1.1	0.4	0.3	0.0	0	0.2	34	0.2	34	0.0	64	15	21	0.8	0.1
OJ, sweetened	3/4 cup	98	1.1	0.4	0.3	0.0	0	0.2	33	0.2	33	0.0	62	15	20	0.8	0.1
OJ, frozen, unsweetened, reconstituted—09215.	3/4 cup	84	1.3	0.4	0.1	0.0	0	0.4	7	0.1	82	0.0	73	17	19	0.2	0.1
OJ, frozen, sweetened, reconstituted	3/4 cup	85	1.3	0.4	0.1	0.0	0	0.2	15	0.1	83	0.0	73	20	19	0.2	0.1
OJ, canned, unsweetened—09207	3/4 cup	78	1.1	0.4	0.3	0.0	0	0.2	17	0.2	34	0	64	15	21	0.8	0.1
Grape juice, frozen, sweetened, reconstituted, C added—09137.	3/4 cup	44	0.4	0.2	0.2	0.1	0	0.1	0	0.1	2	0	45	8	8	0.2	0.1
Cereal:																	
Total Corn Flakes—08246	1 oz	106	1.7	0.7	0.5	0.1	0	19.0	121	1.9	378	5.7	57	945	7	17.0	14.2
Oatmeal Squares—08214	1 oz	107	3.1	2.0	1.2	0.3	0	0.8	84	2.8	223	0	3	57	33	8.6	2.1
Grape-Nuts—08329	1 oz.	102	3.1	2.5	0.5	0.1	0	na	109	0.2	49	0.7	0	10	28	7.9	0.6
Oat Bran Flakes—08258	1 oz.	99	3.1	3.7	1.0	0.2	0	0.3	222	2.0	381	5.7	5.7	15	43	7.9	3.5
Cheerios—08013	1 oz.	105	3.1	2.6	1.7	0.3	0	0.2	142	0.5	189	1.4	5.7	94	38	7.7	3.5
Oatmeal, reg. & instant, dry—08120	1 oz.	109	4.5	3.0	1.8	0.3	0	0.2	0	0.0	9	0	0	15	42	1.2	0.9
Oatmeal, reg. & inst., cooked—08180	3/4 cup	109	4.6	0.5	1.8	0.3	0	na	0.0	0	7	0	0	14	42	1.2	0.9
Cream of Wheat, cooked—08169	3/4 cup	100	2.8	1.3	0.4	0.1	0	na	0	0.0	45	0	0	38	8	7.7	0.2