

II. Nutrition

3. Food Package

2.3.110 Food Selection Criteria

Authority 2019 7 CFR 246.10 (e)(12); [FDA Health Claim Notification for Whole Grain Foods with Moderate Fat Content](#)
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POLICY: The state agency (SA) shall develop and use selection criteria to determine which products shall be included in the Missouri WIC Approved Food List.

PROCEDURES:

- A. The SA shall evaluate products for the Missouri WIC Approved Food List based on the following:
 1. USDA Regulatory Requirements for WIC-eligible foods,
 2. Missouri WIC food selection criteria, and
 3. Availability of food items in Missouri authorized WIC retailers at the time of submission.
- B. The SA reserves the right to limit the number of products for the WIC Approved Food List based on changes in funding and appropriations.
- C. The SA will conduct regular evaluations of current WIC-Approved infant foods, breakfast cereals, canned beans, goat's milk, juice, soft corn and whole wheat tortillas, oats, soy-based beverages, tofu, whole wheat and whole grain breads, whole wheat pastas, and yogurts.
- D. Food items that do not require SA evaluation include brown rice, canned fish, cow's milk, domestic cheese, eggs, fresh and frozen fruits, fresh and frozen vegetables, mature legumes, and peanut butters. These food items must meet USDA Regulatory Requirements for WIC-eligible foods.
- E. The Missouri WIC food selection criteria combined with USDA Regulatory Requirements for each food item category are listed in the following table.

Criteria for WIC Foods by Category

ALLOWED:	NOT ALLOWED:
COW'S MILK (FLUID, WHOLE)	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 131.110 (milk) • Must contain (per quart): <ul style="list-style-type: none"> - 2,000 IU vitamin A - 400 IU vitamin D • Unflavored • Pasteurized • Approved sizes are: <ul style="list-style-type: none"> - Gallon - Half gallon - Quart • Any brand (store brands are recommended) 	<ul style="list-style-type: none"> • Flavored • Glass bottles • Organic
COW'S MILK (FLUID, SKIM, LOW-FAT [1%] OR REDUCED-FAT [2%])	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 131.110 (milk) • Must contain (per quart): <ul style="list-style-type: none"> - 2,000 IU vitamin A - 400 IU vitamin D • Pasteurized • Unflavored • Approved sizes are: <ul style="list-style-type: none"> - Gallon - Half gallon - Quart • Any brand (store brands are recommended) 	<ul style="list-style-type: none"> • Extra skim milk • Flavored • Glass bottles • Organic
COW'S MILK (CULTURED BUTTERMILK)	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 131.112 (cultured milk) • Must contain (per quart): <ul style="list-style-type: none"> - 2,000 IU vitamin A - 400 IU vitamin D • Pasteurized • Approved sizes are: <ul style="list-style-type: none"> - Half gallon - Quart • Any brand 	<ul style="list-style-type: none"> • Glass bottles • Organic

ALLOWED:	NOT ALLOWED:
COW'S MILK (DRY, NONFAT)	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 131.127 (nonfat dry milk fortified with vitamins A and D) • Must contain: <ul style="list-style-type: none"> - <0.5 g milk fat per cup - 2,000 IU vitamin A per reconstituted quart - 400 IU vitamin D per reconstituted quart • 1 lb 9.6 oz or 25.6 oz package (makes 8 quarts) • 9.6 oz package (makes 3 quarts) • Store brand 	<ul style="list-style-type: none"> • Organic
COW'S MILK (EVAPORATED, WHOLE)	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 131.130 (evaporated milk) • Must contain (per fluid ounce): <ul style="list-style-type: none"> - 125 IU vitamin A - 25 IU vitamin D • 12 oz can • Store brand 	<ul style="list-style-type: none"> • Filled milk • Organic
COW'S MILK (EVAPORATED, SKIM, FAT-FREE, OR NONFAT)	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 131.130 (evaporated milk) • Must contain <0.5 gm milk fat per cup • Must contain (per fluid ounce): <ul style="list-style-type: none"> - 125 IU vitamin A - 25 IU vitamin D • 12 oz can • Store brand 	<ul style="list-style-type: none"> • Filled milk • Organic
COW'S MILK (LACTOSE-FREE)	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 131.110 • Must contain (per quart/per cup): <ul style="list-style-type: none"> - 2,000 IU/500 IU vitamin A - 400 IU/100 IU vitamin D • Whole, reduced-fat (2%), low-fat (1%), and fat-free (skim) • Enriched/fortified calcium • Pasteurized • Unflavored • Half gallon container • Multiple packs (half gallon container) • Any brand 	<ul style="list-style-type: none"> • Glass bottles • Organic

ALLOWED:	NOT ALLOWED:
GOAT MILK	
<ul style="list-style-type: none"> • Must contain (per quart/per cup): <ul style="list-style-type: none"> - Vitamin A: 2,000 IU per quart (500 IU per cup) - Vitamin D: At least 400 IU per quart (100 IU per cup) • Evaporated 12 fl oz • Powdered 12 oz • Fluid 1 quart • Whole, low-fat, or non-fat • Pasteurized • Unflavored • Any brand 	<ul style="list-style-type: none"> • Organic
DOMESTIC CHEESE	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 133 • Must be the following domestic cheese made from 100% pasteurized milk: <ul style="list-style-type: none"> - American cheese/processed American - Brick - Cheddar (all varieties) - Colby - Colby Jack - Monterey Jack - Mozzarella (part-skim or whole) - Muenster - Provolone - Swiss - Marbled or blended of approved cheese varieties • Natural, domestic, or plain • Regular, fat-free, or low-fat • Block, shredded, sliced, string/sticks, or bars • Individually wrapped slices • 8, 16, or 32 oz packages • Store brand 	<ul style="list-style-type: none"> • Added flavorings (e.g., peppers, wine, or smoked flavoring) • Queso blanco/queso fresco • Cheese foods, spreads, or products • Grated, cubed, crumbled, or deli cheese • Cheese additives • Cholesterol-reduced cheese • Individually weighed • Organic

ALLOWED:	NOT ALLOWED:
YOGURT (COW'S MILK)	
<ul style="list-style-type: none"> • FDA standard of identity: <ul style="list-style-type: none"> - 21 CFR 131.203 (low-fat milk) - 21 CFR 131.206 (nonfat milk) - 21 CFR 131.200 (whole milk) • Must be \leq 40g of total sugars per 1 cup • Whole, nonfat, or low-fat • Pasteurized • Light yogurt containing artificial sweeteners • Greek • Any flavor • Multiple packs (totaling 16 or 32 oz) • 32 oz container size • Any brand 	<ul style="list-style-type: none"> • Drinkable • Yogurt with accompanying mix-in ingredients (e.g., granola, candy pieces, honey, nuts, or similar ingredients) • Organic
TOFU	
<ul style="list-style-type: none"> • Calcium set tofu prepared with calcium salts (calcium sulfate), and may contain other coagulants (i.e., magnesium chloride) • 8 or 16 oz package • Any brand • Organic 	<ul style="list-style-type: none"> • Added fats, sugars*, oils, or sodium
SOY-BASED BEVERAGE	
<ul style="list-style-type: none"> • Must be fortified to meet the following nutrient levels per cup (8 fl oz): <ul style="list-style-type: none"> - Calcium = 276 mg - Protein = 8 g - Vitamin A = 500 IU - Vitamin D = 100 IU - Magnesium = 24 mg - Phosphorus = 222 mg - Potassium = 349 mg - Riboflavin = 0.44 mg - Vitamin B12 = 1.1 mcg • Plain or vanilla • Half gallon size container • Any brand 	<ul style="list-style-type: none"> • Artificial sweeteners • Flavors other than vanilla • Light • Organic

ALLOWED:	NOT ALLOWED:
JUICE	
<ul style="list-style-type: none"> • FDA standard of identity: <ul style="list-style-type: none"> - 21 CFR part 146 (fruit juice) - 21 CFR part 156 (vegetable juice) • Minimum of 30 mg of vitamin C per 100 ml of juice • Vegetable juices regular, spicy, or lower in sodium • Any fruit and/or vegetable juice or juice blend • Fortified with other nutrients • Pasteurized 100% unsweetened fruit juice • Ready-to-serve juice (refrigerated and non-refrigerated) in 64 fl oz containers (e.g., carton or plastic bottle) • Frozen concentrate juice in 11.5-12 fl oz container • Any brand 	<ul style="list-style-type: none"> • Added artificial food colors • Added artificial sweeteners • Added sugars* • Glass bottles • Individual serving size containers or packages • Juice drinks, fruit flavorades, cocktails, and soda • Organic
EGGS	
<ul style="list-style-type: none"> • Brown and white • Grade A or AA • Large or medium • 1 dozen carton • Any brand 	<ul style="list-style-type: none"> • Eggs with enriched levels of omega-3 fatty acids, vitamins, or minerals • Cage-free or free-range • Fertile • Low cholesterol • Other specialty • Extra-large, jumbo, or small • Other counts (e.g., 6, 18, 30, 60) • Organic

ALLOWED:	NOT ALLOWED:
BREAKFAST CEREALS (READY-TO-EAT, COLD)	
<ul style="list-style-type: none"> • Must contain a minimum of 28 mg iron per 100 g dry cereal • Must contain ≤ 21.2 g sucrose and other sugars per 100 g dry cereal (≤ 6 g per dry oz) • Contain a minimum of 51% whole grains (using dietary fiber as a marker) • Meet the regulatory definitions for “low saturated fat” at 21 CFR 101.62 (≤ 1 g saturated fat per Reference Amounts Customarily Consumed (RACC)) and “low cholesterol” (≤ 20 mg cholesterol per RACC); Bear quantitative trans fat labeling, and contain ≤ 6.5 g total fat per RACC and ≤ 0.5 g trans fat per RACC • At least half of the cereals authorized on a SA’s food list must have whole grain as the primary ingredient by weight and meet labeling requirements for making a health claim as a “whole grain with moderate fat content” • Any size package 12 through 36 oz • Any brand 	<ul style="list-style-type: none"> • Added nuts, dry fruits, or other non-cereal ingredients • Artificial sweeteners • Individual serving size containers • Organic

ALLOWED:	NOT ALLOWED:
BREAKFAST CEREALS (HOT)	
<ul style="list-style-type: none"> • Must contain a minimum of 28 mg iron per 100 g dry cereal • Must contain ≤ 21.2 g sucrose and other sugars per 100 g dry cereal (≤ 6 g per dry oz) • Contain a minimum of 51% whole grains (using dietary fiber as a marker) • Meet the regulatory definitions for “low saturated fat” at 21 CFR 101.62 (≤ 1g saturated fat per RACC) and “low cholesterol” (≤ 20 mg cholesterol per RACC); Bear quantitative trans fat labeling, and contain ≤ 6.5 g total fat per RACC and ≤ 0.5 g trans fat per RACC • At least half of the cereals authorized on a SA’s food list must have whole grain as the primary ingredient by weight and meet labeling requirements for making a health claim as a “whole grain with moderate fat content” • Plain or regular • Containers with individually packaged servings • Any size package 11.8 through 36 oz • Any brand 	<ul style="list-style-type: none"> • Added dried fruits, chocolate chips, cream, cinnamon, maple sugar, brown sugar, seasonings, or spices • Flavors • Variety packs • Organic
FRUIT	
<ul style="list-style-type: none"> • FDA standard of identity: <ul style="list-style-type: none"> - 21 CFR 101.95 (fresh and frozen fresh) • Fruit packed in juice or with added fruit juice concentrate, artificial sweeteners, or water • Any plain fruit and plain fruit mixtures • Fruit must be listed as first ingredient • Any package size • Any brand and variety • Organic 	<ul style="list-style-type: none"> • Added ascorbic acid (in addition of a flavor solution) sold in the refrigerated case • Added sugars*, fats, oils, salt, caramel, chocolate, or yogurt • Dried or canned fruit, or fruit roll ups • Frozen smoothie mixes • Fruit baskets or party trays • Nuts or fruit-nut mixtures • Ornamental or decorative fruit (chili peppers or garlic on a string, gourds, Indian corn, or painted pumpkins) • Individual salad bar or deli servings • Baked goods with fruit (e.g., blueberry muffins, fruit, and pumpkin pies)

ALLOWED:	NOT ALLOWED:
VEGETABLES	
<ul style="list-style-type: none"> • FDA standard of identity: <ul style="list-style-type: none"> - 21 CFR 101.95 (fresh) - 21 CFR 158 (frozen) • Bagged lettuce, head lettuce, and salad greens • Plain, steamable, and mixed vegetables • Regular or lower sodium frozen vegetables • Frozen beans and peas • Fresh garlic and fresh ginger • Vegetable must be listed as first ingredient • Any brand and variety • Any package size • Organic 	<ul style="list-style-type: none"> • Dried or canned • Added sugars*, salad dressings, cheese, croutons, breading, creams, marinades, sauces, seasonings, fats, oils, pasta, rice, fish, meat, or poultry (e.g., skewers for the grill, stuffed mushrooms) • Individual salad bar or deli servings • Vegetable baskets or party trays • Creamed, sauced, marinated, or breaded • Vegetable-grain (pasta or rice) mixtures • Ornamental or decorative vegetables (chili peppers or garlic on a string, gourds, Indian corn, or painted pumpkins) • Diced potatoes, french fries, hash brown patties, potato rounds, shredded hash browns, or tator tots with added fats, oils, seasonings, or sugars* • Herbs or spices other than fresh garlic and ginger • Herbs or spices primarily used as flavoring, including, but not limited to: anise, basil, bay leaves, caraway, chervil, chives, cilantro, dill, fenugreek, horseradish, lemon grass, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, and vanilla bean
WHOLE WHEAT BREAD	
<ul style="list-style-type: none"> • 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 flour in the ingredient list • Sliced loaf breads, hamburger and hot dog buns • 12, 16, 20, or 24 oz package • Any brand 	<ul style="list-style-type: none"> • Added fruits (e.g., raisins), nuts, seasonings, or seeds • Bagels or muffins • Powdered sugar • Organic

ALLOWED:	NOT ALLOWED:
WHOLE GRAIN BREAD	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 136.110 (includes whole grain buns and rolls) • Whole grain must be the primary ingredient by weight in all whole grain bread products • Must meet FDA labeling requirements for making a health claim as a “whole grain food with moderate fat content” • Contain a minimum of 51% whole grains • Meet the regulatory definitions for “low saturated fat” at 21 CFR 101.62 (<1 g saturated fat per RACC) and “low cholesterol” (<20 mg cholesterol per RACC) • Bear quantitative trans fat labeling (contain < 6.5g total fat per RACC and < 0.5g trans fat per RACC) • Sliced loaf breads, hamburger and hot dog buns • 12, 16, 20, or 24 oz package • Any brand 	<ul style="list-style-type: none"> • Added fruits (e.g., raisins), nuts, seasonings, or seeds • Bagels or muffins • Powdered sugar • Organic
WHOLE WHEAT PASTA	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 139.138 • “Whole wheat flour” and/or “whole durum wheat flour” must be the only flour(s) in the ingredient list • Any types and shapes • 12 or 16 oz box/package • Any brand 	<ul style="list-style-type: none"> • Added sugars*, fats, oils, or salt (i.e., sodium) • Organic
SOFT CORN AND WHOLE WHEAT TORTILLAS	
<ul style="list-style-type: none"> • Soft corn tortillas made from ground masa flour (corn flour) using traditional processing method (e.g., 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 • 12 or 16 oz package • Any brand 	<ul style="list-style-type: none"> • Added ingredients (e.g., sundried tomatoes and spinach) or seasonings (except salt) • Organic

ALLOWED:	NOT ALLOWED:
BROWN RICE (WHOLE, UNPROCESSED)	
<ul style="list-style-type: none"> • Whole grain must be the primary ingredient by weight • Long, medium, or short grain • 14 oz box (instant) • 16 or 32 oz package • Store brand 	<ul style="list-style-type: none"> • Added sugars*, fats, oils, or salt (i.e., sodium) • Brown rice with seasonings or dried vegetables/beans • Individual pouches/cups • Organic
OATS	
<ul style="list-style-type: none"> • Quick, regular, or old fashioned • 16, 18, or 36 oz package • Store brand 	<ul style="list-style-type: none"> • Added sugars*, fats, oils, or salt (i.e., sodium) • Steel cut • Organic
CANNED FISH (LIGHT TUNA)	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 161.190 • Chunk, solid, or grated • Low sodium • Water packed • Multiple packs (5 oz can) • 5 oz can • Any brand 	<ul style="list-style-type: none"> • Albacore or white tuna • Added flavorings, seasonings, or sauces • Foil pouches • Individual serving size containers
CANNED FISH (SARDINES)	
<ul style="list-style-type: none"> • Tomato or mustard sauce • Water packed • Multiple packs (3.75 oz can) • Any brand 	<ul style="list-style-type: none"> • Added flavorings or seasonings other than tomato or mustard sauce (e.g., hot sauce, hot green chilies, lemon sauce, tomato-basil sauce, and mustard-dill sauce) • Fish steaks • Smoked • Foil pouches • Individual serving size containers
CANNED FISH (SALMON)	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 161.170 • Pink, red, sockeye, wild Alaskan salmon • Water packed • Multiple packs (5 or 6 oz can) • 5 or 6 oz can • 14.75 or 15 oz can (salmon with bones and skin) • Any brand 	<ul style="list-style-type: none"> • Added flavorings, seasonings, or sauces • Smoked • Foil pouches • Individual serving size containers

ALLOWED:	NOT ALLOWED:
CANNED BEANS (LEGUMES)	
<ul style="list-style-type: none"> • Any variety • Fat-free refried beans • Regular or lower in sodium content • 15-16 oz can • Any brand 	<ul style="list-style-type: none"> • Added seasonings, sugars*, fats, oils, vegetables, fruits, or meat • Baked beans • Bean soups • Organic
MATURE LEGUMES (DRY BEANS AND PEAS)	
<ul style="list-style-type: none"> • Any type of mature dry beans, peas, or lentils in dry-package, including, but not limited to: black beans, black-eyed peas, fava and mung beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, mature lima beans (butter beans), pinto beans, soybeans, split peas, and white beans (navy and pea beans) • Any variety of plain • 16 or 32 oz package • Store brand 	<ul style="list-style-type: none"> • Added sugars*, fats, oils, vegetables, fruits, or meats as purchased • Organic
PEANUT BUTTER	
<ul style="list-style-type: none"> • FDA standard of identity 21 CFR 164.150 • Creamy or chunky • Regular, reduced-fat, salted, or unsalted • 16-18 oz container • Any brand 	<ul style="list-style-type: none"> • Mixtures with marshmallows, honey, jams, jellies, chocolate, or similar ingredients • Organic
INFANT CEREALS	
<ul style="list-style-type: none"> • 45 mg iron per 100 g dry cereal • 8 or 16 oz container • Any brand • Organic 	<ul style="list-style-type: none"> • Added DHA and/or probiotics • Containing infant formula, milk, dried fruit, nuts, yogurt, cinnamon, or other non-cereal ingredients
INFANT FRUITS AND VEGETABLES	
<ul style="list-style-type: none"> • Any fruit or vegetable • Any mixed fruits and/or vegetables • Texture ranging strained through diced • Fruit and/or vegetables must be the first ingredient • Variety and multiple packs • Any size container • Any brand • Organic 	<ul style="list-style-type: none"> • Added DHA and/or probiotics • Added rice, grains, cereal, seasonings, cinnamon, sugars*, starches, salt (i.e. sodium), flour, or artificial colors • Dinners or added meats (e.g., a combination of apple and chicken) • Mixed fruit with pasta and/or meat combination • Mixed with cereal or infant food desserts (e.g., peach cobbler) • Pouches

ALLOWED:	NOT ALLOWED:
INFANT MEATS	
<ul style="list-style-type: none"> • Beef, chicken, ham, and turkey • Commercial infant food meat or poultry as a single major ingredient, with added broth or gravy • Any textures ranging pureed through diced • Variety and multiple packs (2.5 oz containers) • 2.5 oz container • Any brand • Organic 	<ul style="list-style-type: none"> • Added DHA and/or probiotics • Added rice, grains, cereal, seasonings, cinnamon, sugars*, starch, salt (i.e. sodium), or flour • Dinners (e.g., spaghetti and meatballs) • Meat and fruit combination • Meat and vegetable combination

*Added sugars include but are not limited to the following: corn syrup, dextrose, high-fructose corn syrup, honey, maltose, maple syrup, and sucrose.