

**LOUISIANA WIC APPROVED FOOD LIST**  
**Effective 10/01/09**

**INFANT FORMULA**

Enfamil Gentlease  
Enfamil Soy LIPIL (formerly Enfamil ProSobee LIPIL)  
Enfamil LIPIL with Iron

**INFANT CEREAL**

8 oz box only  
Plain, dry  
Least Expensive brand

**Not Allowed:**

Organic  
Added fruit, formula, milk, DHA, or other non-cereal ingredients

**INFANT FOODS**

**Fruits and Vegetables**

4 oz jar only  
Single ingredient only (e.g., bananas or peas)

**Beech-Nut (Stage 2), Gerber (2<sup>nd</sup> Foods), & Nature's Goodness (2)**

**Allowed Fruit Flavors:** Applesauce, Bananas, Peaches, Pears, Plums

**Allowed Vegetable Flavors:** Butternut Squash, Carrots, Golden Sweet Potatoes, Green Beans, Peas, Squash, Sweet Peas, Sweet Potatoes, Winter Squash, Young Green Beans

**Not Allowed:**

Organic  
Added sugars, starches, or salt  
DHA  
Mixed fruits or vegetables  
Added cereal or yogurt  
Desserts or dinners  
Multipacks

**Meats/Poultry**

2.5 oz jar only  
Single ingredient with broth or gravy (e.g., turkey & turkey broth)

**Beech-Nut (Stage 1), Gerber (2<sup>nd</sup> Foods), Nature's Goodness (2)**

**Allowed Meats/Poultry:** Beef, Chicken, Lamb, Turkey & Veal

**Not Allowed:**

Organic  
Added sugars, starches, or salt  
Added fruits, vegetables, rice or pasta  
Dinners  
Multipacks  
(Rev. 6/25/09)

**MILK**

**Homogenized** - Skim, Low Fat (1%), Reduced Fat (2%) & Whole

Gallon & Quart containers (must be dispensed as printed on the food instrument)

Least Expensive brand  
Unflavored Milk only  
Pasteurized

**Not Allowed:**

Flavored Milk  
Goat's Milk  
Buttermilk  
Organic Milk  
Raw (unpasteurized)  
Sweetened condensed milk

**Lactose-Reduced/Lactose -Free**

Fat Free, Low Fat (1%), Reduced Fat (2%), Whole

Half-gallon & Quart containers  
Must be printed on food instrument  
Unflavored Milk only  
Least Expensive brand

**Not Allowed:**

Flavored Milk  
Organic Milk

**Soy Beverage (Milk Substitute)**

**8<sup>th</sup> Continent** brand only  
Half-gallon containers  
Original flavor only  
Must be printed on food instrument

**Not Allowed:**

Flavored Soy Beverage  
Organic Soy Beverage

**CHEESE**

**American, Medium Cheddar, Mild Cheddar, Mozzarella (part skim) & Swiss**

**8 and 16 oz packages**  
**100% Pasteurized**  
**Block or Sliced (not individually wrapped)**  
**Less fat, Fat free, Reduced fat, Less fat & Lite varieties are approved**  
**Least expensive brand**

**Not Allowed:**

Cheese spread  
Flavored cheese  
Imported cheese  
Shredded cheese  
Cubed cheese  
Cheese from a delicatessen (deli cheese)  
Processed cheese food  
Cheese with peppers or spices  
Organic cheese

**EGGS**

Dozen containers only  
White chicken eggs  
Large size only  
Least Expensive brand

**Not Allowed:**

Extra large, Jumbo, Medium, or Small  
Specialty eggs (free range, Eggsland Best)  
Brown eggs  
Egg substitutes  
Organic eggs

**PEANUT BUTTER**

18 oz container only  
Smooth, crunchy or whipped  
Any brand  
Low sodium and low sugar is allowed

**Not Allowed:**

Organic peanut butter  
Added ingredients (honey, jelly, etc)

**DRY BEANS/PEAS**

1 lb package only  
Any brand  
Must be printed on food instrument  
Plain, dry, mature

**Beans - Types allowed:**

Black, Kidney, Lima (small & large), Navy, Pinto & Soy

**Peas - Types allowed:**

Black-eyed, Chick & Lentils

**Not Allowed:**

Canned, fresh or frozen  
Soup mixes  
Beans/Peas with added flavoring  
Organic beans/peas

**TUNA FISH**

5 - 6 oz cans only  
Any brand  
Packed in oil or water  
Regular or low sodium is allowed  
Dolphin safe  
Light, dark or blended

**Not Allowed:**

Albacore solid white  
Flavored or seasoned  
Organic Tuna  
Diet tuna  
Foil packs/pouches

**PINK SALMON**

5 - 6 oz cans only  
Starkist or Chicken of the Sea brands  
Packed in oil or water  
May contain bones or skin  
Regular or lower sodium content

**Not Allowed:**

Red, Blue Back, Specialty or Diet Salmon  
Organic Salmon

## FRESH FRUITS & VEGETABLES

Any brand/Any Variety (excluding white potatoes)

### Allowed:

Whole or pre-cut fruit or vegetable. Pre-cut may be packages or containers (e.g., bagged salad, pineapple in plastic container).

Yams and sweet potatoes.

Organic is allowed

### Not Allowed:

Potatoes, herbs, & spices

Any potatoes, except orange yams and sweet potatoes.

Bagged greens (e.g., lettuce, spinach, etc.) with other ingredients such as croutons or dressing.

Party trays or fruit baskets

Decorative & ornamental fruits and vegetables (e.g., garlic on a string, gourds, etc.).

Salad bar items

Dried fruit and nut mixtures

Peanuts or other nuts

### Herbs and Spices – (not allowed)

Anise	Marjoram
Basil	Mint
Bay Leaves	Oregano
Caraway	Parsley
Chives	Rosemary
Cilantro	Sage
Dill	Tarragon
Horseradish	Thyme
Lemon grass	Vanilla Beans

## 100% FRUIT JUICE

Frozen Juice - 11.5 – 12 oz

Dole - Pineapple, Pineapple Orange & Pineapple Orange Banana

Seneca - Apple, Grape (purple)

Welch's – 100% Grape (white & purple)

Grapefruit – Allowable Brands:

Minute Maid, Flavorite, Great Value, Shur Fine, Albertson's, Piggly Wiggly, IGA, & Top Frost

Orange - Allowable Brands:

Minute Maid, Flavorite, Hy Top, Shur Fine, IGA, Albertson's, Price Saver, Best Yet, Tropicana, Piggly Wiggly, Crisp, Great Value, & Top Frost

Single Strength Juice – 64 oz

Plastic Containers (shelf stable)

Campbell's – Tomato, V-8 (no spicy or picante)

Welch's – 100% Grape (white & purple)

Nestle – Juicy Juice – Allowable

Flavors:

Apple Banana, White Grape, Punch, Apple, Apple Raspberry, Cherry, Orange Tangerine, Strawberry Banana

Lucky Leaf – Apple

Tropicana – Orange

Northland – Cranberry Grape

## BREAD – 100% WHOLE

### WHEAT

16 oz loaf

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Nature's Own, Sugar Free, 100% Whole Grain Wheat

### Not Allowed:

White bread

Buns

Rolls

Bagels

Frozen dough

Organic bread

## BROWN RICE

16 oz box

Riceland brand only

### Not allowed:

White rice

Flavored rice

Wild rice

Rice Mixes

Organic rice

## CEREAL

12, 14, 18, 24, or 36 oz box/bag only  
(EXCEPTIONS: GM Rice Chex (12.8 oz) & Quaker Instant Oatmeal (11.8 oz))

### General Mills

Cheerios (plain)

Honey Kix

Rice Chex

Multi Bran Chex

### Kellogg's

Unfrosted Mini Wheats,

Bite Size

Corn Flakes, (plain)

### Malt -O-Meal

Mini Spooners, Frosted

Mini Spooners, Strawberry

Cream

### Post

Honey Bunches of Oats, Honey

Roasted

Honey Bunches of Oats, Vanilla

Clusters

### Quaker

Oatmeal Squares, Hint of

Brown Sugar

Oatmeal, Old Fashioned

Instant Oatmeal, Regular flavor

Instant Grits, Any flavor

### B & G Foods

Cream of Wheat, 2 ½ minute,

Plain flavor

**\*\*Update\*\***

**(Added to the WIC Approved List)**

**Sara Lee, Classic, 100% Whole Wheat  
Roman Meal, Sungrain, 100% Whole Wheat  
Wonder, Soft, 100% Whole Wheat**