

Minimum Requirements for Supplemental Foods

Categories	Foods	Minimum Requirements
Infant formulas	Infant formula	<ul style="list-style-type: none"> Meets FDA definition for infant formula For oral or tube feeding At least 10 mg iron/liter at standard dilution
	Exempt infant formula	<ul style="list-style-type: none"> Meets FDA definition for exempt infant formula For oral or tube feeding
	WIC-eligible medical foods	<ul style="list-style-type: none"> For oral or tube feeding Formulated to provide nutritional support for individuals with qualifying conditions Serves the purpose of a food, meal or diet
Milk and Milk alternatives	Cow's milk	<ul style="list-style-type: none"> Meets standard of identity Pasteurized Meets requirements for vitamin D and vitamin A
	Goat milk	<ul style="list-style-type: none"> Meets standard of identity Pasteurized Meets requirements for vitamin D and vitamin A
	Cheese	<ul style="list-style-type: none"> Meets standard of identity Domestic Made with pasteurized milk
	Tofu Soy-based beverage	<ul style="list-style-type: none"> Calcium-set No added fats, sugars, oils or sodium Meets requirements for calcium, protein, vitamin A, vitamin D, magnesium, phosphorus, potassium, riboflavin, and vitamin B12
Juice	Fruit and vegetable juice	<ul style="list-style-type: none"> 100% juice Pasteurized Unsweetened Meets standard of identity At least 30 mg Vitamin C/100 ml
Eggs	Eggs	<ul style="list-style-type: none"> Fresh shell domestic hens' eggs
Breakfast Cereal	Breakfast cereal	<ul style="list-style-type: none"> Ready-to-eat or instant- and regular-cooking hot cereals At least 28 mg iron/100 g dry cereal ≤ 6 g sugar per dry oz At least half of the cereals are whole grain with moderate fat content

EXHIBIT 7A: MINIMUM REQUIREMENTS FOR SUPPLEMENTAL FOODS

Categories	Foods	Minimum Requirements
Fruits and Vegetables	Fruits and vegetables	<ul style="list-style-type: none"> ▪ Any fresh fruit without added sugar ▪ Any fresh vegetable, except white potatoes, without added sugars, fats or oils ▪ Any canned fruit without added sugars, fats, oils or salt ▪ Any frozen fruit without added sugars ▪ Any canned or frozen vegetable, except white potatoes, without added sugars, fats or oils
Whole Grains	Whole grain bread and tortillas	<ul style="list-style-type: none"> ▪ Whole wheat – meets standard of identity and primary ingredient by weight ▪ Whole grain – meets labeling requirements for “whole grain food with moderate fat content”
	Oatmeal	<ul style="list-style-type: none"> ▪ No added sugars, fats, oils or salt ▪ Instant-, quick- or regular- cooking
	Brown rice	<ul style="list-style-type: none"> ▪ No added sugars, fats, oils or salt ▪ Instant-, quick- or regular-cooking
Canned Fish	Light tuna	<ul style="list-style-type: none"> ▪ Canned only ▪ Meets standard of identity
	Pink salmon	<ul style="list-style-type: none"> ▪ Canned only ▪ Meets standard of identity
Beans	Dry and canned beans	<ul style="list-style-type: none"> ▪ Any mature beans, peas or lentils ▪ No added fats, oils or meat
Peanut butter	Peanut butter	<ul style="list-style-type: none"> ▪ Meets standard of identity ▪ Creamy or chunky
Infant foods	Infant cereal	<ul style="list-style-type: none"> ▪ 45 mg of iron/100 g of dry cereal ▪ No added fruit, formula or other additives
	Infant fruits	<ul style="list-style-type: none"> ▪ Single ingredient commercial infant food fruit ▪ No added sugars, starches or salt
	Infant vegetables	<ul style="list-style-type: none"> ▪ Single ingredient commercial infant food vegetables ▪ No added sugars, starches or salt
	Infant meats	<ul style="list-style-type: none"> ▪ Any commercial infant food meat or poultry, as a single major ingredient ▪ No dinners or infant food combinations (e.g. meat and vegetables) ▪ Added broth or gravy is okay ▪ No added sugars or salt

This table is specific to Minnesota WIC-allowed foods

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

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