

# Texas Approved Foods List

Effective October 1, 2016 (FY 17)

For Women and Children		For Infants
<ul style="list-style-type: none"> <li>▪ Milk &amp; Buttermilk</li> <li>▪ Yogurt</li> <li>▪ Soy Milk</li> <li>▪ Lactose-free Milk</li> <li>▪ Cheese (not cheese foods, cheese products or substitutes)</li> <li>▪ Dry pinto, black &amp; navy beans, lentils or green split peas (unseasoned only)</li> <li>▪ Fruit Juice (100% fruit juice)</li> <li>▪ Vegetable Juice</li> <li>▪ Tofu</li> <li>▪ Whole wheat bread</li> <li>▪ Tortillas, yellow &amp; white corn &amp; whole wheat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Brown Rice</li> <li>▪ Oatmeal</li> <li>▪ Whole Wheat Pasta</li> <li>▪ Peanut Butter</li> <li>▪ Eggs</li> <li>▪ Fresh &amp; Frozen Fruits</li> <li>▪ Fresh &amp; Frozen Vegetables</li> <li>▪ Breakfast Cereal</li> <li>▪ Pink Salmon &amp; Chunk Light Tuna</li> <li>▪ Canned evaporated milk</li> <li>▪ Non-fat dry milk</li> <li>▪ Canned Beans</li> </ul>	<ul style="list-style-type: none"> <li>▪ Infant Formula</li> <li>▪ Infant Cereal without fruit</li> <li>▪ Infant Food - Fruits &amp; Vegetables</li> <li>▪ Infant Food - Meats</li> </ul>

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YOGURT 32 OZ (2 LB)	
<b>Brown Cow</b>	<b>Hiland</b>
Cream Top Plain Yogurt – Whole Milk Cream Top Vanilla Yogurt – Whole Milk Plain Yogurt – Nonfat Vanilla Yogurt – Nonfat	Peach – Lowfat Plain – Lowfat Strawberry – Lowfat Vanilla – Lowfat
<b>Freanna</b>	<b>LALA</b>
Plain – Whole Milk	Plain – Lowfat
<b>Dannon</b>	<b>Mountain High</b>
All Natural Plain – Whole Milk All Natural Plain – Lowfat All Natural Vanilla – Lowfat All Natural Plain – Nonfat All Natural Strawberry – Nonfat All Natural Strawberry Banana – Nonfat	Original Style Yoghurt Plain – Whole Milk Original Style Yoghurt Vanilla – Whole Milk Original Style Yoghurt Strawberry – Whole Milk Plain Yoghurt – Lowfat Vanilla Yoghurt – Lowfat Plain Yoghurt – Fat Free Vanilla Yoghurt – Fat Free
<b>Stonyfield – Organic</b>	<b>Yoplait</b>
French Vanilla – Whole Milk Plain – Whole Milk French Vanilla – Fat Free Plain – Fat Free Banilla – Lowfat French Vanilla – Lowfat Plain – Lowfat Strawberry – Lowfat	Original Smooth Style Harvest Peach – Lowfat Original Smooth Style Strawberry – Lowfat Original Smooth Style Strawberry Banana – Lowfat Original Smooth Style Vanilla – Lowfat Plain – Nonfat



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<b>CEREAL – NATIONAL BRANDS</b>	
<b>B &amp; G FOODS</b>	
Whole Grain Cream of Wheat	18-oz box only
<b>GENERAL MILLS</b>	
Cheerios	18-oz & 36-oz boxes only
Corn Chex	18-oz box only
Dora the Explorer	18-oz box only
Kix	18-oz box only
MultiGrain Cheerios	18-oz & 36-oz box only
Rice Chex	18-oz box only
<b>KELLOGG'S</b>	
All Bran Complete Wheat Flakes	18-oz box only
Corn Flakes	18-oz & 36 oz boxes only
Frosted Mini Wheats Original	18-oz & 36 oz boxes only
Rice Krispies	18-oz box only
Special K Original	18-oz box only
<b>MALT-O-MEAL</b>	
Blueberry Mini Spooners	18-oz & 36-oz bag only
Corn Flakes	18-oz box/bag only
Crispy Rice	18-oz box/bag & 36-oz bag only
Frosted Mini Spooners	18-oz box/bag & 36-oz bag only
Strawberry Cream Mini Spooners	18-oz box/bag & 36-oz bag only
Oat Blenders with Honey	18-oz box/bag & 36-oz bag only
Oat Blenders with Honey and Almonds	18-oz box/bag & 36-oz bag only
Original Hot Wheat Cereal	18-oz & 36-oz boxes only
<b>POST</b>	
Grape Nuts Flakes	18-oz box only
Honey Bunches of Oats Honey Roasted	18-oz box only
Honey Bunches of Oats with Almonds	18-oz box only
Honey Bunches of Oats with Vanilla Bunches	18-oz box only
Honey Bunches of Oats Whole Grain Almond Crunch	18-oz box only
Honey Bunches of Oats Whole Grain Honey Crunch	18-oz box only
<b>QUAKER</b>	
Instant Grits Original	18-oz box only
Life Original	18-oz box only

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<p style="text-align: center;"><b>JUICE - 100% Juice Only</b> <b>120% or More Vitamin C per Serving</b></p> <hr/> <p style="text-align: center;"><b>48 OZ FLUID (PLASTIC)</b> <b>Store Declared Least Expensive Brand (LEB)</b> <b>100% Juice - with or without calcium and vitamin D</b></p> <hr/> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>▪ Apple</li> <li>▪ Grapefruit</li> <li>▪ Orange</li> <li>▪ Orange Mango</li> <li>▪ Orange Pineapple</li> </ul> </td> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>▪ Pineapple</li> <li>▪ Pineapple Mango</li> <li>▪ Purple Grape</li> <li>▪ Vegetable</li> <li>• White Grape</li> </ul> </td> </tr> </table> <p><i>Not Allowed: Apple Cider, juice drinks/cocktails, sugar or artificial sweeteners</i></p>	<ul style="list-style-type: none"> <li>▪ Apple</li> <li>▪ Grapefruit</li> <li>▪ Orange</li> <li>▪ Orange Mango</li> <li>▪ Orange Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pineapple</li> <li>▪ Pineapple Mango</li> <li>▪ Purple Grape</li> <li>▪ Vegetable</li> <li>• White Grape</li> </ul>	<p style="text-align: center;"><b>100% WHOLE WHEAT BREAD</b> 16 oz. (1 lb.) loaves only <b>Store Declared Least Expensive Brand (LEB)</b></p> <p style="text-align: center;"><i>Not Allowed: Sugar-free</i></p>
<ul style="list-style-type: none"> <li>▪ Apple</li> <li>▪ Grapefruit</li> <li>▪ Orange</li> <li>▪ Orange Mango</li> <li>▪ Orange Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pineapple</li> <li>▪ Pineapple Mango</li> <li>▪ Purple Grape</li> <li>▪ Vegetable</li> <li>• White Grape</li> </ul>		
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<p style="text-align: center;"><b>64 OZ REFRIGERATED</b> <b>(Carton or Plastic)</b> <b>Store Declared Least Expensive Brand (LEB)</b> <b>100% Juice - with or without calcium and vitamin D</b></p> <p style="text-align: center;">100% Orange Juice Only <i>Not Allowed: Sugar or artificial sweeteners</i></p>	<p style="text-align: center;"><b>100% WHOLE WHEAT TORTILLAS</b> 16 oz. package only <b>Store Declared Least Expensive Brand (LEB)</b> Refrigerated or shelf</p> <p style="text-align: center;"><i>Not Allowed: White flour tortillas</i></p> <hr/> <p style="text-align: center;"><b>CORN TORTILLAS – WHITE &amp; YELLOW</b> 16 oz. package only <b>Store Declared Least Expensive Brand (LEB)</b></p> <p style="text-align: center;"><i>Not Allowed: White flour tortillas</i></p>		
<p style="text-align: center;"><b>11.5 OZ &amp; 12 OZ FROZEN</b> <b>Store Declared Least Expensive Brand (LEB)</b> <b>100% Juice - with or without calcium and vitamin D</b></p> <hr/> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>▪ Apple</li> <li>▪ Grapefruit</li> <li>▪ Orange</li> </ul> </td> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>• Purple Grape</li> <li>• White Grape</li> </ul> </td> </tr> </table> <p style="text-align: center;">100% Orange Juice Only <i>Not Allowed: Sugar or artificial sweeteners</i></p>	<ul style="list-style-type: none"> <li>▪ Apple</li> <li>▪ Grapefruit</li> <li>▪ Orange</li> </ul>	<ul style="list-style-type: none"> <li>• Purple Grape</li> <li>• White Grape</li> </ul>	<p style="text-align: center;"><b>OATMEAL</b> 16 oz. containers only</p> <ul style="list-style-type: none"> <li>▪ 3 Minute Brand - Quick &amp; Old Fashioned Oats</li> <li>▪ Best Choice - Quick &amp; Old Fashioned Oats</li> <li>▪ Granvita – Oats</li> <li>▪ Mom’s Best Naturals - Quick &amp; Old Fashioned Oats</li> </ul>
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<p style="text-align: center;"><b>16 OZ FROZEN</b> <b>Store Declared Least Expensive Brand (LEB)</b> <b>100% Juice - with or without calcium and vitamin D</b></p> <hr/> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>• Apple</li> </ul> </td> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>• Orange</li> </ul> </td> </tr> </table> <p style="text-align: center;">100% Orange Juice Only <i>Not Allowed: Sugar or artificial sweeteners</i></p>	<ul style="list-style-type: none"> <li>• Apple</li> </ul>	<ul style="list-style-type: none"> <li>• Orange</li> </ul>	<p style="text-align: center;"><b>CHUNK LIGHT TUNA</b> 5 or 6 oz. can packed in water Any brand — Regular or low-sodium</p> <p><i>Not Allowed: Albacore, Yellowfin, Tongol tuna, fillet, premium select or gourmet tuna or tuna packed in oil or pouches</i></p> <hr/> <p style="text-align: center;"><b>PINK SALMON</b> 5 or 6 oz. can packed in water Any brand – packed with or without skin and bones</p> <p><i>Not Allowed: Premium skinless and boneless, smoked, fillets, and red salmon; packed in oil or pouches</i></p>
<ul style="list-style-type: none"> <li>• Apple</li> </ul>	<ul style="list-style-type: none"> <li>• Orange</li> </ul>		



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<b>100% WHOLE WHEAT PASTA - 16 oz. box or bag</b>	
<p align="center"><b>Barrilla</b></p> <p>Whole Grain Angel Hair Whole Grain Elbows Whole Grain Linguine Whole Grain Medium Shells Whole Grain Rotini Whole Grain Spaghetti Whole Grain Thin Spaghetti Whole Grain Penne</p>	<p align="center"><b>Racconto</b></p> <p>Whole Wheat Capellini Whole Wheat Elbows Whole Wheat Farfelle Whole Wheat Linguine Whole Wheat Penne Rigate Whole Wheat Rigatoni Whole Wheat Rotini Whole Wheat Spaghetti</p>
<p align="center"><b>Hodgson Mills</b></p> <p>Whole Wheat Angel Hair Whole Wheat Elbows Whole Wheat Spaghetti Whole Wheat Spirals Whole Wheat Thin Spaghetti Whole Wheat Veggie Bows</p>	<p align="center"><b>Ronzoni Healthy Harvest</b></p> <p>100% Whole Grain Linguini 100% Whole Grain Penne Rigate 100% Whole Grain Rotini 100% Whole Grain Spaghetti 100% Whole Grain Thin Spaghetti</p>
<p align="center"><b>Kroger</b></p> <p>100% Whole Wheat Thin Spaghetti 100% Whole Grain Rotini 100% Whole Grain Spaghetti 100% Whole Wheat Penne Rigate</p>	<p align="center"><b>Food Club</b></p> <p>Whole Wheat Penne Rigate Whole Wheat Spaghetti</p>
	<p align="center"><b>Full Circle</b></p> <p>Organic Whole Wheat Angel Hair Organic Whole Wheat Spaghetti</p>
<p align="center"><b>Natural Directions</b></p> <p>Organic Whole Wheat Fusilli Organic Whole Wheat Penne Rigate Organic Whole Wheat Spaghetti</p>	<p align="center"><b>Shurfine</b></p> <p>100% Whole Wheat Penne Rigate 100% Whole Wheat Spaghetti</p>
<p align="center"><b>O Organics</b></p> <p>Organic 100% Whole Wheat Rotini Organic 100% Whole Wheat Spaghetti</p>	<p align="center"><b>Simple Truth</b></p> <p>Organic Whole Wheat Penne Rigate Organic Whole Wheat Rotini Organic Whole Wheat Spaghetti</p>
<b>INFANT FORMULA</b>	
<ul style="list-style-type: none"> <li>▪ Similac Advance 12.4 oz. powder or 13 oz. concentrate</li> <li>▪ Gerber Good Start Soy 12.9 oz powder 12.1 oz concentrate</li> </ul>	
<b>INFANT CEREAL</b>	
<p><i>Not Allowed: Organic, DHA, cereal with fruit, formula or other non-cereal ingredients.</i></p>	
<p>Gerber <i>Whole Wheat</i> 8 oz only</p> <p>Gerber <i>Oatmeal</i> 8 oz &amp; 16 oz only</p>	<p>Gerber <i>Multigrain</i> 8 oz &amp; 16 oz only</p> <p>Gerber <i>Rice</i> 8 oz &amp; 16 oz only</p>
<b>MILK</b>	
<p align="center"><b>Store Declared Least Expensive Brands (LEB)</b> <i>Not Allowed: Calcium-fortified, high protein, DHA, omega-3, organic, flavored milk (such as chocolate), rice milk, or goat's milk.</i></p>	
<p>Whole, Low-Fat or Fat-Free Buttermilk-Nonfat &amp; Low-Fat</p>	<p>Quart, half gallon &amp; gallon Half-gallon size only</p>
<b>SOY MILK</b>	
<p><i>Not Allowed: Light, Fat Free, or Complete Vanilla, or Organic</i></p>	
<p>8<sup>th</sup> Continent Soy Milk Original &amp; Vanilla only</p> <p>Great Value Original</p> <p>Silk Soy Milk Original</p>	<p>Half-gallon size only</p> <p>Half-gallon size only</p> <p>Half-gallon &amp; Twin pack</p>

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<p style="text-align: center;"><b>INFANT FOOD – FRUITS &amp; VEGETABLES</b> 4 oz. only Any brand. Regular or organic. Any single or mixed variety Single container or 2-pack</p> <p><i>Not Allowed: fruits or vegetables with added ingredients such as: cereal, oatmeal, chia, amaranth, quinoa, meat, yogurt, rice, pasta, DHA, sugar salt or starches (such as rice flour or tapioca). Dinners, desserts, diced fruit or vegetables or toddler foods or baby food in pouches.</i></p>	<p style="text-align: center;"><b>LACTOSE FREE MILK</b> Any brand</p> <p>Whole                                      Half-gallon size only Low-Fat or Fat-Free                      Half-gallon size only</p> <p><i>Not Allowed: Calcium-fortified, high protein, DHA, omega-3, organic, or flavored (such as chocolate)</i></p> <hr/> <p style="text-align: center;"><b>TOFU</b> 16 oz. (Refrigerated)</p> <ul style="list-style-type: none"> <li>▪ Azumaya-Silken, Firm &amp; Extra Firm</li> <li>▪ Banyan- Soft, Medium-Hard, &amp; Hard</li> <li>▪ House- Medium Firm, Firm &amp; Extra Firm</li> <li>▪ O Organics Sprouted Tofu, Super Firm</li> <li>▪ Tasty To Fu- Regular, Soft &amp; Hard</li> </ul>
<p style="text-align: center;"><b>INFANT FOOD - MEATS</b> 2.5 oz. only Any brand. Regular or organic. Any single meat with broth or gravy such as beef, chicken, ham, and turkey. Single containers</p> <p><i>Not Allowed: meat with vegetables or fruit, DHA, sugar or salt. No dinners. Single containers – no multipacks.</i></p>	<p style="text-align: center;"><b>NONFAT DRY POWDER MILK</b> Any Brand with Vitamin A &amp; D - 9.6, 25.6 &amp; 64 oz. boxes</p> <hr/> <p style="text-align: center;"><b>EVAPORATED MILK</b> Any Brand - 12 ounce cans only Whole, Low-Fat or Fat-Free No evaporated filled milk or sweetened condensed</p>
<p style="text-align: center;"><b>BEANS – PEAS – LENTILS</b> 1 lb. package only <b>Store Declared Least Expensive Brand</b></p>	<p style="text-align: center;"><b>CHEESE</b> 16 oz. (1 lb.) or 36 oz. (2 lbs.) only of sliced or block cheese. <b>Store Declared Least Expensive Brand</b></p>
<ul style="list-style-type: none"> <li>▪ Pinto Beans</li> <li>▪ Lentils</li> <li>▪ Green Split Peas</li> <li>▪ Black Beans</li> <li>▪ Navy Beans</li> </ul> <p><i>Not Allowed: Added seasonings, mixed beans or bulk beans</i></p>	<p>Low-fat &amp; Reduced-fat within the types listed below are allowed</p> <ul style="list-style-type: none"> <li>▪ American</li> <li>▪ Cheddar</li> <li>▪ Colby</li> <li>▪ Colby Jack</li> <li>▪ Longhorn</li> <li>▪ Monterey Jack</li> <li>▪ Mozzarella</li> <li>▪ String Cheese (16 sticks)</li> </ul> <p><i>Not Allowed: individually wrapped slices, shredded cheese, processed cheese food, cheese food product, cheese with jalapeno peppers, cheese from the deli, organic or imported cheese</i></p>
<p style="text-align: center;"><b>PEANUT BUTTER</b> 16 oz. to 18 oz. Jar Any brand, creamy or crunchy</p> <p><i>Not Allowed: Organic, with honey, jelly, candy pieces, chocolate, marshmallow, omega-3, reduced-fat or peanut spread.</i></p>	<p style="text-align: center;"><b>EGGS</b> 1 Dozen Grade A or AA Large, Medium or Small</p> <p><i>Not Allowed: Extra Large, Jumbo, Brown, Fertile, Free-Range, Cage-free, omega-3, organic or with added vitamins or minerals (such as Egglands Best)</i></p>



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<b>CANNED BEANS</b>	
<i>Not Allowed: Organic beans, chili beans, beans with snaps, jalapeños, bacon, pork, oils, or soups.</i>	
<b>Allen's</b>	<b>Casa Fiesta</b>
Black Beans - 15.5 oz Blackeyed Peas – Packed From Dry Soaked 15.5 oz Dark Red Kidney Beans - 15.5 oz Great Northern Beans -15.5 oz Pinto Beans -15.5 oz	No Fat Refried Black Beans -16 oz No Fat Refried Beans- 16 oz Pinto Beans - 15 oz Whole Black Beans – 15 oz
<b>Bush's Best</b> (No Bush's Best Seasoned Recipe)	<b>Goya</b>
Black Beans -15 oz Blackeyed Peas (no snaps)-15.8 oz Cannellini Beans -15.5 oz Dark Red Kidney Beans - 16 oz Fat Free Refried Beans (Cocina Latina) - 16 oz Great Northern Beans -15.8 oz Light Red Kidney Beans -16 oz Pinto Beans -16 oz Reduced Sodium Black Beans - 15 oz Reduced Sodium Cannellini Beans – 15.5 oz Reduced Sodium Dark Red Kidney Beans -16 oz Reduced Sodium Great Northern Beans – 15.8 oz Reduced Sodium Pinto Beans - 16 oz	Black Beans – 15.5 oz Blackeyed Peas – 15.5 oz Cannellini Beans -15.5 oz Dark Red Kidney Beans– 15.5 oz Pinto Beans – 15.5 oz Red Kidney Beans – 15.5 oz Low Sodium Dark Red Kidney Beans Low Sodium Black Beans – 15.5 oz Low Sodium Pinto Beans – 15.5 oz Low Sodium Red Kidney Beans – 15.5 oz
	<b>Ortega</b>
	Black Beans Original Flavor – 15 oz Fat Free Refried Beans – 16 oz
<b>Trappey's</b>	<b>Progresso</b>
Light Red Kidney Beans – 15.5 oz	Black Beans -15 oz
<b>FRESH – FRUITS, VEGETABLES &amp; BEANS</b>	
<p><b>Allowed:</b></p> <ul style="list-style-type: none"> <li>▪ Any fresh fruit, vegetable or bean</li> <li>▪ Single or mixed, whole, pre-cut or packaged, bagged salad, fruits or vegetables</li> <li>▪ Organic or regular</li> <li>▪ Beans or peas such as fresh lima beans or blackeyed peas</li> </ul> <p><b>Not Allowed:</b></p> <ul style="list-style-type: none"> <li>▪ Bagged salads with dressing or croutons. No items from the salad bar, party trays, or fruit baskets</li> <li>▪ Decorative or ornamental fruits or vegetables (such as garlic on a string, painted pumpkins, gourds)</li> <li>▪ Nuts, trail mix, dried fruits or dried vegetables</li> <li>▪ Bulk dried beans</li> <li>▪ Pico de gallo</li> <li>▪ Spices or herbs (such as cilantro, parsley, chives, mint, or thyme)</li> </ul>	
<b>FROZEN – FRUITS, VEGETABLES &amp; BEANS</b>	
<p><b>Allowed:</b></p> <ul style="list-style-type: none"> <li>▪ Any brand or variety, single or mixed</li> <li>▪ Any package size or type (box, bag)</li> <li>▪ Organic</li> <li>▪ Vegetables and beans - with or without salt and herbs</li> </ul> <p><b>Not Allowed:</b></p> <ul style="list-style-type: none"> <li>▪ Fruits - No added sugar, artificial sweetener, fats or oils</li> <li>▪ Vegetables - No fried, creamed, sauced, specially seasoned, or breaded vegetables</li> <li>▪ No vegetables mixed with pasta, rice or any other ingredients</li> </ul>	