

Fruits and Vegetables that are Not Allowed

Washington WIC Nutrition Program
Effective 10/01/09

Any fruit or vegetable with added fat, oil, or sugar

Aloe-vera

Anise

Banana leaves

Bay leaves

Breaded vegetables

Blue potatoes

Canned fruits

Canned vegetables

Catsup, salsa, chutney, guacamole, or other condiments

Caraway

Chervil

Chives

Corn husks

Cooked fruit

Cooked vegetables

Creamed vegetables

Dill

Dried fruits

Dried vegetables

Edible blossoms and flowers, e.g. squash blossoms (broccoli, cauliflower and artichokes are allowed)

Fenugreek

Fruit baskets

Fruit roll-ups and leathers

Fruits containing herbs or spices

Fruit-nut mixtures

Fruits or vegetables sold at salad bars

Frozen fruit



Frozen vegetables

Herbs or spices; such as: basil, cilantro, lime leaves, rosemary, sage, thyme, or parsley

Horseradish

Jams, jellies, or fruit spreads

Lemongrass

Marjoram

Mint

Oregano

Ornamental or decorative fruits

Ornamental or decorative vegetables such as chili peppers on a string, garlic on a string, gourds, painted pumpkins

Party trays

Pickled vegetables and olives

Potatoes (except yams and sweet potatoes)

Products such as blueberry muffins, pumpkin bread, and other baked goods containing fruits and/or vegetables

Red potatoes

Salad bar items

Savory

Sugar cane

Tarragon

Vanilla bean

Vegetable or fruit soups

Vegetable party trays

Vegetables prepared with flavors, herbs and spices

Vegetable products containing peanuts or other nuts

Wheatgrass

White potatoes

Yellow potatoes

Yukon Gold potatoes



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