### Fish – Canned

#### APPROVED

**Must Be**
- Chunk light tuna in water, 5 oz to 6 oz
- Pink salmon, 5 oz to 14.75 oz
- Cans
- Plain

**You Can Choose**
- Any brand
- Boneless
- Low sodium
- Skinless

#### NOT APPROVED

**Do Not Buy**
- Foil bags
- Glass
- Plastic
- Pouches
- Snack packs
- Added flavors, foods, or spices
- Albacore tuna
- Dried
- Fancy
- Fillet
- Fresh
- Frozen
- Gourmet
- Jack Mackerel
- Organic
- Red salmon
- Sardines
- Smoked
- Solid or chunk white tuna
- Specialty salmon or tuna steak
- Tongol tuna
- Yellowfin tuna

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**For Fully Breastfeeding Women**

**Shopping Tip:** You can choose a combination of chunk light tuna and pink salmon up to the amount of ounces (OZ) printed on the WIC check. Examples:

<table>
<thead>
<tr>
<th>5 oz</th>
<th>+</th>
<th>5 oz</th>
<th>+</th>
<th>5 oz</th>
<th>+</th>
<th>5 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>= 30 oz</td>
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</tbody>
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OR

<table>
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<tr>
<th>14.75 oz</th>
<th>+</th>
<th>7.5 oz</th>
<th>+</th>
<th>5 oz</th>
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</thead>
<tbody>
<tr>
<td>= 27.25 oz</td>
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