

Whole Grain Choices

Whole Grain Choices:

- **Brown Rice**
- **Bulgur**
- **Oatmeal**
- **Soft Tortillas**
- **Whole Wheat Pasta**
- **100% Whole Wheat Bread**
- **100% Whole Wheat Hamburger and Hot Dog Buns**

Shopping Tip

You can choose a combination of whole grain choices up to the amount of ounces (OZ) printed on the WIC check. Breakfast cereals don't count as a whole grain choice for your WIC checks. See pages 8–9 for choices of breakfast cereals.



Brown Rice

APPROVED

You Can Choose

- 14 oz to 32 oz bags or boxes
- Bulk (sold by weight)
- Any brand
- Gluten free
- Extra long, long, medium, or short grain
- Instant or regular
- Non organic or organic



NOT APPROVED

Do Not Buy

- Added flavors, foods, or spices
- Basmati, black, jasmine, mahogany, white, or wild
- Boil-in-Bag
- Gourmet
- Grits
- Mixed rice
- Quinoa

Whole Grain Choices

Bulgur

APPROVED

You Can Choose

- 16 oz to 32 oz bags or boxes
- Bulk (sold by weight)
- Any brand
- Non organic or organic



NOT APPROVED

Do Not Buy

- Added flavors, foods, or spices
- Grits
- Quinoa

Oatmeal

APPROVED

You Can Choose

- 16 oz to 32 oz bags or boxes
- Bulk (sold by weight)
- Cardboard cylinders
- Any brand
- Gluten free
- Instant or quick
- Non organic or organic
- Old-fashioned or regular
- Rolled or steel-cut



NOT APPROVED

Do Not Buy

- Added flavors, foods, or spices
- Boxes with individual packets
- Granola
- Grits
- Metal cylinders
- Pouches
- Quinoa

Whole Grain Choices

Soft Tortillas

APPROVED	NOT APPROVED
<p>You Can Choose</p> <ul style="list-style-type: none"> 8 oz to 32 oz packages Corn or corn masa soft tortillas Whole wheat soft tortillas Low sodium Non organic or organic <p>Only these brands:</p> <ul style="list-style-type: none"> Celia's Essential Everyday Don Pancho Garden of Eatin' Organic Great Value Guerrero Kroger La Banderita La Burrita Market Pantry MiCasa Mission Ortega Signature Kitchens 	<p>Do Not Buy</p> <ul style="list-style-type: none"> Added flavors, foods, or spices 96% whole wheat Chips, taco salad bowls, taco shells, tostada, or any other hard tortillas Low carb Low fat, reduced fat, or fat-free tortillas Mixed-grain tortillas, such as corn and wheat together Red corn Sprouted wheat Store-made Tortillas with "light" or "lite" on the label Wraps



Whole Grain Choices

Whole Wheat Pasta

APPROVED	APPROVED
<p>You Can Choose</p> <ul style="list-style-type: none"> 8 oz to 32 oz bags or boxes Any type Non organic or organic Whole wheat or whole durum wheat <p>Only these brands:</p> <ul style="list-style-type: none"> Barilla Bella Terra Best Yet Bionaturae Da Vinci Dellallo Organic Essential Everyday Full Circle Organic Gia Russa Great Value Hodgson Mill Kroger Natural Directions Organic Market Pantry O Organics Racconto Ronzoni Healthy Harvest Simple Truth Organic Western Family 	<p>Here are some examples of types:</p> <ul style="list-style-type: none"> Angel hair Bows Egg noodles Elbow Fettuccine Fusilli Lasagna Linguine Macaroni Penne Rigate Rotini Shell Spaghetti Spirals Vermicelli Ziti
	<p>NOT APPROVED</p> <p>Do Not Buy</p> <ul style="list-style-type: none"> Added flavors, foods, or seasonings 51% whole grain or whole wheat Buckwheat Bulk Fresh Gluten free Mixed grain Multi-colored Refrigerated Rice pasta Semolina Vegetable



Whole Grain Choices

100% Whole Wheat Bread

APPROVED	NOT APPROVED
You Can Choose	Do Not Buy
16 oz to 32 oz packages	Added flavors, foods, or spices
100% whole wheat (printed on the label)	Artisan or gourmet (bread baked in small batches)
Any brand	Breads not wrapped in plastic
Loaf and sliced	Breads with "light" or "lite" on the label
Low sodium	Bagels
Non organic or organic	Cracked wheat
Here are some examples:	DHA
Country Oven	English muffins
Essential Everyday	Extra fiber
Franz	French
Fred Meyer	Frozen or refrigerated dough
Great Value	Gluten free
Haggen	Multigrain
Market Pantry	Sourdough
Merita	Sprouted wheat
Nature Harvest	Store made
Nature's Own	Uncooked bread mixes
Oroweat	Un sliced
QFC	
Roman Meal	
Sara Lee	
Signature Kitchens	
Simple Truth Organic	
Standish	
The Bread Garden	
Wonder	



Whole Grain Choices

100% Whole Wheat Hamburger & Hot Dog Buns

APPROVED	NOT APPROVED
You Can Choose	Do Not Buy
14 oz to 32 oz packages	Added flavors or spices
100% whole wheat (printed on the label)	Artisan or gourmet buns (baked in small batches)
Any brand	Buns not wrapped in plastic
Non organic or organic	Buns with "light" or "lite" on the label
Topped with seeds	Bagels
Here are some examples:	DHA
Hamburger Buns	English muffins
Country Oven	Extra fiber
Franz	Dinner, French, or hoagie buns or rolls
Fred Meyer	Frozen or refrigerated dough
Nature's Own	Gluten free
Oroweat	Multigrain
Pepperidge Farm	Sourdough
QFC	Sprouted wheat
Hot Dog Buns	Store made
Franz	
Fred Meyer	
Great Value	
QFC	

