

Whole Grain-Rich Approved Cereals

These Also Meet the Sugar Limit Requirements.



List of Whole Wheat Products



Bimbo 100% Whole Wheat • Nature's Own 100% Whole Wheat • Oroweat 100% Whole Wheat • Ozark Hearth 100% Whole Wheat • Roman Meal SunGrain 100% Whole Wheat • Sara Lee 100% Whole Wheat • Wonder 100% Whole Wheat



Essential Everyday • Guerrero Tortillas de Harina Integral • IGA • Kroger • La Banderita Fajita • Mission • Santa Fe Tortilla Company • Sunrise Bakery



Essential Everyday, Great Value, Kroger, Natural Directions, O Organics, Simple Truth Organics, Shurline, Simply Balanced, Western Family • Barilla • Delallo • Hodgson Mill

You can log on to the WIC website below to look at the Whole Wheat approved products:

<http://azdhs.gov/prevention/azwic/families/index.php#wic-foods-home>