



This institution is an equal opportunity provider.



Authorized Foods List Booklet

Authorized Foods List
Least Expensive Brand Preferred

Milk

Cow's Milk

ALLOWED:

- White, chocolate, pasteurized, Vitamin D fortified milk only
- Gallon containers only (unless ½ gallons are specified)
- Low fat (1% or ½%) or skim unless whole milk or reduced fat (2%) as specified

NOT ALLOWED:

- Organic, Super Skim, Fat Free Plus

Non-Fat Dry Milk

- Only when specified

- 25.6 oz. size only

Low Lactose or Lactose Free Milk

- Only when specified

- Gallon and half gallon containers

Soy Milk

- Only when specified

ALLOWED:

- 8th Continent – original and vanilla flavors only
- Silk - original flavor only

**DOWNLOAD THE
WIC SHOPPER APP TODAY!**

WICshopper is a mobile app that helps you succeed in the WIC program. Using the app, you can scan products to ensure you can get them, view the Authorized Foods List, get recipe ideas, calculate produce, and more!



1. Install "WICshopper" from your app store.

2. Select Ohio as your WIC Agency.

3. Scan products using the app to verify WIC allowed foods as you shop.

4. View your Authorized Foods List, recipes, and more right from the app!

Infant Vegetables

- Gerber brand 2nd Foods only
- 4 oz. plastic containers only

ALLOWED: Only the specific types as listed below

- Carrots
- Green Bean
- Pea
- Sweet Potato
- Butternut Squash
- Pea Carrot Spinach
- Carrot Sweet Potato Pea
- Sweet Potato Corn
- Pumpkin
- Carrot Pear Blackberry
- Squash Apple Corn
- Sweet Potato Apple Pumpkin
- Pumpkin Banana
- Sweet Potato Mango Kale
- Carrot Mango Pineapple

Tofu

16 oz. package size only; can be combined up to the total number of ounces issued

ALLOWED:

- **Azumaya** - Silken
- **House Foods** - Premium Firm, Premium Extra Firm, Medium Firm
- **Vitasoy** - Firm Natural, Wet Pack Extra Firm
- **Franklin Farms** - Extra Firm, Medium Firm, Firm, Soft

Eggs

ALLOWED:

- Large Grade A or AA
- White chicken eggs
- 1 dozen carton size
- Cage free

NOT ALLOWED:

- Organic
- Pasteurized
- Pickled
- Hard Boiled
- Low Cholesterol
- Egg Substitutes
- Fortified or enhanced with Omega 3
- With added vitamins or minerals
- Free range

Cheese

- Regular or Low Fat
- 16 oz. size only

ALLOWED: Domestic Blocks or Slices of only the following types

- American
- Colby
- Colby Jack
- Monterey Jack
- Muenster
- Swiss

NOT ALLOWED:

- Organic
- Cracker Cut
- Deli
- Low Sodium
- Cream Cheese
- Farmer's Cheese
- Shredded
- Cubed
- Crumble
- Cheese Spread
- String Cheese
- Butter

- Cheese foods or products like Velveeta®
- Individually wrapped slices
- Goat, sheep or yogurt cheese

Infant Fruits

- Gerber brand 2nd Foods only
- 4 oz. plastic containers only

ALLOWED: Only the specific types as listed below

- Banana
- Pear
- Apple
- Peach
- Apple Blueberry
- Apple Strawberry Banana
- Banana Blackberry Blueberry
- Banana Apple Pear
- Apple Cherry
- Banana Plum Grape
- Apricot Mixed Fruit
- Pear Pineapple
- Prune Apple
- Pear Zucchini Corn
- Banana Carrot Mango
- Apple Peach Squash
- Banana Orange Medley
- Mango
- Apple Avocado

Infant Meats

- Gerber brand 2nd Foods only
- 2.5 oz. glass jars only

ALLOWED: Only the specific types as listed below

- Chicken and gravy
- Ham and gravy
- Beef and gravy
- Turkey and gravy

Tortillas - 16 oz. size only (continued)

Pepito	<ul style="list-style-type: none">• Corn• Soft Taco Size Whole Wheat Flour
Shurfine	<ul style="list-style-type: none">• Corn• Hand Made Whole Wheat Fajita Style
Shurfresh	<ul style="list-style-type: none">• Whole Wheat Authentic Fajita Style
Tam-X-ico's	<ul style="list-style-type: none">• Yellow Corn

Oatmeal

ALLOWED:

16 oz. size only

- Plain
- Any Brand

NOT ALLOWED

- Packets
- Individual serving sizes
- Items with added fruits, nuts, spices, steel cut

Infant Cereal

- Gerber brand only
- 8 oz. containers only

ALLOWED: All flavors of iron fortified cereal

- Rice
- Oatmeal
- Whole Wheat
- Multi-Grain
- Barley

NOT ALLOWED:

- With added fruit
- With added DHA/ARA
- Cereal in jars
- Variety packs

Fruits and Vegetables

Participants can choose from any combination of fresh, frozen, or canned fruits and vegetables up to the maximum dollar amount authorized. Participants are able to use the maximum dollar amount when using the WIC Nutrition Card (WNC) at vendors who are Split Tender enabled. Participants cannot receive cash or credit refunds for any amount not used.

Fruits

Fresh

ALLOWED:

- Whole
- Pre-cut or sliced fruit
- Individual serving sizes without sauces or dips

NOT ALLOWED:

- Fruit trays or party trays
- Fruit baskets
- Decorative or ornamental (e.g., painted pumpkins)
- Salad bar items
- Fruit with added nuts
- Baked goods with added fruit
- Dried fruit including leathers and roll ups
- Prunes, raisins, dried cranberries, or any other dried fruit
- Edible blossoms or flowers
- Fruits with sauces or dips

Frozen

ALLOWED:

- Any variety without added sugar

NOT ALLOWED:

- Fruit with added sugar
- Sorbets or fruit bars
- Baked goods with fruit (e.g., pies)

Tortillas - 16 oz. size only

Best Choice	<ul style="list-style-type: none"> • Corn • 100% Whole Wheat
Celia's	<ul style="list-style-type: none"> • White Corn • Yellow Corn • Whole Wheat Flour
Chi Chi's	<ul style="list-style-type: none"> • White Corn Soft Taco Style • Whole Wheat Fajita Style
Don Pancho	<ul style="list-style-type: none"> • White Corn • Whole Wheat
Essential Everyday	<ul style="list-style-type: none"> • Soft White Corn • Whole Wheat
Food Club	<ul style="list-style-type: none"> • Soft Taco Size Whole Wheat
Giant Eagle	<ul style="list-style-type: none"> • Whole Wheat
Hannaford	<ul style="list-style-type: none"> • Whole Wheat
IGA	<ul style="list-style-type: none"> • 6 inch White Corn
Kroger	<ul style="list-style-type: none"> • Whole Wheat • Gluten Free Yellow Corn
La Banderita	<ul style="list-style-type: none"> • Corn • Fajita Whole Wheat
La Burreta	<ul style="list-style-type: none"> • Corn
Mejjer	<ul style="list-style-type: none"> • Corn • White Corn • Whole Wheat
Mi Casa	<ul style="list-style-type: none"> • 100% Whole Wheat
Mission	<ul style="list-style-type: none"> • White Corn • Whole Wheat • Yellow Corn Extra Thin
My Essentials	<ul style="list-style-type: none"> • Whole Wheat
Ortega	<ul style="list-style-type: none"> • Whole Wheat
Our Family	<ul style="list-style-type: none"> • Whole Wheat Flour Soft Taco • Yellow Corn • White Corn

Fruits (continued)

Cans, Jars, Plastic Containers

ALLOWED:

- Fruit in juice, juice concentrate, or nectar
- Fruit in water with artificial sweetener
- Individual serving sizes without sauces or dips

NOT ALLOWED:

- Fruit in gelatin
- Sorbets, fruit chillers, fruit crisps, or parfaits
- Fruit with added sugar or nuts
- Fruit in heavy, light, or extra light syrup
- Fruit leathers or roll ups
- Dried fruits – prunes, raisins, cranberries, or any other dried fruit
- Fruit with sauces or dips
- Pie filling

Vegetables

Fresh

ALLOWED:

- Whole, pre-cut, or sliced vegetables
- Fresh, white potatoes, sweet potatoes, and yams
- Individual serving sizes without sauces or dips

NOT ALLOWED:

- Vegetable trays or party trays
- Decorative or ornamental (e.g., garlic on a string)
- Salad bar items
- Herbs or spices
- Edible blossoms or flowers
- Vegetables with sauces or dips

Bread (continued)

Pepperidge Farm	<ul style="list-style-type: none"> • Jewish Rye Whole Grain Rye Seeded • Stone Ground 100% Whole Wheat • Very Thin Sliced 100% Whole Wheat
Roman Meal	<ul style="list-style-type: none"> • Sungrain 100% Whole Wheat
Sara Lee	<ul style="list-style-type: none"> • 100% Whole Wheat Bread • Classic 100% Whole Wheat
Schwebel's	<ul style="list-style-type: none"> • Roman Meal Sungrain 100% Whole Wheat • 100% Whole Wheat
Shurfresh	<ul style="list-style-type: none"> • 100% Whole Wheat
Spartan	<ul style="list-style-type: none"> • 100% Whole Wheat
Sunbeam	<ul style="list-style-type: none"> • 100% Whole Wheat
Weight Watchers	<ul style="list-style-type: none"> • 100% Whole Wheat
Wonder	<ul style="list-style-type: none"> • 100% Whole Wheat

Buns -16 oz. size only**ALLOWED:**

Healthy Life	100% Whole Wheat Sandwich Buns
Brownberry	100% Whole Wheat Hot Dog Rolls

NOT ALLOWED: Items with added fruits, nuts, spices, or icings**Brown Rice**

ALLOWED:
16 oz. size only

- Plain
- Any Brand

NOT ALLOWED:

- White Rice
- Wild Rice

Vegetables (continued)**Frozen****ALLOWED:**

- Plain, single ingredient vegetable, or mixed vegetables

NOT ALLOWED:

- Sweet potato fries
- Vegetables with added sauces, seasonings, fats and oils, nuts, rice, pasta, or other grains
- Breaded vegetables

Cans, Jars, Plastic Containers**ALLOWED:**

- Regular, low sodium, or no added salt
- Tomato sauce or tomato paste
- Individual serving sizes without sauces or dips

NOT ALLOWED:

- Dried potatoes or dried onions
- Creamed vegetables or vegetables with sauces or dips
- Herbs or spices
- Vegetables with added fats or oils
- Spaghetti sauce or pizza sauce
- Soups
- Sauerkraut, pickled beets, or other pickled vegetables
- Olives
- Catsup or other condiments
- Canned beans (e.g., navy, kidney, etc.)
- Salsa

Peanut Butter - Least Expensive Brand Preferred

ALLOWED:

- 16 oz. to 18 oz. containers only
- Regular or natural
- Smooth, creamy, crunchy, or chunky
- Reduced fat
- Low sodium
- Low sugar

NOT ALLOWED:

- Spreads
- Whipped
- Added jelly
- Marshmallow
- Honey or other foods
- Fortified or enhanced varieties
- Palm oils

Fish - Least Expensive Brand Preferred

ALLOWED:

- Canned Tuna:
- Chunk Light packed in water only
- 5 oz. or 6 oz. can size only

• Canned Salmon:

- Pink Salmon only
- 14.75 oz. can size only

NOT ALLOWED:

- Red Salmon
- Tuna in pouches

Bread - 16 oz. size only

ALLOWED:

- Aunt Millie's
- Healthy Goodness Whole Grain White
- Healthy Goodness 100% Whole Wheat

- Best Choice
- 100% Whole Wheat

- Best Yet
- 100% Whole Wheat

- Bimbo
- 100% Whole Wheat

- Brownberry
- 100% Whole Wheat Bread
- Double Fiber Bread

- Bunny
- 100% Whole Wheat

- Essential Everyday
- 100% Whole Wheat

- Food Lion
- 100% Whole Wheat

- Hannaford
- 100% Whole Wheat

- Healthy Life
- Sugar Free 100% Whole Grain Wheat
- 100% Whole Grain Whole Wheat

- Holsum
- 100% Whole Wheat

- Klosterman
- Homestyle 100% Whole Wheat

- Kroger
- 100% Whole Wheat Round Top

- Lewis Bakeries
- 100% Whole Wheat

- Meijer
- 100% Whole Wheat
- Whole Grain White

- My Essentials
- 100% Whole Wheat

- Nature's Own
- 100% Whole Wheat
- 100% Whole Grain Sugar Free
- 100% Whole Wheat Bread with Honey

- Nickels
- Country Style 100% Whole Wheat

- Our Family
- 100% Whole Wheat

- Ozark Hearth
- 100% Whole Wheat

Whole Wheat Pasta (continued)

Meijer	Select Pasta Spaghetti Whole Wheat; Select Pasta Capellini Whole Wheat; Select Pasta Penne Rigate Whole Wheat; Select Pasta Rotini Whole Wheat
Our Family	Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini
Racconto Italian Foods	Whole Wheat Capellini, Whole Wheat Elbows, Whole Wheat Farfalle, Whole Wheat Linguine, Whole Wheat Penne Rigate, Whole Wheat Rigatoni, Whole Wheat Rotini, Whole Wheat Spaghetti
Ronzoni Healthy	Harvest 100% Whole Grain Penne Rigate; 100% Whole Grain Spaghetti; 100% Whole Grain Thin Spaghetti; 100% Whole Grain Rotini; 100% Whole Grain Linguine
Spartan	Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini
True Goodness	Capellini Whole Wheat; Spaghetti Whole Wheat

Dried Beans or Peas - Least Expensive Brand Preferred

ALLOWED:

- 16 oz. packages only

NOT ALLOWED:

- Beans or peas with added seasonings

Canned Beans - Least Expensive Brand Preferred

ALLOWED:

- Canned beans may be combined up to the number of ounces issued

NOT ALLOWED:

- Baked beans
- Beans with added seasonings, sauce, fats, or meats

Juice – Shelf Stable - Least Expensive Brand Preferred

ALLOWED:

All juices listed must meet the following criteria:

- 100% unsweetened juice
- 64 oz. plastic bottles only
- Orange juice can be any brand

Always Save	Apple, Grape, Tomato, Vegetable
Apple and Eve	Apple, Cranberry Grape, Cranberry Peach Mango, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Wild Berry, Naturally Cranberry
Best Choice	Apple, Berry Blend, Cherry Blend, Grape, Grape Blend, Grapefruit, Pineapple, Punch Blend, White Grape
Best Yet	Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, White Grape
Campbell's	Tomato (Regular and Low Sodium), V-8 (Regular)

Juice – Shelf Stable (continued)

Diane's Garden	Vegetable
Essential Everyday	Apple, Berry Blend, Cherry Blend, Cranberry, Grape, Grape Blend, Pineapple, Punch Blend, White Grape, White Grapefruit
Everfresh	Apple
Food Club	Apple, Cranberry, Cranberry Grape, Grapefruit, Cranberry Raspberry, Grape, White Grape
Giant Eagle	Apple, Cranberry, Grape, Grapefruit, White Grape
Great Value	Apple, Cranberry, Cranberry Concord Grape, Grape, White Grape, White Grape Peach
IGA	Apple, Fresh Apple, Grape, Grapefruit, Pineapple, White Grape
Juicy Juice	Apple, Apple Raspberry, Berry, Cherry, Cranberry, Apple, Grape, Kiwi Strawberry, Mango, Orange Tangerine, Passion Dragonfruit, Peach Apple, Punch, Strawberry Banana, Strawberry Watermelon, Tropical, White Grape
Kroger	Apple, Berry, Cranberry, Grape, Grapefruit, Pineapple, Vegetable (Regular, Low Sodium, and Spicy), White Grape, White Grape Peach
Langers	Apple, Apple Cranberry, Apple Grape, Apple Orange Pineapple, Grape, Pineapple, Ruby Red Grapefruit, Red Grape, Tomato, Vegetable (Regular and Low Sodium), White Grape, White Grapefruit
Libby's	All Natural 100% Pineapple
Meijer	Apple, Berry-Genuine, Cherry-Genuine, Fruit Punch-Genuine, Grape-Genuine, Grape, Ruby Red Grapefruit, White Grape, White Grape Peach
Motts	Apple
Musselman's	Apple

Cereal – Hot

ALLOWED:

B & G Foods	Cream of Wheat – 18 oz. or 28 oz. size only
Farina Mills	Creamy Hot Wheat Original – 18 oz. or 28 oz. size only
Malt-O-Meal	Original Hot Wheat – 18 oz., 28 oz. or 36 oz. size only

Whole Grains – Can be combined up to the number of oz. issued
Least Expensive Brand Preferred

Whole Wheat Pasta

• 16 oz. container only

ALLOWED:

America's Choice	Whole Wheat Spaghetti
Barilla	Whole Grain Rotini; Whole Grain Medium Shells; Whole Grain Penne; Whole Grain Elbows; Whole Grain Thin Spaghetti; Whole Grain Spaghetti
Essential Everyday	Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Macaroni; Whole Wheat Penne; Whole Wheat Rotini; 100% Whole Wheat Elbow Macaroni; 100% Whole Wheat Rotini; 100% Whole Wheat Penne Rigate; 100% Whole Wheat Thin Spaghetti; 100% Whole Wheat Vermicelli
Giant Eagle	100% Whole Wheat Spaghetti; 100% Whole Wheat Elbow Macaroni; 100% Whole Wheat Penne Rigate; 100% Whole Wheat Rotini
Great Value	Whole Wheat Elbows; Whole Wheat Linguine; Whole Wheat Penne; Whole Wheat Rotini; Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti
Kroger	Whole Wheat Penne Rigate; Whole Wheat Rotini-Tight; Whole Wheat Thin Spaghetti; Whole Grain Thin Spaghetti

Cereal – Cold (continued)

Kroger	Bite Size Frosted Shredded Wheat , Corn Bitz, Honey Crisp Medley, Honey Crisp Medley with Almonds, Living Well, Nutty Nuggets, Oat Squares , Rice Bitz, Toasted Oats
Malt-O-Meal	Crispy Rice, Frosted Mini Spooners , Honey & Oat Blenders, Honey & Oat Blenders with Almonds
Meijer	Bite Size Frosted Shredded Wheat , Corn Flakes, Corn Squares, Crisp Rice, Enriched Bran Flakes , Rice Squares, Toasted Oats, Wheat Squares
Mornin Gem/Kiggins	Crispy Rice
Natures Crunch/Kiggins	Bran Flakes, Bite Size Frosted Shredded Wheat
Our Family	Wheat Biscuits, Corn Biscuits, Rice Biscuits, High Fiber Bran Flakes, Corn Flakes, Frosted Bite Size Shredded Wheat, Toasted Rice Flakes, Crispy Rice, Oats and More with Almonds, Oats and More with Honey, Toasted Oats
Post	Banana Nut Crunch, Bran Flakes , Honey Bunches of Oats with Almonds, Honey Bunches of Oats Honey Roasted
Quaker	Life, Oatmeal Squares , Oatmeal Squares Brown Sugar, Oatmeal Squares Cinnamon
Ralston	Corn Biscuits, Corn Flakes, Crispy Rice, Enriched Wheat Bran Flakes, Oat Wise , Rice Biscuits, Tasteos
Shop n’ Save	Crispy Rice, Corn Flakes, Crunchy Corn Squares, Crunchy Rice Squares, Bran Flakes, Frosted Bite Size Shredded Wheat , Oats and More with Almonds, Oats and More with Honey
Shurfine	Crisp Rice, Toasted Oats , Honey Oats & Flakes, Enriched Bran Flakes , Corn Flakes, Crunchy Rice, Crunchy Corn, Frosted Shredded Wheat Bite Size , Wheat Squares
Sunbelt Bakery	Simple Granola
That’s Smart	Bran Flakes, Corn Flakes, Crisp Rice, Toasted Oats

Juice – Shelf Stable (continued)

Northland	Cranberry, Cranberry Blackberry, Cranberry Blueberry, Cranberry Cherry, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry
Old Orchard	Apple, Apple Cranberry, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange Tangerine, Peach Mango, Pineapple, Red Raspberry, White Grape, Wild Cherry
Our Family	Apple, Fresh Pressed Apple Cider, Grape, Grapefruit, Pink Grapefruit, White Grape, 100% Juice Blend, Vegetable
Seneca	Apple
Shop n’ Save	Apple, Berry Blend, Cherry Blend, Cranberry Blend, Cranberry Grape Blend, Cranberry Raspberry Blend, Punch Blend, Pineapple, White Grape, White Grapefruit
Shurfine	Apple, Grape, Pineapple, White Grape
Spartan	Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Grapefruit, Sooo Juicy Berry, Sooo Juicy Cherry, Sooo Juicy Grape, Sooo Juicy Punch, Vegetable, White Grape
Tipton Grove	Apple, Grape
Valu Time	Grape
Welch’s	Grape, Grape Juice with Added Calcium, Red Grape, Super Berry, Tropical Trio, White Grape, White Grape Peach

NOT ALLOWED: Fruit drinks, sweetened juices, cocktails or powders

Juice – Concentrate:

- Shelf stable
- 100% unsweetened juice
- 11.5 or 12 oz. only; must reconstitute to 48 oz.

ALLOWED:

Welch’s: Apple, Fruit Fantastic, Grape, Tropical Passion

Juice – Frozen

All juices listed must meet the following criteria:

- 100% unsweetened juice
- 11.5 or 12 oz. only; must reconstitute to 48 oz.
- Orange juice can be any brand

Best Yet	Apple, Grape, Grapefruit	
Dole	Pineapple, Pineapple Orange	
Essential Everyday	Apple	
Food Club	Apple, Grapefruit	
Great Value	Apple, Grape	
IGA	Apple	
Kroger	Apple, Grape, Grapefruit, Pineapple, Pineapple Orange	
Langers	Apple, Apple Cranberry, Apple Orange Pineapple, Grape, Pineapple, White Grape	
Meijer	Apple	
Old Orchard	Apple, Apple Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Passion Mango, Apple Raspberry, Apple Strawberry Banana, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cranberry Pomegranate, Cranberry Raspberry, Grape, Pineapple, Pineapple Orange, Pineapple Orange Banana, Strawberry Rhubarb, White Grape	
Our Family	Apple	
Seneca	Apple	
Shop n' Save	Apple	
Shurline	Apple	
Tipton Grove	Apple	
Welch's	Apple, Grape, White Grape, White Grape Cranberry, White Grape Peach, White Grape Raspberry	

Cereal – Cold - Least Expensive Brand Preferred

May be combined up to the number of oz. issued; Bolded items represent whole grain cereals

ALLOWED:

Best Choice	Bite Sized Frosted Shredded Wheat, Enriched Bran Flakes, Corn Crisps, Crisp Rice, Rice Crisps, Happy O's, Honey Oat Clusters, Honey Oat Clusters with Almonds, Right Choice, Wheat Crisps
Essential Everyday	Bran Flakes, Corn Flakes, Crunchy Rice Squares, Honey Oats and Flakes with Almonds, Honey Oats and Flakes, Frosted Bite Size Shredded Wheat, Crunchy Corn Squares, Crispy Rice, Oats and More with Almonds, Oats and More with Honey
Fiber One	Honey Clusters
Food Club/Best Yet	Bite Size Frosted Shredded Wheat, Corn Squares, Rice Squares, Crisp Rice, Toasted Oats, Essential Choice Oat, Corn Flakes, Honey & Oat Flakes, Enriched Bran Flakes, Honey and Oats with Almonds, Twin Grain Crisp
General Mills	Blueberry Chex, Cheerios, Corn Chex, Kix, Multi-Grain Cheerios, Rice Chex, Total Whole Grain, Vanilla Chex, Wheat Chex, Wheaties
Giant Eagle	Bran Flakes, Corn Flakes, Crispy Rice, Frosted Shredded Wheat Bite Sized, Honey Oat Medley, Toasted Oats
Great Value	Bran Flakes, Corn Flakes, Crisp Rice, Crunchy Shredded Wheat, Toasted Corn, Toasted Whole Grain Oat, Toasted Rice, Toasted Wheat
IGA	Bite Size Frosted Shredded Wheat, Corn Flakes, Crispy Rice, Enriched Bran Flakes, Nutty Nuggets, Square Shaped Corn, Square Shaped Rice, Tasteos, Toasted Oats
Kellogg's	All Bran Complete Wheat Flakes, Corn Flakes, Frosted Mini-Wheats (Bite Size), Rice Krispies, Rice Krispies Gluten Free, Special K