

Analysis of WIC Food Package Prescriptions, 1998-2002

United States Department of Agriculture
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Table of Contents

Executive Summary.....	4
Introduction.....	6
Description of Individual Foods and Associated Trends	
Infant Formula.....	9
Cereal.....	12
Juice.....	13
Milk/Cheese.....	14
Eggs.....	19
Dry Beans or Peas/Peanut Butter.....	20
Tuna.....	21
Carrots.....	22
Conclusion.....	23
Appendix A:	
WIC Food Prescription Data Tables 1998-2002, compiled by Abt Associates.....	24
Appendix B:	
WIC Food Prescription Data Tables 1998-2002, as adapted by the USDA Food and Nutrition Service, Office of Analysis, Nutrition and Evaluation to analyze exclusively breastfeeding women.....	55

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Analysis of WIC Food Package Prescriptions, 1998-2002

I. Executive Summary

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) assists low-income pregnant, breastfeeding, and postpartum women, infants, and children by providing nutrition education, health and social service referrals, and supplemental foods. Specific WIC foods and maximum quantities are defined by Federal regulations. However, State and local WIC agencies have flexibility to tailor food package prescriptions to address participants' individual needs and preferences. The purpose of this report is to illustrate the types and amounts of foods being prescribed within the WIC Food Package for each category of participants. This report does not provide information on redemption of the food prescriptions, or on actual food consumption; at this time, comprehensive data are available only on food prescriptions.

Prescription data was collected as part of the Food and Nutrition Service's biennial WIC Participant and Program Characteristics data collection for 1998, 2000, and 2002. Results indicate that food prescriptions have remained highly stable over this time period within each participant category. Overall, a majority of eligible participants received prescriptions for the maximum amounts of infant formula, cereal, juice, legumes, and carrots while few participants received prescriptions for the maximum amounts of milk, cheese, eggs and tuna (Table ES1).

Table ES1: Average Percent of Participants Receiving Prescriptions for the Federal Maximum Amount of WIC Foods, 1998-2002

Food	Pregnant Women	Breastfeeding Women	Exclusively Breastfeeding Women	Postpartum, Non-Breastfeeding Women	Infants	Children
Infant Formula	N/A	N/A	N/A	N/A	79% ¹	N/A
Cereal	94%	96% ²	96% ²	90%	61% ³	85%
Juice	91%	87%	96%	96%	52% ³	63%
Milk	1% (69% prescribed ≥ 75% max.)	1% (71% prescribed ≥ 75% max.)	8% (79% prescribed ≥ 75% max.)	2% (58% prescribed ≥ 75% max.)	N/A	1% (52% prescribed ≥ 75% max.)
Cheese	3% (69% prescribed 50-74.9% max.)	3% (72% prescribed 50- 74.9% max.)	1% (67% prescribed 50- 74.9% max.)	1% (62% prescribed 50- 74.9% max.)	N/A	0.3% (57% prescribed 50-74.9% max.)
Eggs⁴	8% (88% prescribed ≥ 75% max.)	9% ² (86% prescribed ≥ 75% max.)	9% ² (86% prescribed ≥ 75% max.)	3% (78% prescribed ≥ 75% max.)	N/A	3% (79% prescribed ≥ 75% max.)
Dry Beans/Peas and/or Peanut Butter	98%	90%	97%	N/A	N/A	95%

Tuna	N/A	N/A	32% <i>(68% prescribed ≥ 75% max.)</i>	N/A	N/A	N/A
Carrots	N/A	N/A	100%	N/A	N/A	N/A

¹ Includes only those infants receiving any formula

² Estimate based on total number of breastfeeding women (exclusively and non-exclusively breastfeeding)

³ Infants 4-12 months of age

⁴ Calculated based on maximum of 2.5 dozen eggs; States may set the actual maximum at 2 dozen

II. Introduction

Since its inception as a pilot program in 1972, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) has provided nutrition education, referrals to health care, and supplemental foods to low-income pregnant, breastfeeding, and postpartum women, infants, and children up to age five in the United States. WIC has been administered by the United States Department of Agriculture's Food and Nutrition Service (USDA-FNS) as a permanent program since 1974. Today, WIC serves approximately 8 million participants per month through 10,000 local clinics nationwide.

In order to qualify for WIC benefits, a participant must meet State residency and income guidelines (\leq 185% of Federal poverty guidelines or current enrollment in other income-based programs such as Medicaid) and be at nutritional risk. Nutritional risk is determined by a competent professional authority (CPA) at the local WIC agency. According to WIC Participant and Program Characteristics Report data from 1998-2002, some of the more common nutritional risk factors documented among WIC participants included: low hematocrit or hemoglobin values; inadequate/inappropriate nutrient intake; infant of a mother who was at risk during pregnancy; and high weight for height. WIC is not an entitlement program, although recently the program has been able to serve most eligible persons who seek enrollment.

Participants in the WIC program receive a nutrition risk assessment, nutrition education services, health referrals, immunization screenings, and a monthly supplemental food package. The WIC food package contains specific authorized foods containing nutrients that have been shown to be lacking in the diets of the population WIC serves. The WIC program has traditionally been centered around five nutrients (protein, calcium, vitamin A, vitamin C, and iron) that are needed to help WIC participants meet their nutritional needs during critical periods of growth and development.

Seven general food packages are available, depending on the participation category (e.g., pregnant woman). Food package prescriptions may be categorically tailored at the State level or individually tailored by CPAs at the local level. Food package tailoring may be done for the following reasons: to reduce quantities of foods for individual participants or categories of participants based on nutritional need; to accommodate participant preferences; to accommodate household conditions; to recommend specific forms of allowable WIC foods based on nutritional needs; and to accommodate participant food intolerances or restrictions. For example, a participant may choose to receive less than the Federal maximum amount of a food item if she is not able or willing to consume the full quantity available, or a participant may receive a prescription for dry milk rather than fluid milk if she does not have access to adequate refrigeration.

Participants typically receive food prescription vouchers during their scheduled appointments at WIC clinics (usually every 1-3 months). These vouchers can be submitted to one of the approximately 46,000 authorized WIC retailers nationwide in exchange for the foods specified on the voucher. Table 1 illustrates the WIC Food Packages available for each category of participants.

Table 1 Maximum Food Prescription Amounts, Per Participant Category

Food Package Number	Eligible Participants	Food	Maximum Monthly Quantity	Substitutions Available
I	Infants 0-3 months of age	Concentrated liquid infant formula	403 fluid ounces	Powdered formula; ready-to-feed formula
II	Infants 4-12 months of age	Concentrated liquid infant formula	403 fluid ounces	Powdered formula; ready-to-feed formula
		Infant cereal	24 ounces (dry)	N/A
		Single strength juice	92 fluid ounces	Frozen concentrated juice; infant juice
III	Children/women with special dietary needs	Concentrated liquid formula	403 fluid ounces + optional addition of 52 fluid ounces	Powdered formula; ready-to-feed formula
		Cereal (hot or cold)	36 ounces (dry)	N/A
		Single-strength juice	138 fluid ounces	Frozen concentrated juice
IV	Children 1-5 years of age	Fluid whole, skim, or low-fat milk	24 quarts	Cultured buttermilk; evaporated whole or skim milk; whole, low-fat or nonfat dry milk; cheese
		Eggs	2 or 2.5 dozen	Dried egg mix
		Cereal (hot or cold)	36 ounces (dry)	N/A
		Single strength juice	276 fluid ounces	Frozen concentrated juice
		Dry beans/peas OR peanut butter	1 pound of beans/peas or 18 ounces of peanut butter	N/A
V	Pregnant and breastfeeding women (basic package for breastfeeding women)	Fluid whole, skim, or low-fat milk	28 quarts	Cultured buttermilk; evaporated whole or skim milk; whole, low-fat or nonfat dry milk; cheese
		Eggs	2 or 2.5 dozen	Dried egg mix
		Cereal (hot or cold)	36 ounces (dry)	N/A
		Single strength juice	276 fluid ounces	Frozen concentrated juice
		Dry beans/peas OR peanut butter	1 pound of beans/peas or 18 ounces of peanut butter	N/A
VI	Non-breastfeeding, post-partum women	Fluid whole, skim, or low-fat milk	24 quarts	Cultured buttermilk; evaporated whole or skim milk; whole, low-fat or nonfat dry milk; cheese
		Eggs	2 or 2.5 dozen	Dried egg mix

		Cereal	36 ounces (dry)	N/A
		Single strength juice	184 fluid ounces	Frozen concentrated juice
VII	Exclusively breastfeeding women (Enhanced package)	Fluid whole, skim, or low-fat milk	28 quarts	Cultured buttermilk; evaporated whole or skim milk; whole, low-fat or nonfat dry milk; cheese
		Cheese	1 pound	N/A
		Eggs	2 or 2.5 dozen	Dried egg mix
		Cereal (hot or cold)	36 ounces (dry)	N/A
		Single strength juice	322 fluid ounces	Frozen concentrated juice
		Dry beans/peas	1 pound	N/A
		Peanut butter	18 ounces	Dry beans/peas
		Tuna	26 ounces	N/A
		Raw carrots	2 pounds	Frozen carrots; canned carrots

Note: Substitution ratios vary by product.

Cheese is available as a partial substitution for milk in most food packages; Food Package VII offers cheese as a separate food item.

The foods available in the WIC Food Packages have changed only modestly¹ over time, but product package sizes and the number of products available on the market have changed. These market changes (e.g. standard package sizes that differ from those in the early days of WIC) may have an impact on food package prescription amounts. The most recent food package change was in 1992 when tuna and carrots were added as part of an enhanced package for exclusively breastfeeding women (Food Package VII); juice amounts were also increased in this enhanced food package. The WIC Food Package has recently experienced an independent scientific review by the National Academy of Science Institute of Medicine; results and recommendations for change were released in April 2005. Any changes or additions to the WIC-eligible foods, as identified in WIC Federal Regulations 246.10, require regulatory or legislative action.

Over the years, research has provided consistent evidence on the benefits of WIC participation. WIC has demonstrated effectiveness in improving the health of pregnant women, new mothers, and infants. In addition, studies have shown the cost-effectiveness of the WIC program with relation to future health care costs. A number of reports centered on the WIC program are completed on a regular basis, including the WIC Participant and Program Characteristics (PC) Report. The PC Report is a biennial near-census of characteristics, including demographics, income, and nutritional risk factors. PC data is collected in April of each report year, based on WIC participant data maintained by the WIC State Agencies and Indian Tribal Organizations. It is important to note that in PC reporting (and thus, in this report), the term ‘participant’ is used to refer to someone enrolled in WIC, whether or not that person actually picked up her food prescription. Currently, there is no way to differentiate between enrollees and participants at the national level.

¹ In April 2005, the Institute of Medicine (IOM) released results of an independent scientific review of the WIC food package. The IOM’s recommendations for change are currently being reviewed by the Food and Nutrition Service.

This report utilizes data from the 1998, 2000, and 2002 PC studies (Appendices A, B), since 1998 was the first time since 1988 that specific food prescription data were available within this data set. Due to electronic reporting limitations, information from a few States is missing from each data year. In 1998, Louisiana, North Dakota, Minnesota, and Ohio were excluded from analysis, along with all of the Indian Tribal Organizations and the infant population in Maine. The data from 2000 excludes information from North Dakota, New Jersey, Oklahoma, and all Indian Tribal Organizations. In 2002, Mississippi, North Dakota, Oklahoma, and all Indian Tribal Organizations were excluded from analysis. The primary limitation to this analysis is the lack of data from a few States each year. The missing State agencies were not able to provide data via electronic submission, as required. The missing State agency data comprise only 4-6% of the total WIC population; hence, this report captures food prescription information from a vast majority of participants nationwide. Further, the missing State agencies vary widely in geographic and ethnic makeup; this reduces the possibility for non-random error in the analysis.

The purpose of this report is to illustrate the types and amounts of foods that were prescribed within the WIC Food Package for each category of participants during the PC Report data collection periods. This report does not provide information on what was actually purchased or consumed by the participants; rather, this report outlines the foods that were prescribed to participants by local agency staff. Descriptive statistics are provided and arranged by type of food (e.g., eggs; cereal).

III. Description of individual foods and associated trends

Infant Formula:

Infant formula is available in Food Packages I and II, for infants 0-3 months of age and 4-12 months of age, respectively. Food Package I includes only infant formula. Although the WIC program encourages breastfeeding for optimal health of infants, it is recognized that not all postpartum women are able or willing to exclusively breastfeed throughout an infant's first year of life. Hence, Food Packages I and II are made available to those infants who are partially breastfed or who do not receive any breast milk. In addition, infant formulas are offered in Food Package III for children (ages 1-4) with special dietary needs. Only about 1% of all child participants in WIC receive infant formula; therefore, this discussion will focus exclusively on infants.

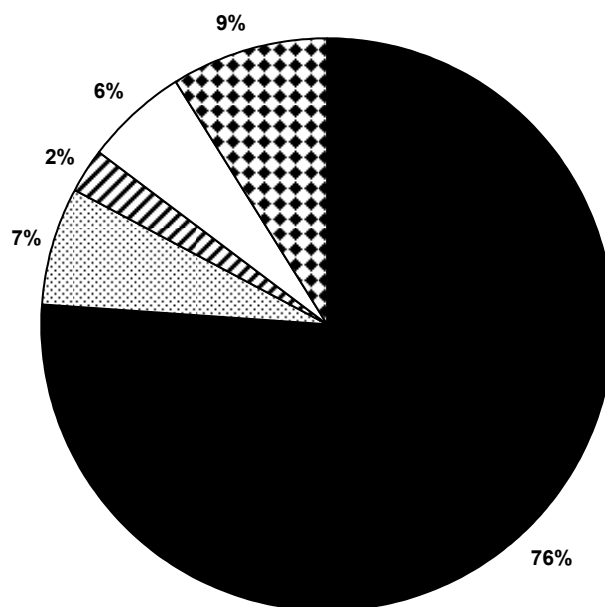
Infant formulas may be issued in either a concentrated liquid form or a powder form. Under certain circumstances (e.g., unsanitary water supply), ready-to-feed formula may be provided in a food package. The standard formula issued must be an iron-fortified, contract brand that is not an exempt formula; contracts with formula manufacturers are negotiated primarily on a state-by-state basis. The standard formula must contain 67 kilocalories per 100 milliliters and 10 milligrams of iron per liter at standard dilution and must be nutritionally complete. Up to 403 fluid ounces of liquid concentrate formula, or the equivalent in powdered or ready-to-feed formula, may be issued to an infant receiving Food Package I or II each month. In addition, if an infant is receiving powdered formula in a can size that does not precisely equate to 403 fluid ounces of liquid concentrate, then the maximum allowable amount may be rounded up to the next whole can size.

Non-standard formulas are available for infants with special dietary needs/restrictions. In most cases, medical documentation of need is required before the special formula will be issued. Some exceptions apply, including dietary restrictions based upon religious preference.

Data from the PC Studies of 1998, 2000, and 2002 (Appendix A) indicate that about 1.7 million infants received formula prescriptions through the WIC program during each data collection period. For those infants receiving formula, the average amount prescribed to them remained stable over time. The majority of infants who were given formula prescriptions received the Federal maximum amount of formula (76%) (Figure 1). It is important to note that these prescription figures include infants of all ages (0-12 mos.), and infants who are partially or exclusively breastfed.

Figure 1

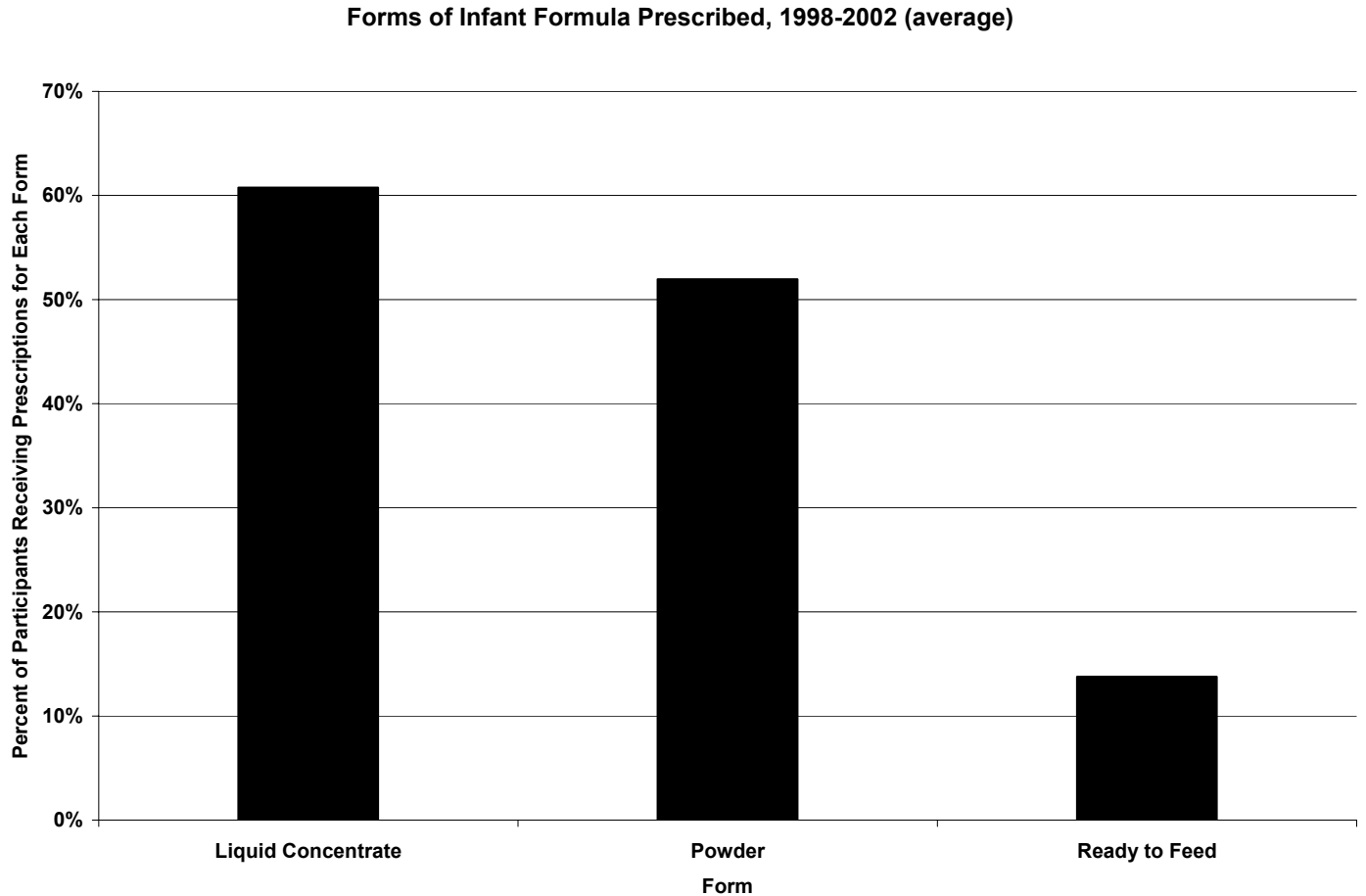
Distribution of Formula Prescriptions for Infants, Based on Federal Maximum Levels, 1998-2002 (average)



■ Max. ▣ ≥ 75% Max. ▤ 50-74.9% Max □ ≤ 49.9% Max ▢ None

Of those infants receiving formula, a vast majority could receive a choice of either liquid concentrate (61%) or powder (52%) (Figure 2). Only 14% of infants received prescriptions for ready-to-feed formula. Many infants are not restricted to one formula type (e.g., liquid concentrate); hence, some overlap exists.

Figure 2



Several types of formula are available within the WIC Food Package and some of those types may overlap; for example, a milk-based formula may also be lactose-free and/or iron-fortified. Further, infants may receive prescriptions that include multiple formula options. The numbers presented in the following paragraph demonstrate obvious overlap (total exceeds 100%); however, the data are not clear with regard to where this overlap is occurring. Therefore, the average percent of infants receiving prescriptions for each type of formula is presented, with the assumption that a good deal of overlap in formula types is occurring.

Nearly all infants receiving formula (99.7%, on average) during the PC data collection periods received prescriptions for iron-fortified formula. As mentioned above, iron-fortified formula is the standard issuance unless precluded by dietary restrictions. Milk-based formula was prescribed to an average of 88% of infants that received prescriptions for formula during the PC data collection, while soy-based formula was prescribed to an average of 48%. Lactose-free and hydrolysate formulas were prescribed to 5% and 3% of infants receiving formula, respectively. The percentage of infants who received prescriptions for formula classified as special (special medical formulas not included in the abovementioned categories) averaged about 1% during the PC data collection periods.

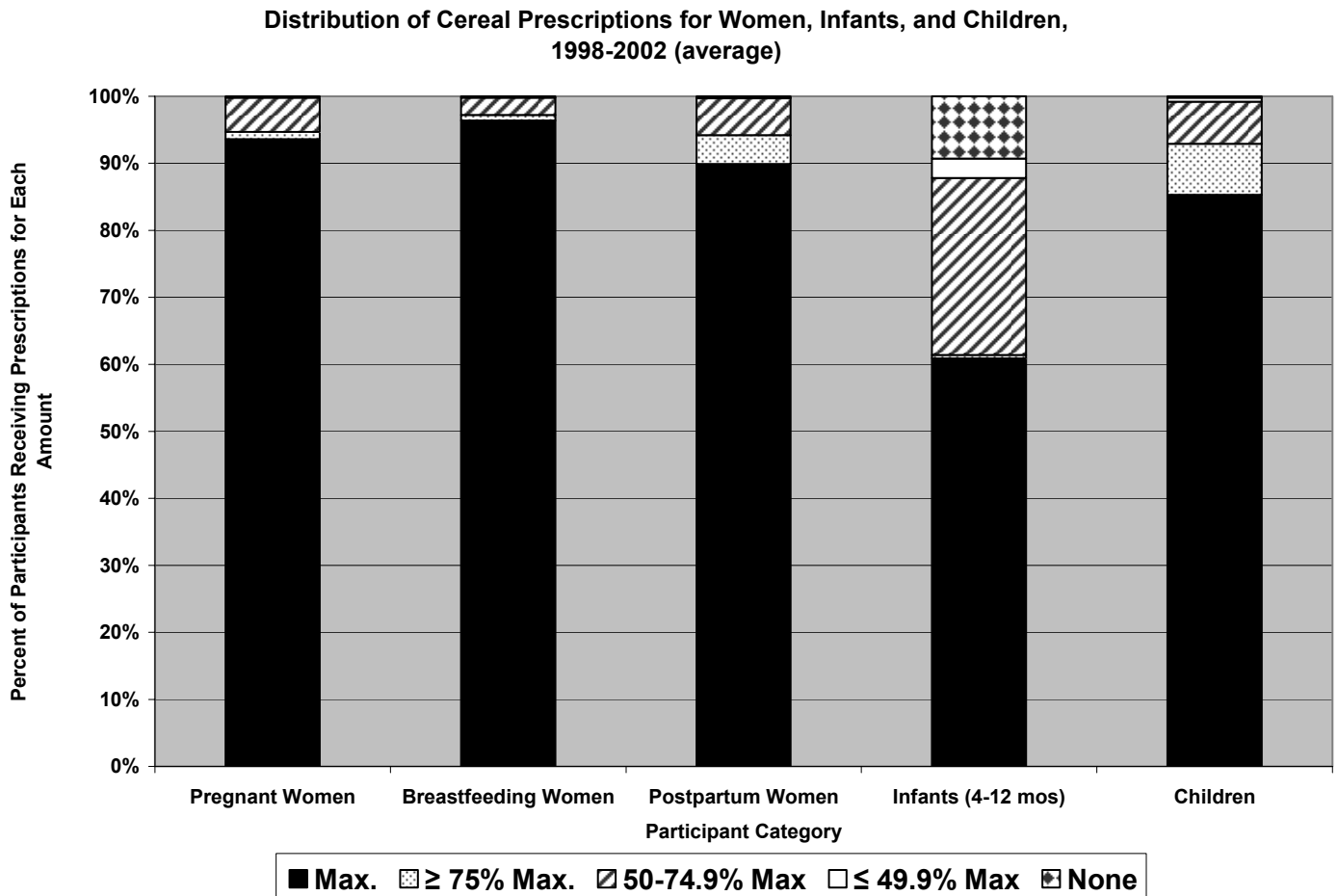
Cereal:

Both infant cereals and adult cereals (hot and cold) are available through the WIC program. The term “adult cereal” is used in this discussion to represent regular non-infant cereal that may be consumed by either adults or children. Infant cereal can be prescribed within Food Package II for infants 4-12 months of age; adult cereal can be prescribed within Food Packages III, IV, V, VI and VII for all categories of women and children.

In order to qualify for inclusion in the WIC Food Package, infant cereal must be iron-fortified, containing at least 45 milligrams of iron per 100 grams of dry cereal. Adult cereals must contain at least 28 milligrams of iron per 100 grams of dry cereal, but must not contain more than 21.2 grams of sucrose and other sugars per 100 grams. The Federal maximum allowance of infant cereal in Food Package II is 24 ounces per month, while the monthly maximum for adult cereal in Food Packages III-VII is 36 ounces.

According to the PC Report data (Appendix A), a majority of women, infants, and children participating in the WIC program were prescribed the Federal maximum allowable amount of cereal (Figure 3). As an average over the three data collection periods, the Federal maximum amount was prescribed for: 94% of pregnant women; 96% of breastfeeding women; 90% of postpartum, non-breastfeeding women; 61% of infants 4-12 months old; and 85% of children.

Figure 3



Given the high percentage of participants receiving prescriptions for the Federal maximum amounts of cereal, it is no surprise that few participants received no cereal in their food package prescriptions. Approximately 0.2% of all women and children in WIC received a prescription with no cereal. Approximately 9% of 4-12 month-old infants received prescriptions with no cereal during the PC data collection periods. Although still relatively small, the infant numbers are much larger than for other participants; this is likely due to a variance in timing when cereal is introduced into an infant's diet. An additional 26% of infants, on average, received prescriptions for 50-74.9% of the Federal maximum amount.

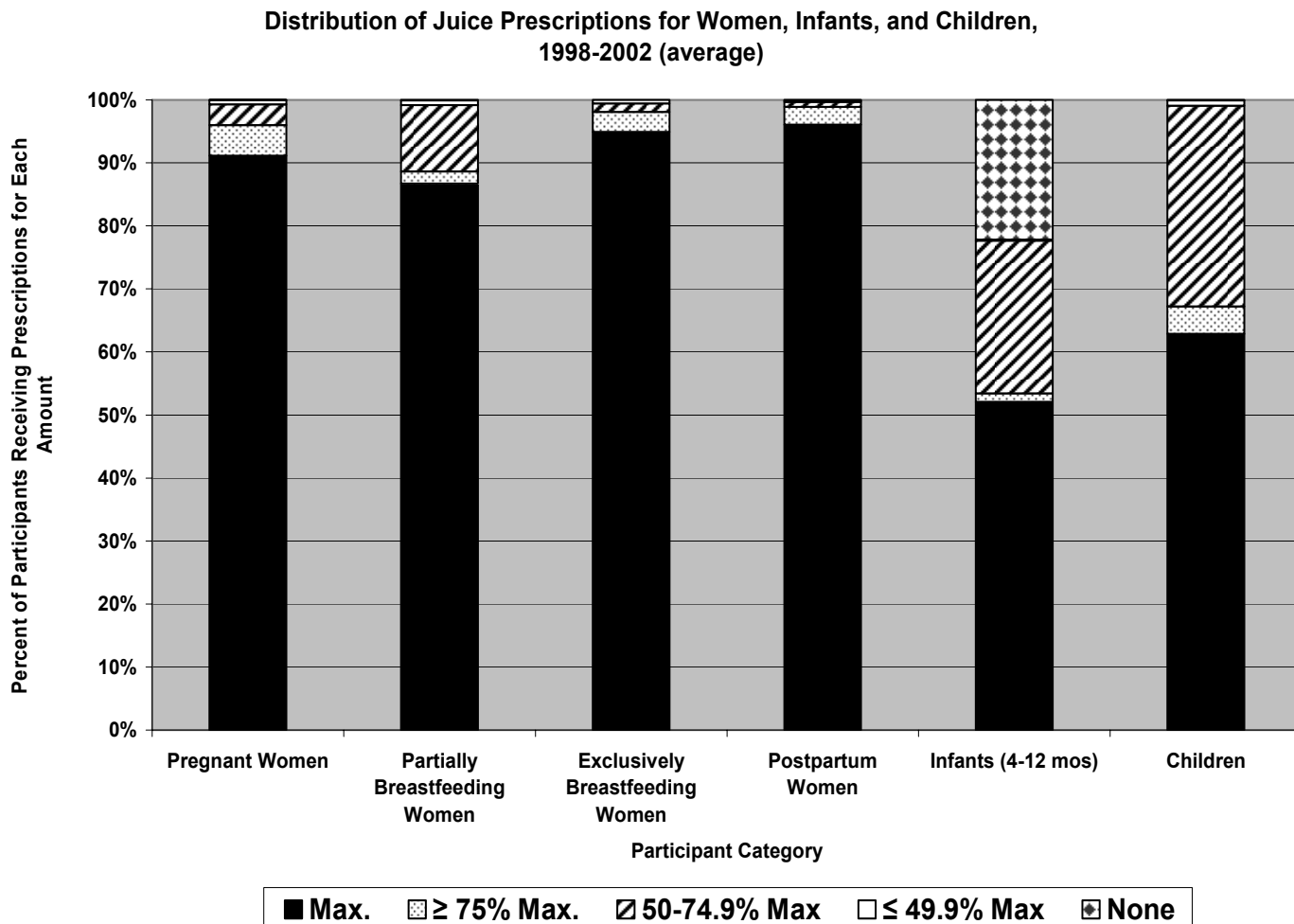
Juice:

Fruit and vegetable juices are offered through the WIC program in three forms: single strength; concentrate; and infant juice. Infant juice is only available in Food Package II for infants 4-12 months of age, while the other two forms of juice are available in Food Packages II, III, IV, V, VI, and VII for all categories of women and children, plus infants 4-12 months of age.

In order to become a WIC-eligible product, juices must contain at least 30 milligrams of vitamin C per 100 milliliters of liquid. The Federal maximum allowance of juice for infants is 92 fluid ounces per month, and the maximum for children, pregnant women and partially breastfeeding women is 276 fluid ounces. Exclusively breastfeeding women are allowed to receive up to 322 fluid ounces of juice monthly, while postpartum, non-breastfeeding women are allowed to receive a maximum of 184 fluid ounces. These maximum requirements are based on single-strength juice equivalents.

A vast majority of women and children who were enrolled in WIC were prescribed some amount of juice in their monthly food packages during the PC Report data collection periods (Appendices A, B); less than 0.1% received no juice in their food prescriptions. Further, a majority of participants in several categories received prescriptions for the Federal maximum amount (Figure 4). As averaged over the three data collection periods, 91% of pregnant women, 87% of partially breastfeeding women, 96% of exclusively breastfeeding women, 96% of postpartum, non-breastfeeding women, 52% of infants 4-12 months of age, and 63% of children were prescribed the maximum allowance of juice.

Figure 4



The second highest proportion of both children and infants (averages of 32% and 24%, respectively) received prescriptions for 50-74.9% of the Federal maximum allowance of juice (Figure 4). As mentioned earlier, not all infants are prescribed juice within Food Package II; these data suggest that about 22% of infants aged 4-12 months received prescriptions that did not include juice during the PC Report data collection periods.

Milk/Cheese:

Milk and cheese are offered within Food Packages IV, V, VI, and VII for all women and children without special medical needs. Several forms of milk are available, including: fluid whole milk; fluid non-fat milk; fluid low-fat milk; cultured buttermilk; evaporated whole milk; evaporated skimmed milk; dry whole milk; nonfat dry milk; and low-fat dry milk. Fluid milks may be interchanged on a quart-by-quart basis, while evaporated milk may be substituted at a rate of 13 ounces per quart of fluid milk, and dry milk may be substituted at a rate of 1 pound per 5 quarts of fluid milk. Cheese is also available and may be substituted for milk at the rate of 1 pound per 3 quarts of fluid milk, up to categorical limits. State or local agencies sometimes offer food packages with cheese as a standard item (i.e., already substituted for a portion of the milk) as a default. In addition to substitution options, exclusively breastfeeding women may receive prescriptions for an extra 1 pound of cheese monthly.

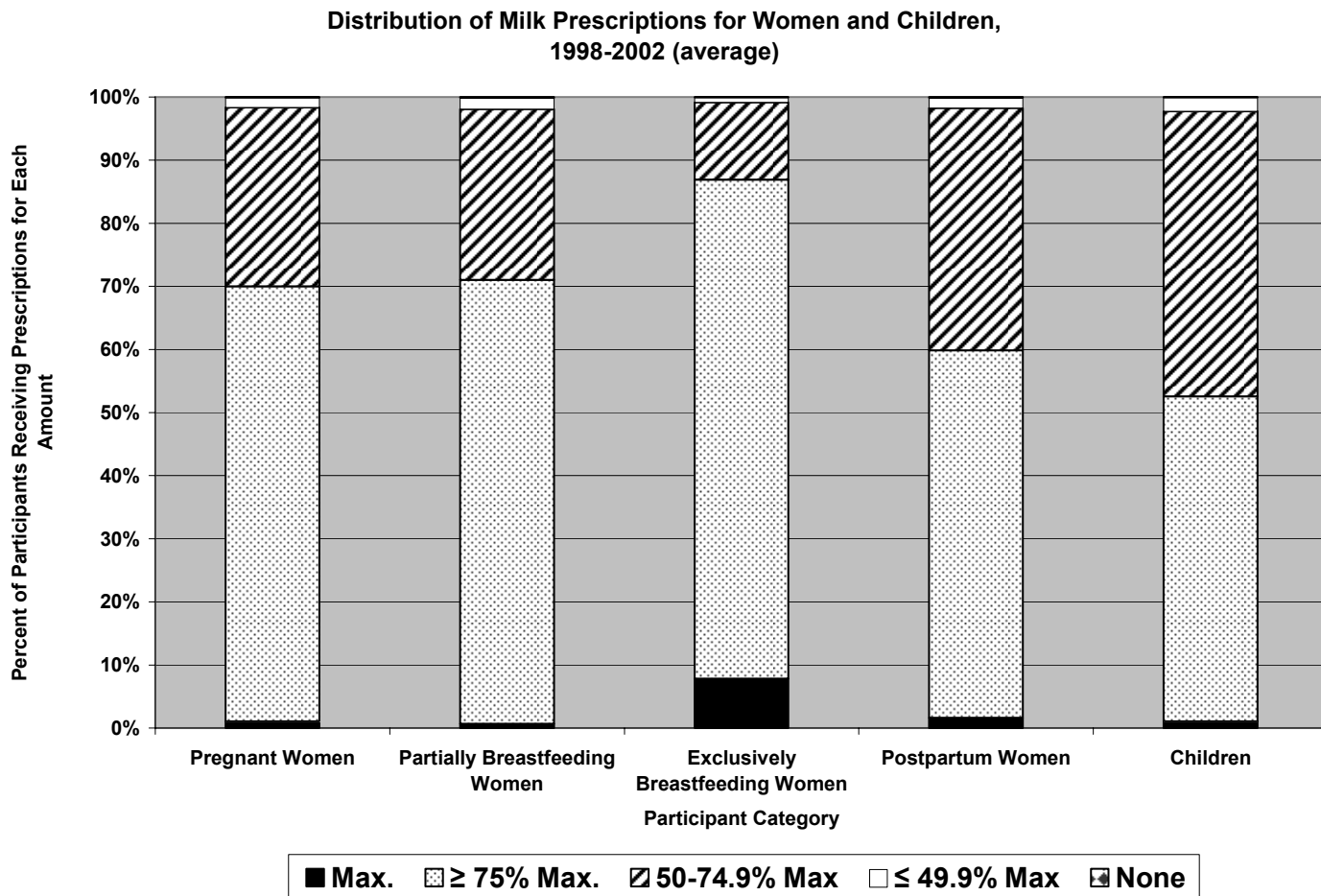
Participants are often allowed flexibility in selecting the forms of dairy products that they receive; therefore, multiple forms of milk are often allowable on one food voucher, as illustrated in Table 2.

Pregnant and breastfeeding women may receive up to the equivalent of 28 quarts of fluid milk per month, while postpartum, non-breastfeeding women and children may receive up to the equivalent of 24 quarts of fluid milk. Exclusively breastfeeding women may receive prescriptions for up to 5 pounds of cheese per month and all other participants may receive prescriptions for up to 4 pounds monthly; these totals include the cheese that is substituted for milk.

All fluid milks must be pasteurized, and flavored milks are eligible. In addition, all milks must contain at least 400 International Units of vitamin D and 2000 International Units of vitamin A per quart of fluid or reconstituted fluid. Although fluid cow's milk is the most commonly prescribed, other milks such as goat's milk, lactose-reduced milk, kosher milk, and acidophilus milk are prescribed in certain cases. Only certain domestic cheeses are eligible for purchase with WIC vouchers, including: pasteurized processed American cheese; Monterey Jack; Colby, natural Cheddar; Swiss; Brick; Muenster; Provolone; and part-skim or whole Mozzarella.

Most women and children who participated in WIC received prescriptions for milk during the PC Report data collection periods (Appendices A, B). In fact, an average of only 0.1% of participants receiving Food Packages IV-VII did not receive prescriptions for milk (Figure 5). The majority of pregnant (69%), partially breastfeeding (70%), exclusively breastfeeding (79%) and postpartum, non-breastfeeding women (58%), as well as children (52%) received prescriptions for at least 75% of the Federal maximum allowance of fluid milk equivalents. About 8% of exclusively breastfeeding women received prescriptions for the Federal maximum amount of milk, while 1-2% of participants in other eligible categories received prescriptions for the maximum amount.

Figure 5



Nearly all WIC participants receiving Food Packages IV-VII could receive fluid milk; far fewer could receive either dry or evaporated milks. The prescription rates of reduced-fat and nonfat milks were very close to those of whole milks among all categories of women participating in WIC. Reduced-fat and nonfat milks were less frequently prescribed for children; this is aligned with current nutrition science recommendations that children receive whole milk from 12 to 24 months of age.

As the combination possibilities of milk prescriptions are numerous, Table 2 illustrates the percent of participants in each category who received food package prescriptions allowing the various types of milk. Again, these data represent a high degree of overlap among types of milk; participants could have received prescriptions allowing several types from which to choose. In addition, these types are not mutually exclusive; whole milk could also be lactose-reduced, etc.

Table 2: Percent of WIC Participants Receiving Prescriptions Including Each Type of Milk, 1998-2002 (average)

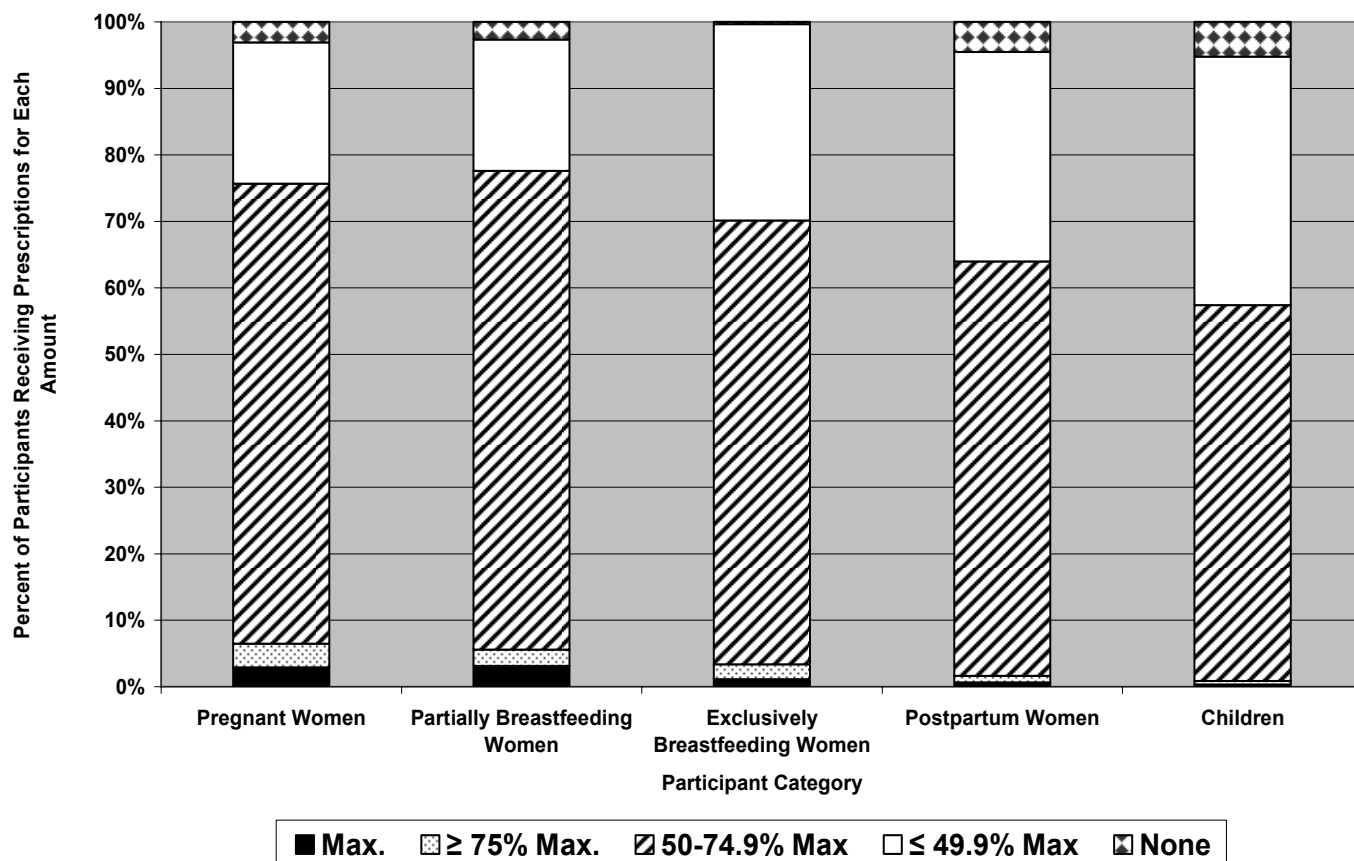
Type of Milk	Whole	Reduced Fat 2%	Low-fat 1-1 ½ %	Non-fat		Acidophilus	Lactose Reduced	UHT	Buttermilk	Goat	Kosher
Pregnant Women	98%	96%	95%	96%		12%	12%	5%	5%	4%	6%
Partially Breastfeeding Women	98%	96%	96%	96%		10%	8%	4%	3%	3%	7%
Exclusively Breastfeeding Women	98%	99%	98%	98%		10%	11%	4%	6%	10%	5%
Post-Partum, Non-Breastfeeding Women	99%	97%	96%	96%		12%	9%	5%	6%	4%	6%
Children	99%	79%	78%	78%		11%	10%	5%	5%	4%	6%

Note: Percent ranges from PC Report data collection in 1998, 2000 and 2002.
Types are not mutually exclusive; percentages do not equate to 100%.

A majority of women and children received prescriptions substituting cheese for a portion of their monthly fluid milk allowance in the PC Report (Appendices A, B). Approximately 4 percent of participants received prescriptions with no cheese, and children were more likely to receive prescriptions without cheese than were women (Figure 6). The amount of cheese prescribed to women and children has remained steady over time and across participant categories; of those women and children receiving cheese, each participant received an average of 2 pounds monthly. Given the 4 or 5 pound Federal maximum allowance of cheese each month, most pregnant women (69%), exclusively breastfeeding women (67%), partially breastfeeding women (72%), postpartum non-breastfeeding women (62%), and children (57%) received prescriptions for 50 to 74.9% of the maximum amount.

Figure 6

Distribution of Cheese Prescriptions for Women and Children, 1998-2002 (average)

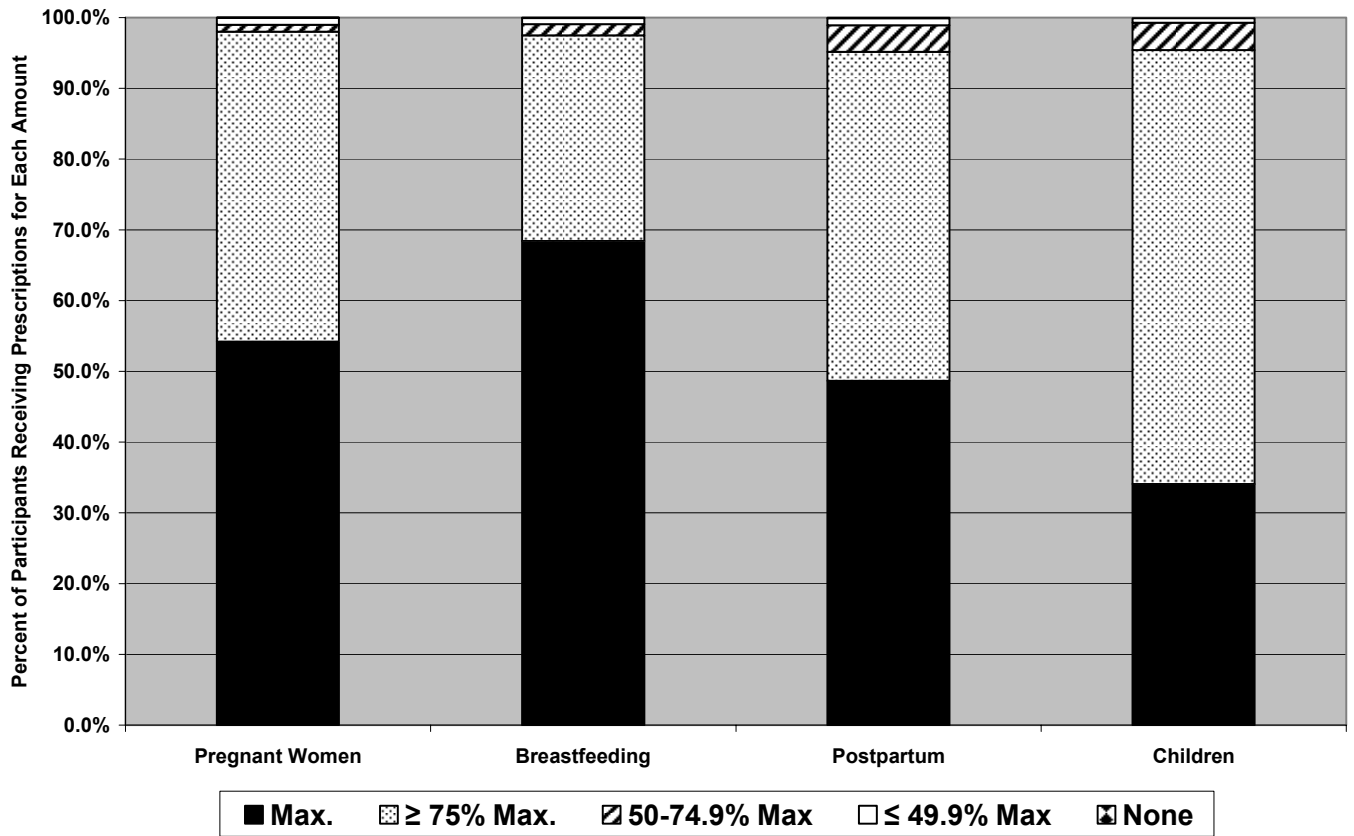


Because of the nature of substitution, it is not possible for a participant to receive both the maximum amount of milk and the maximum amount of cheese. Therefore, the concept of “dairy equivalents” was devised for this paper in order to get a sense of the proportion of participants who are receiving prescriptions for the maximum allowable amount of dairy, regardless of whether it is in the form of milk or cheese.

The majority of pregnant (54%) and breastfeeding (68%) women participating in WIC during the PC data collection periods received the maximum amount of dairy products allowable, as some combination of milk and/or cheese (Figure 7). The majority of children (61%) received prescriptions for at least 75% of the maximum amount. Forty-nine percent of postpartum non-breastfeeding women received prescriptions for the maximum amount, while another 47% received prescriptions for at least 75% of the maximum.

Figure 7

Distribution of Dairy Equivalents Prescriptions for Women and Children, 1998-2002 (average)



Eggs:

Eggs are available within WIC Food Packages IV, V, VI, and VII to all categories of women and children without special medical needs. The Federal maximum value of eggs is 2.5 dozen per month. However, WIC State agencies have the discretion to limit that maximum value to 2 dozen, as many WIC vendors do not provide eggs in half-dozen cartons. For the purpose of this analysis, the assumption is a maximum of 2.5 dozen. In lieu of whole eggs, participants may choose to receive dried egg mix at the substitution rate of 1.5 pounds of egg mix per 2 dozen eggs or 2 pounds of dried egg mix per 2.5 dozen eggs.

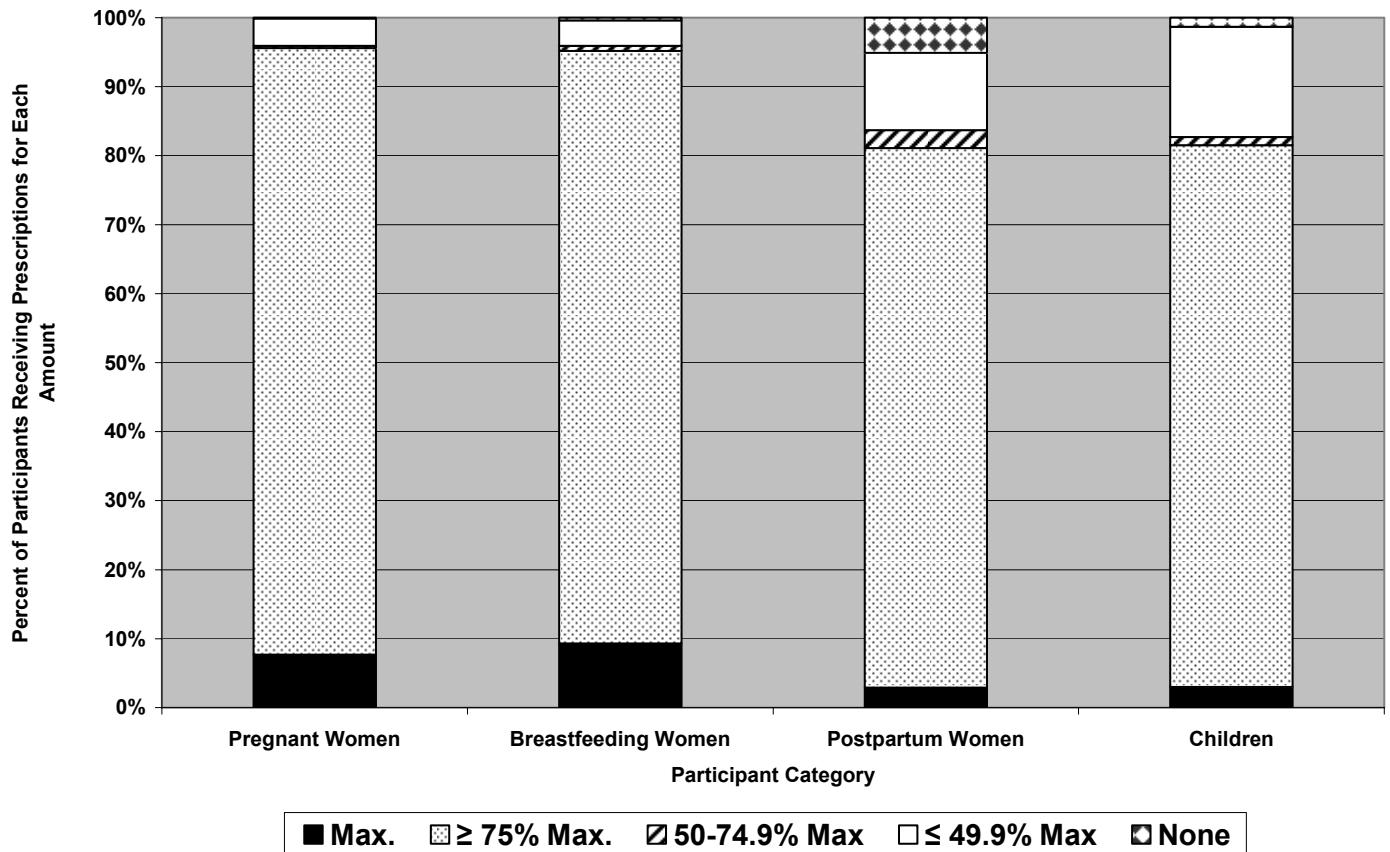
The vast majority of women and children participating in WIC received eggs as part of their monthly food prescription package during the PC Report data collection periods (Figure 8; Appendix A). Few pregnant (0.1%) and breastfeeding (0.4%) women received prescriptions including no eggs. A greater proportion of postpartum, non-breastfeeding women received prescriptions with no eggs, although the number was still quite small at an average of 5% over the three years. About 1.3% of children received prescriptions with no eggs during these data collection periods.

The greatest proportions of pregnant women (88%), breastfeeding women (86%), postpartum, non-breastfeeding women (78%), and children (79%) received prescriptions for at least 75% of the Federal maximum amount of eggs (Figure 8). Of those receiving eggs, pregnant women and breastfeeding

women received an average of 2 dozen per month, while postpartum, non-breastfeeding women and children both received an average of 1.9 dozen per month. It is important to note that many of the participants falling into this “ $\geq 75\%$ ” category are actually receiving the Federal maximum of 2 dozen eggs, per their respective States’ guidelines. Therefore, the actual percent of participants receiving the Federal maximum is likely much larger, although the magnitude of change is not discernable from this data set.

Figure 8

Distribution of Egg Prescriptions for Women and Children, 1998-2002 (average)

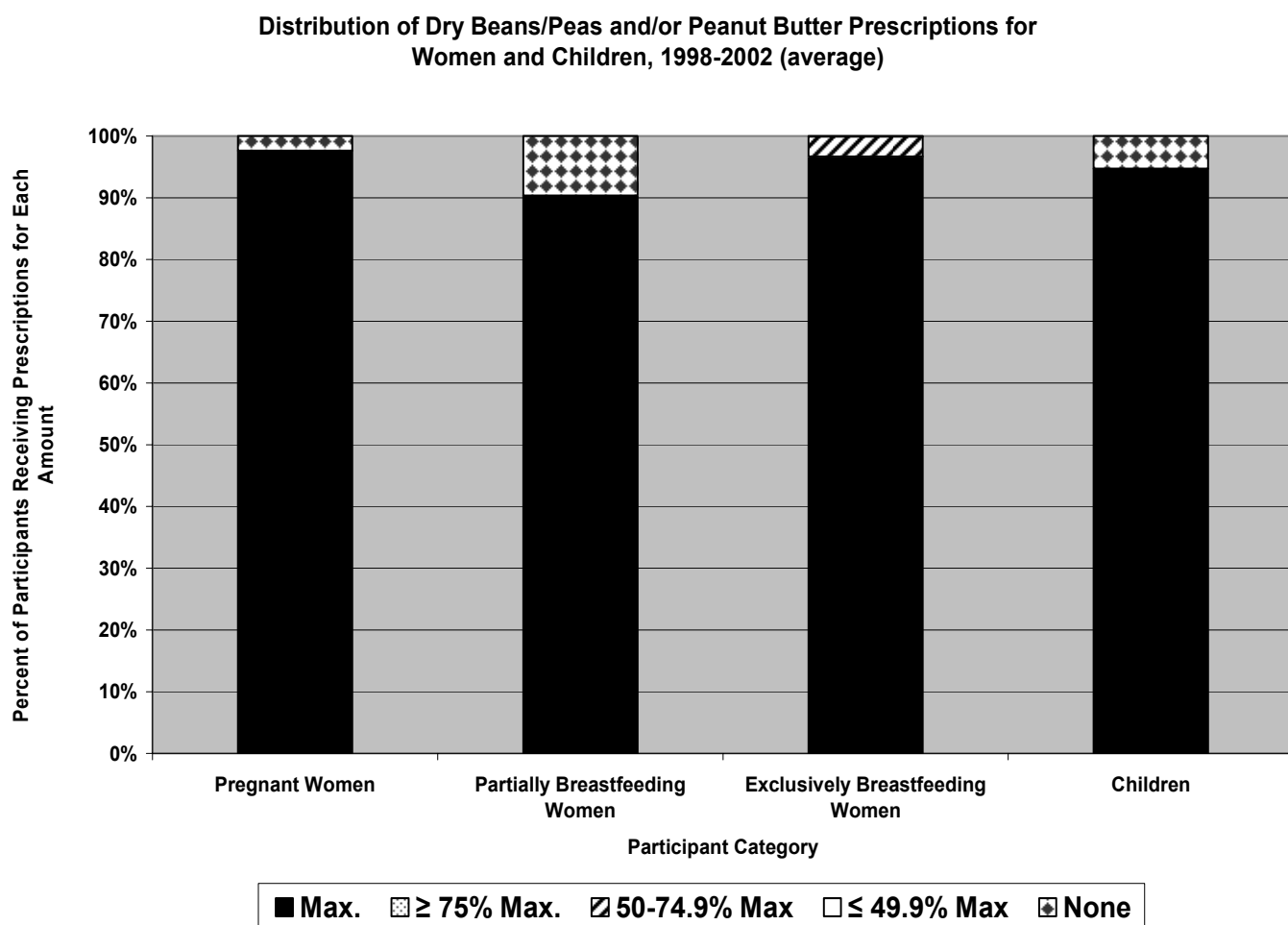


Dry Beans or Peas/Peanut Butter:

A choice of dry beans/peas or peanut butter is included within WIC Food Packages IV, V, and VII for pregnant women, breastfeeding women, and children without special medical needs. Selections of dry beans or peas include (but are not limited to): lentils; black, navy, kidney, garbanzo, soy, pinto and mung beans; and cow, crowder, split and black-eyed peas. Pregnant women, partially breastfeeding women, and children may receive a monthly Federal maximum of 16 ounces of dry beans/peas or 18 ounces of peanut butter. Exclusively breastfeeding women may receive both 16 ounces of dry beans/peas and 18 ounces of peanut butter each month; they are also allowed to receive up to 32 ounces of dry beans/peas with no peanut butter.

Relatively few participants in the abovementioned categories received prescriptions including no peanut butter or dry beans/peas during the PC Report data collection periods (Appendices A, B). Further, the percent of participants receiving none remained stable over time within each category: on average, 2% of pregnant women, 10% of partially breastfeeding women, and 5% of children received neither peanut butter nor dry beans/peas in their food prescriptions during these data collection periods (Figure 9). Interestingly, all pregnant women and children included in this data set were prescribed either no peanut butter/dry beans/peas or the Federal maximum amount allowed within their respective food packages. Therefore, an average of 98% of pregnant women and 95% of children received prescriptions allowing the maximum allotment. Approximately 97% of exclusively breastfeeding women and 90% of partially breastfeeding women received prescriptions for the maximum amount of peanut butter and/or dry beans/peas.

Figure 9

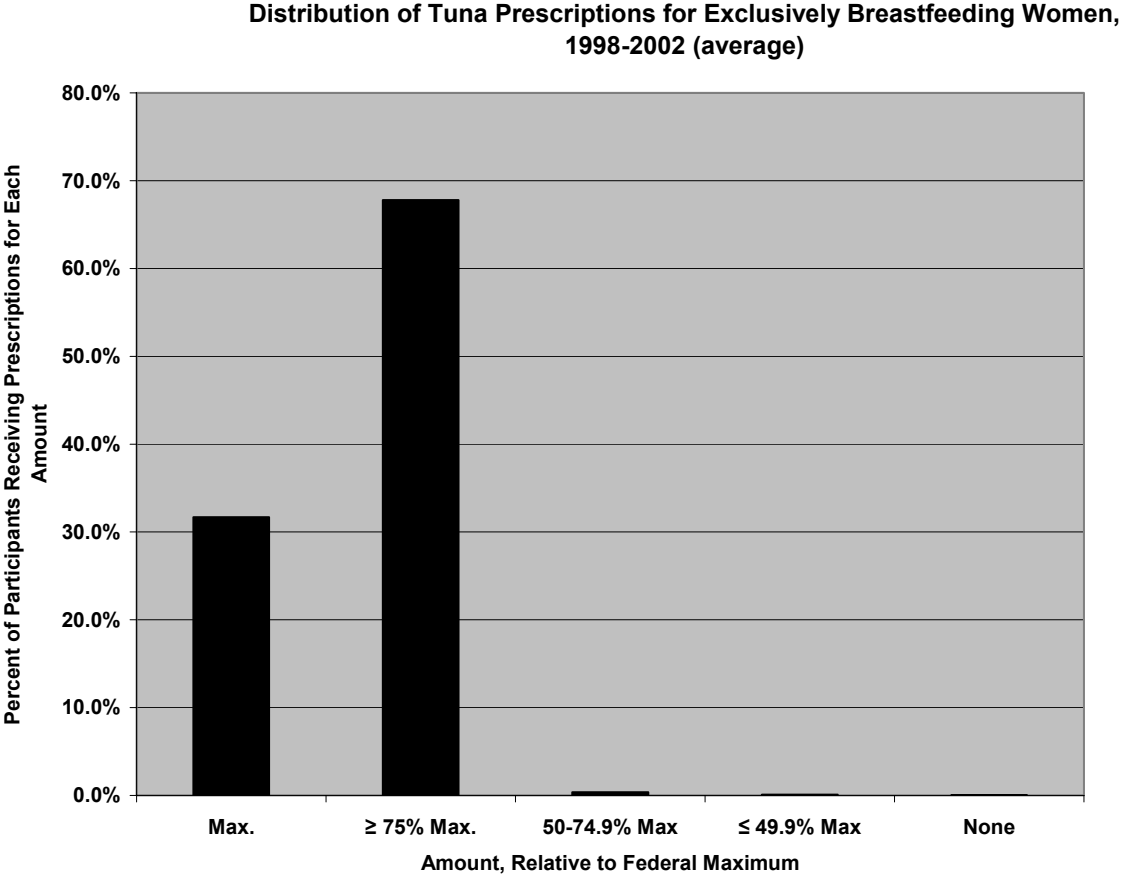


Tuna:

Tuna is a relatively new addition to the WIC Food Package; it was introduced in 1992 as part of a new enhanced breastfeeding package for exclusively breastfeeding women (Food Package VII). Tuna is only available in Food Package VII; eligible participants may receive up to 26 ounces per month. Only canned tuna is allowable, although the tuna may be white, light or dark and packed in either oil or water. Allowable forms include solid, solid pack, chunk, chunks, chunk style, flake, flakes, and grated.

Most exclusively breastfeeding WIC participants (68%) received prescriptions for at least 75% of the maximum amount of tuna during the PC Report data collection period (Figure 10; Appendices A, B). Approximately 32% of exclusively breastfeeding women received prescriptions for the maximum amount.

Figure 10

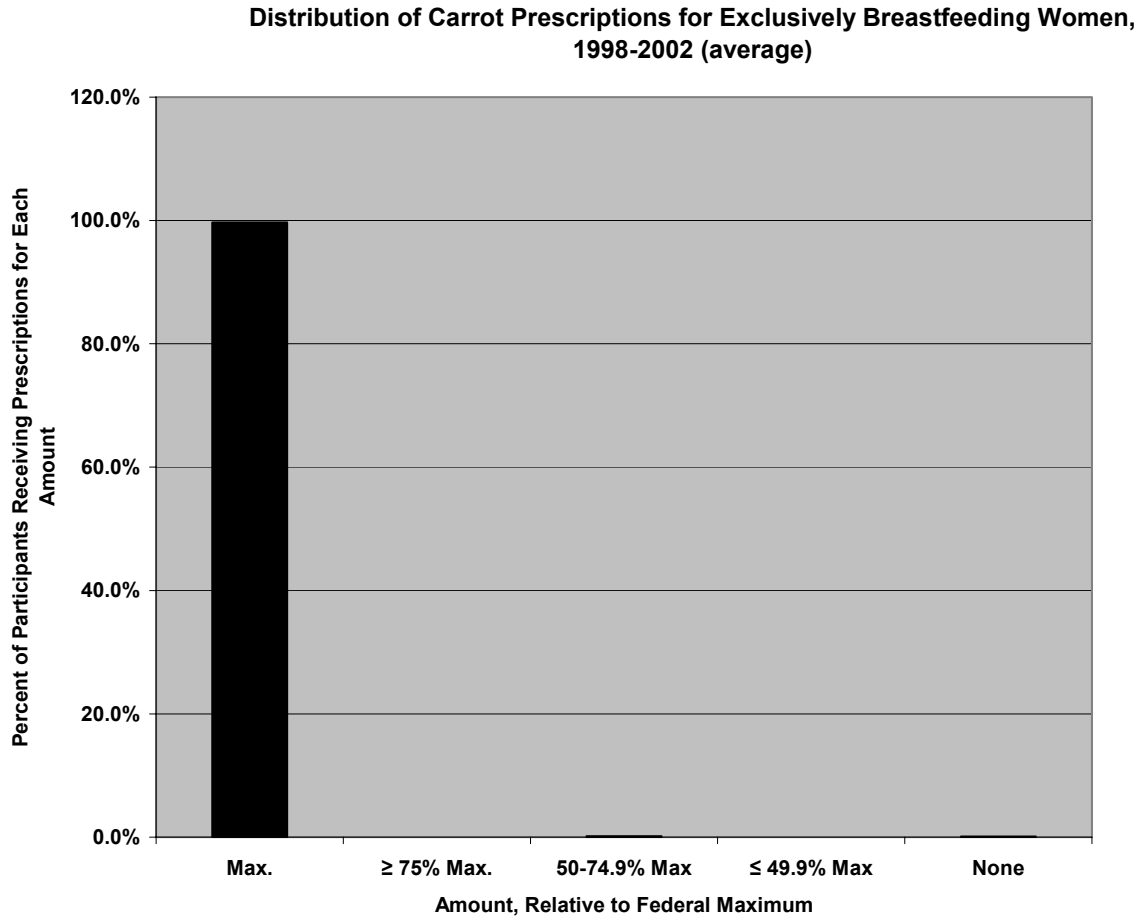


Carrots:

Along with tuna, carrots were introduced into the enhanced breastfeeding WIC Food Package in 1992. Exclusively breastfeeding women who receive Food Package VII may receive up to 2 pounds of fresh, raw carrots per month. Participants may also substitute frozen carrots on a pound per pound basis or canned carrots at the rate of one 16-20 ounce can per pound of fresh carrots.

Nearly all exclusively breastfeeding women (99.7%) received prescriptions including the maximum allotment of carrots during the PC Report data collection period (Figure 11; Appendices A, B). Only 0.1% of eligible participants received prescriptions including no carrots.

Figure 11



IV. Conclusion

This report has provided a descriptive analysis of the types and amounts of foods prescribed in the WIC Food Packages during the 1998, 2000, and 2002 WIC Participant and Program Characteristics Report periods. This is the first time that food prescription data has been widely available within the PC Report since 1988. Overall, food package prescriptions remained highly stable between 1998 and 2002, with little change in the amounts of foods being prescribed within participant categories. A majority of eligible participants were prescribed the maximum amounts of infant formula, cereal, juice, legumes, and carrots, while fewer participants were prescribed the maximum amounts of milk, cheese, eggs, and tuna (Table ES1).

Basic foods offered within the WIC food package have changed only modestly in 25 years, with the exception of carrots, tuna, and additional juice being incorporated into an enhanced package for exclusively breastfeeding women in the early 1990s. However, changes in product packaging (i.e., size) and availability may have had an indirect effect on WIC food prescriptions over time. In addition, WIC food prescriptions are subject to several decision points, including State or local agency standard tailoring options and individual participant choice. Data presented in this report provides a glimpse of the types and quantities of foods included in usual WIC food package prescriptions; however, the types/quantities of foods actually purchased or consumed cannot be extrapolated from this information.

Appendix A: WIC Food Prescription Data Tables 1998-2002, compiled by Abt Associates

Table A 1

Quantity and Types of Formula Prescribed for WIC Infants and Children in April 1998

	Age of Infant					
	0-3 months	4-6 months	7 months and older	Age not reported	Total Infants Receiving Formula ^a	Children Receiving Formula ^b
Quantity						
Federal maximum (oz) ^c	806	806	806	806	806	See Infants
Mean (oz), all ^c	685.6	727.2	738.8	778.9	715.9	792.6
Mean (oz), receiving formula ^c	743.1	767.9	772.6	800.2	760.6	792.6
Percent receiving Federal maximum	76.2	82.3	82.9	92.9	80.3	82.0
Percent receiving 75 percent or more of Federal maximum	5.2	5.3	6.9	3.2	5.8	12.7
Percent receiving 50-75 percent of Federal maximum	2.9	1.9	1.4	0.5	2.1	3.0
Percent receiving less than 50 percent of Federal maximum	8.0	5.2	4.4	0.7	5.9	2.4
Percent receiving none	7.7	5.3	4.4	2.7	5.9	0.0
Form Allowable ^d						
Concentrate	66.6	67.3	68.0	89.6	67.3	57.0
Powdered	44.8	44.6	45.0	10.9	44.8	43.0
Ready-to-feed	12.5	13.1	14.1	0.6	13.3	26.4
Type Allowable ^d						
With iron	99.8	99.8	99.9	100.0	99.8	99.6
Low-iron	1.2	1.4	1.6	0.0	1.4	0.4
Milk-based	92.3	91.2	92.1	96.8	91.9	64.9
Soy-based	50.4	50.7	53.7	85.9	51.7	56.2
Lactose-free	3.1	3.7	2.8	1.0	3.1	19.9
Hydrolysate	1.7	2.1	1.5	0.6	1.7	6.1
Special	0.4	0.3	0.2	0.0	0.3	1.0
Hydrolysate or Special	2.0	2.3	1.6	0.6	1.9	7.0
N	616,781	456,058	587,790	1,127	1,661,756	24,720

Source: PC1998 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine).

Notes:

- a Includes infants not receiving milk packages.
- b Less than one percent (0.68%) of participants classified as children received food packages containing formula.
- c Ready-to-feed formula. Concentrate and powdered formula converted to ready-to-feed equivalent based on reconstitution rates.
- d Responses are not mutually exclusive so percentages may add to more than 100 percent.

Table A 2**Quantity and Types of Formula Prescribed for WIC Infants**

	All Infants
Quantity	
Federal maximum (oz) ^a	806
Mean (oz), all ^a	670.0
Mean (oz), receiving formula ^a	760.6
Percent receiving Federal maximum	75.1
Percent receiving 75 percent or more of Federal maximum	5.4
Percent receiving 50-75 percent of Federal maximum	2.0
Percent receiving less than 50 percent of Federal maximum	5.6
Percent receiving none	11.9
N	1,775,652

Source: PC1998 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine.)

Notes:

a Ready-to-feed formula. Concentrate and powdered formula converted to ready-to-feed equivalent based on reconstitution rates.

Table A 3
Quantity and Types of Milk Products Prescribed for WIC Participants by Participant Category

	Quantity							N
	Federal Maximum (quarts) ^a	Mean (quarts) ^a	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	28	21.5	1.2	70.6	27.1	1.1	0.0	785,160
Breastfeeding women	28	21.7	2.9	75.9	20.3	0.8	0.0	353,627
Postpartum women	24	17.4	1.8	59.8	37.6	0.8	0.0	516,451
Children	24	17.1	1.2	55.1	43.3	0.4	0.0	3,585,882
Infants ^c Receiving Milk	See Children	17.3	0.6	52.0	47.4	0.1	0.0	113,896

Participant Category	Percent with Form Allowable ^b			Percent by Type Allowable ^b									
	Fluid	Dry	Evapo-rated	Whole	Reduced fat (2%)	Low-fat (1 or 1 ½%)	Skim or Non-fat (0.5% or less)	Acidophilus	Lactose Reduced	UHT	Butter-milk	Goat	Kosher
Pregnant women	99.9	32.7	34.2	98.6	96.8	96.5	96.8	12.1	12.8	6.2	5.5	3.9	7.1
Breastfeeding women	99.8	41.1	42.5	98.8	98.1	97.6	98.1	9.2	10.1	3.7	4.3	2.6	6.7
Postpartum women	99.9	31.2	28.6	99.0	97.5	97.1	97.6	10.5	9.2	6.0	6.6	3.9	7.4
Children	99.1	33.1	30.9	99.4	79.8	79.3	79.9	9.7	10.6	5.4	5.7	3.5	7.0
Infants ^c Receiving Milk	98.3	49.8	29.2	99.5	66.6	65.0	66.5	2.0	3.9	0.6	1.1	0.8	0.8

Source: PC1998 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine.)

Notes:

a Fluid milk. Evaporated or dry milk converted to fluid equivalent.

b Responses are not mutually exclusive so percentages may add to more than 100 percent.

c These participants were classified as infants at their most recent certification. Many States reported providing food packages containing milk to infants who were eleven months or older in April 1998. They represent 6.4 percent of all those certified as infants.

Table A 4
Quantity of Cheese Prescribed for WIC Participants by Participant Category

	Quantity								N
	Federal Maximum (lbs) ^a	Mean All (lbs)	Mean Receiving Cheese (lbs.)	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	4	1.8	1.9	3.1	2.3	68.4	22.9	3.3	785,160
Breastfeeding women	5	2.1	2.1	0.3	2.8	21.6	73.3	2.0	353,627
Postpartum women	4	1.6	1.7	0.6	0.9	60.2	33.5	4.8	516,451
Children	4	1.5	1.6	0.3	0.4	55.1	39.2	4.9	3,610,603
Infants ^b Receiving Cheese	See Children	1.0	1.5	0.0	0.1	34.70	29.1	36.1	113,896

Source: PC1998 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine.)

Notes:

a Additional cheese may be issued on an individual basis.

b These participants were classified as infants at their most recent certification. Many States reported providing food packages containing milk or cheese to infants who were eleven months or older in April 1998. They represent 6.4 percent of all those certified as infants.

Table A 5
Quantity of Juice Prescribed for WIC Participants by Participant Category

	Quantity								N
	Federal Maximum (oz) ^a	Mean All (oz) ^a	Mean Receiving Juice (oz.) ^a	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	276	272.6	272.7	93.3	4.4	2.1	0.1	0.0	785,160
Breastfeeding women	322	282.9	282.9	29.1	62.6	7.8	0.5	0.0	353,627
Postpartum women	184	184.9	184.9	97.9	1.2	0.9	0.0	0.0	516,451
Infants age 4-12 months	92	72.8	94.5	54.0	1.1	21.9	0.1	22.9	1,157,214
Children	276	240.4	240.5	65.7	4.5	29.3	0.5	0.0	3,610,603

Source: PC1998 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine.)

Notes

a Single strength juice. Concentrated juice converted to single strength equivalent. Federal maximum for concentrated juice is slightly higher: pregnant (288 oz.); breastfeeding (366 oz.); postpartum (192 oz.); infants (96 oz.); children (288 oz.).

Table A 6
Quantity of Cereal Prescribed for WIC Participants by Participant Category^a

	Quantity								
	Federal Maximum (oz)	Mean All (oz)	Mean Receiving Cereal (oz.)	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	N
Pregnant women	36	35.2	35.3	93.9	0.8	5.2	0.0	0.1	785,160
Breastfeeding women	36	35.6	35.6	96.8	0.6	2.4	0.0	0.1	353,627
Postpartum women	36	34.9	35.0	90.1	3.7	6.1	0.1	0.0	516,451
Infants age 4-12 months	24	19.7	22.1	60.2	1.2	25.2	2.7	10.8	1,157,214
Children	36	34.5	34.5	85.7	7.2	6.8	0.2	0.1	3,610,603

Source: PC1998 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine.)

Notes:

a Infants receive infant cereal. All others receive adult cereal

Table A 7
Quantity of Eggs Prescribed for WIC Participants by Participant Category

	Quantity								N
	Federal Maximum (dozen) ^a	Mean All (dozen) ^a	Mean Receiving Eggs (dozen) ^a	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum ^b	Percent Receiving None	
Pregnant women	2.5	2.0	2.0	9.1	86.2	0.6	4.1	0.0	785,160
Breastfeeding women	2.5	2.0	2.0	9.9	84.6	1.2	3.9	0.4	353,627
Postpartum women	2.5	1.8	1.9	3.2	76.4	3.9	11.1	5.4	516,451
Children	2.5	1.8	1.8	3.0	78.0	2.8	15.3	0.9	3,610,603

Source: PC1998 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine.)

Notes:

a Fresh eggs. Dried egg mix converted to fresh equivalent.

Table A 8
Quantity and Type of Legumes Prescribed for WIC Participants by Participant Category

	Percent with Type Allowable ^a		Quantity								N
	Peanut Butter	Dried Beans/Peas	Federal Maximum (oz) ^b	Mean All (oz) ^b	Mean Receiving (oz) ^b	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	63.4	84.3	16/18	16.5	16.9	97.7	0.0	0.0	0.0	2.3	785,160
Breastfeeding women	55.3	86.9	32/34	20.4	21.8	29.0	0.0	64.5	0.0	6.4	353,627
Children	50.7	83.6	16/18	15.7	16.7	94.3	0.0	0.0	0.0	5.6	3,610,603

Source: PC1998 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine.)

Notes:

a Food package contains either peanut butter, beans, or both.

b Maximum for pregnant women and children is 16 ounces dried beans/peas, or 18 ounces peanut butter. Maximum for breastfeeding women is 16 ounces dried beans/peas and 18 ounces peanut butter or 32 ounces dried beans/peas. If participant can choose either beans or peanut butter, quantity is coded as 17 ounces.

Table A 9
Quantity and Type of Legumes Prescribed for WIC Participants by Participant Category

	Certification Category		
	Pregnant Women	Breastfeeding Women	Children
Percent by Type Received			
Peanut Butter	13.7%	19.8%	10.8%
Dried Beans/Peas	34.8	56.8	43.7
Indeterminant ^a	49.7	36.2	39.9
Quantity			
Federal maximum	18/16 oz	34/32 oz	18/16 oz
Mean All (oz) ^b	16.5	20.4	15.7
Peanut Butter	2.5	4.0	2.0
Beans	5.6	10.3	7.0
Indeterminant ^a	8.4	6.1	6.8
Mean Receiving (oz) ^b	16.9	21.8	16.7
Peanut Butter	18.0	18.0	18.0
Beans	16.0	19.1	16.0
Indeterminant ^a	17.0	17.5	17.0
Percent receiving Federal maximum	97.7%	29.0%	94.3%
Percent receiving 75 percent or more of Federal maximum	0.0	0.0	0.0
Percent receiving 50-75 percent of Federal maximum	0.0	64.5	0.0
Percent receiving less than 50 percent of Federal maximum	0.0	0.0	0.0
Percent receiving none	2.3%	6.4%	5.6%
N	785,160	353,627	3,610,603

Source: PC1998 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine.)

Notes:

- a Food package contains either peanut butter, beans, or both.
- b Maximum for pregnant women and children is 16 ounces dried beans/peas, or 18 ounces peanut butter. Maximum for breastfeeding women is 16 ounces dried beans/peas and 18 ounces peanut butter or 32 ounces dried beans/peas. If participant can choose either beans or peanut butter, quantity is coded as 17 ounce

Table A 10
Quantities of Carrots and Tuna Prescribed for Breastfeeding Women

	Percent of Breastfeeding Women
Carrots: Federal maximum of 2 pounds	
Percent receiving Federal maximum	30.1%
Percent receiving 75 percent or more of Federal maximum	0.0
Percent receiving 50-75 percent of Federal maximum	0.0
Percent receiving less than 50 percent of Federal maximum	0.0
Percent receiving none	69.8
Mean all (pounds)	0.6 lbs
Mean receiving carrots (pounds)	2.0
Tuna: Federal maximum of 26 ounces	
Percent receiving Federal maximum	9.4%
Percent receiving 75 percent or more of Federal maximum	20.8
Percent receiving 50-75 percent of Federal maximum	0.0
Percent receiving less than 50 percent of Federal maximum	0.0
Percent receiving none	69.8
Mean all (ounces)	7.5 oz
Mean receiving tuna (ounces)	24.9
N	353,627

Source: PC1998 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine.)

Table A 11
Quantity and Types of Formula Prescribed for WIC Infants and Children in April 2000

	Age of Infant					
	0-3 months	4-6 months	7 months and older	Age not reported	Total Infants Receiving Formula ^a	Children Receiving Formula ^b
Quantity						
Federal maximum (oz) ^c	806	806	806	806	806	See Infants
Mean (oz), all ^c	700.7	736.4	753.9	747.2	730.6	807.1
Mean (oz), receiving formula ^c	752.3	777.3	786.9	788.5	772.4	807.1
Percent receiving Federal maximum	76.1	81.8	82.6	77.0	80.1	75.6
Percent receiving 75 percent or more of Federal maximum	6.0	5.8	7.9	9.3	6.6	18.2
Percent receiving 50-75 percent of Federal maximum	3.5	2.2	1.7	7.0	2.4	3.5
Percent receiving less than 50 percent of Federal maximum	7.6	5.0	3.7	1.5	5.4	2.7
Percent receiving none	6.9	5.3	4.2	5.2	5.4	0.0
Form Allowable ^d						
Concentrate	61.0	61.7	62.0	57.0	61.6	38.3
Powdered	54.6	53.0	52.8	54.7	53.5	34.7
Ready-to-feed	15.5	14.9	14.3	7.7	14.9	35.6
Type Allowable ^d						
With iron	99.7	99.7	99.7	100.0	99.7	99.1
Low-iron	1.3	1.4	1.7	1.5	1.5	0.9
Milk-based	88.2	86.3	87.1	85.2	87.2	65.7
Soy-based	50.5	50.6	51.7	49.5	51.0	33.7
Lactose-free	5.9	6.7	6.8	18.4	6.5	42.6
Metabolic	0.1	0.1	0.2	1.2	0.1	1.2
Hydrolysate	2.4	2.8	2.4	6.1	2.5	12.3
Special	1.1	0.9	0.8	3.4	0.9	15.1
Hydrolysate or Special	3.2	3.5	2.9	6.8	3.2	24.6
Formula Type						
Nonexempt	82.7	83.2	84.2	88.9	83.4	56.9
Exempt	3.1	3.3	2.7	6.8	3.0	14.1
Medical food	0.0	0.0	0.0	0.6	0.0	28.0
Not specified	14.2	13.5	13.1	3.7	13.6	1.0
N	609,611	466,456	663,739	344	1,740,150	40,101

Source: PC2000 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except North Dakota, New Jersey and Oklahoma).

Notes:

- a Excludes infants receiving milk packages.
- b 1.1 percent of participants classified as children received food packages containing formula.
- c Ready-to-feed formula. Concentrate and powdered formula converted to ready-to-feed equivalent based on reconstitution rates.
- d Responses are not mutually exclusive so percentages may add to more than 100 percent.

Table A 12
Quantity and Types of Formula Prescribed for WIC Infants

	All Infants
Quantity	
Federal maximum (oz) ^a	806
Mean (oz), all ^a	698.0
Mean (oz), receiving formula ^a	772.4
Percent receiving Federal maximum	76.5
Percent receiving 75 percent or more of Federal maximum	6.3
Percent receiving 50-75 percent of Federal maximum	2.3
Percent receiving less than 50 percent of Federal maximum	5.2
Percent receiving none	5.2
N	1,821,289

Source: PC2000 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except North Dakota, New Jersey and Oklahoma).

Notes:

a Ready-to-feed formula. Concentrate and powdered formula converted to ready-to-feed equivalent based on reconstitution rates.

Table A 13
Quantity and Types of Milk Products Prescribed for WIC Participants by Participant Category

	Quantity								N
	Federal Maximum (quarts) ^a	Mean (quarts) ^a	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None		
Pregnant women	28	21.2	1.0	68.9	28.5	1.5	0.0	819,710	
Breastfeeding women	28	21.4	2.5	73.4	22.6	1.5	0.0	381,083	
Postpartum women	24	17.3	1.7	56.5	40.2	1.6	0.0	529,999	
Children	24	17.0	1.0	53.0	45.0	1.0	0.0	3,520,348	
Infants ^c Receiving Milk	See Children	17.4	0.4	57.0	42.5	0.1	0.0	81,139	

Participant Category	Percent with Form Allowable ^b			Percent by Type Allowable ^b									
	Fluid	Dry	Evaporated	Whole	Reduced fat (2%)	Low-fat (1 or 1 ½%)	Skim or Non-fat (0.5% or less)	Acidophilus	Lactose Reduced	UHT	Butter-milk	Goat	Kosher
Pregnant women	99.6	31.4	33.5	98.9	96.6	95.2	96.5	12.1	12.5	5.9	4.5	4.4	5.2
Breastfeeding women	99.3	39.4	38.8	98.9	97.7	97.3	97.8	10.2	9.0	4.2	4.0	3.8	4.4
Postpartum women	99.5	29.3	28.7	99.2	97.4	97.3	97.4	12.5	9.4	6.0	5.6	4.4	5.4
Children	98.7	32.0	29.7	99.5	78.9	79.1	79.0	10.9	10.4	5.3	5.0	4.1	4.7
Infants ^c Receiving Milk	99.9	52.7	13.7	100.0	83.2	83.1	83.2	4.3	6.7	0.6	1.9	0.4	1.1

Source: PC2000 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except North Dakota, New Jersey and Oklahoma).

Notes:

a Fluid milk. Evaporated or dry milk converted to fluid equivalent.

b Responses are not mutually exclusive so percentages may add to more than 100 percent.

c These participants were classified as infants at their most recent certification. Many States reported providing food packages containing milk to infants who were eleven months or older in April 2000. They represent 4.5 percent of all those certified as infants.

Table A 14
Quantity of Cheese Prescribed for WIC Participants by Participant Category

	Quantity								N
	Federal Maximum (lbs) ^a	Mean All (lbs)	Mean Receiving Cheese (lbs.)	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	4	1.8	1.9	2.9	4.3	69.5	20.2	3.1	819,710
Breastfeeding women	5	2.1	2.1	0.3	3.2	20.8	73.9	1.8	381,083
Postpartum women	4	1.6	1.7	0.6	0.8	62.2	32.2	4.1	529,999
Children	4	1.5	1.6	0.3	0.6	57.0	36.8	5.3	3,560,448
Infants ^b Receiving Cheese	See Children	1.0	1.5	0.0	0.1	35.0	34.0	30.9	81,139

Source: PC2000 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except North Dakota, New Jersey and Oklahoma).

Notes:

a Additional cheese may be issued on an individual basis.

b These participants were classified as infants at their most recent certification. Many States reported providing food packages containing milk or cheese to infants who were eleven months or older in April 2000. They represent 4.5 percent of all those certified as infants.

Table A 15
Quantity of Juice Prescribed for WIC Participants by Participant Category

	Quantity								N
	Federal Maximum (oz) ^a	Mean All (oz) ^a	Mean Receiving Juice (oz.) ^a	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	276	267.7	267.8	89.4	5.3	3.6	1.7	0.0	819,710
Breastfeeding women	322	278.9	279.0	27.0	63.0	8.4	1.5	0.0	381,083
Postpartum women	184	184.5	184.5	95.4	3.6	0.7	0.3	0.0	529,999
Infants age 4-12 months	92	71.1	89.6	53.0	1.4	25.0	0.1	20.6	1,210,062
Children	276	235.0	235.2	62.7	3.9	32.3	1.0	0.1	3,560,448

Source: PC2000 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except North Dakota, New Jersey and Oklahoma).

Notes:

a Single strength juice. Concentrated juice converted to single strength equivalent. Federal maximum for concentrated juice is slightly higher: pregnant (288 oz.); breastfeeding (366 oz.); postpartum (192 oz.); infants (96 oz.); children (288 oz.).

Table A 16
Quantity of Cereal Prescribed for WIC Participants by Participant Category^a

	Quantity								
	Federal Maximum (oz)	Mean All (oz)	Mean Receiving Cereal (oz.)	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	N
Pregnant women	36	35.2	35.2	93.5	1.3	5.0	0.0	0.2	819,710
Breastfeeding women	36	35.6	35.6	96.7	0.8	2.3	0.0	0.1	381,083
Postpartum women	36	35.0	35.1	90.3	4.7	4.8	0.1	0.1	529,999
Infants age 4-12 months	24	19.9	21.8	61.9	0.1	26.7	2.7	8.5	1,210,062
Children	36	34.3	34.3	84.7	8.2	5.9	1.0	0.2	3,560,448

Source: PC2000 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except North Dakota, New Jersey and Oklahoma).

Notes:

a Infants receive infant cereal. All others receive adult cereal

Table A 17
Quantity of Eggs Prescribed for WIC Participants by Participant Category

	Quantity								
	Federal Maximum (dozen) ^a	Mean All (dozen) ^a	Mean Receiving Eggs (dozen) ^a	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum ^b	Percent Receiving None	N
Pregnant women	2.5	2.0	2.0	7.3	88.3	0.4	3.9	0.1	819,710
Breastfeeding women	2.5	2.0	2.0	9.4	85.9	0.8	3.7	0.2	381,083
Postpartum women	2.5	1.8	1.9	3.1	78.9	2.0	11.5	4.5	529,999
Children	2.5	1.8	1.9	3.0	79.0	0.8	15.8	1.4	3,560,448

Source: PC2000 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except North Dakota, New Jersey and Oklahoma).

Notes:

a Fresh eggs. Dried egg mix converted to fresh equivalent.

Table A 18
Quantity and Type of Legumes Prescribed for WIC Participants by Participant Category

	Percent with Type Allowable ^a		Quantity								N
	Peanut Butter	Dried Beans/Peas	Federal Maximum (oz) ^b	Mean All (oz) ^b	Mean Receiving (oz) ^b	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	60.0	78.4	18/16	16.4	16.9	97.2	0.0	0.0	0.0	2.8	819,710
Breastfeeding women	54.0	83.1	34/32	20.0	21.7	27.8	0.0	64.6	0.0	7.6	381,083
Children	50.2	79.0	18/16	15.9	16.7	95.1	0.0	0.0	0.0	4.9	3,560,448

Source: PC2000 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except North Dakota, New Jersey and Oklahoma).

Notes:

a Food package contains either peanut butter, beans, or both.

b Maximum for pregnant women and children is 16 ounces dried beans/peas, or 18 ounces peanut butter. Maximum for breastfeeding women is 16 ounces dried beans/peas and 18 ounces peanut butter or 32 ounces dried beans/peas. If participant can choose either beans or peanut butter, quantity is coded as 17 ounces.

Table A 19
Quantity and Type of Legumes Prescribed for WIC Participants by Participant Category

	Certification Category		
	Pregnant Women	Breastfeeding Women	Children
Percent by Type Received			
Peanut Butter	18.5%	22.5%	15.9%
Dried Beans/Peas	37.3	55.3	44.6
Indeterminant ^a	41.5	31.9	34.4
Quantity			
Federal maximum	18/16 oz	34/32 oz	18/16 oz
Mean All (oz) ^b	16.4	20.0	15.9
Peanut Butter	3.3	4.6	2.9
Beans	6.0	10.0	7.2
Indeterminant ^a	7.1	5.4	5.9
Mean Receiving (oz) ^b	16.9	21.7	16.7
Peanut Butter	18.0	18.0	18.0
Beans	16.0	19.2	16.0
Indeterminant ^a	17.0	17.5	17.0
Percent receiving Federal maximum	97.2%	27.8%	95.1%
Percent receiving 75 percent or more of Federal maximum	0.0	0.0	0.0
Percent receiving 50-75 percent of Federal maximum	0.0	64.6	0.0
Percent receiving less than 50 percent of Federal maximum	0.0	0.0	0.0
Percent receiving none	2.8%	7.6%	4.9%
N	819,710	381,083	3,560,448

Source: PC2000 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except North Dakota, New Jersey and Oklahoma).

Notes:

a Food package contains either peanut butter, beans, or both.

b Maximum for pregnant women and children is 16 ounces dried beans/peas, or 18 ounces peanut butter. Maximum for breastfeeding women is 16 ounces dried beans/peas and 18 ounces peanut butter or 32 ounces dried beans/peas. If participant can choose either beans or peanut butter, quantity is coded as 17 ounces.

Table A 20
Quantities of Carrots and Tuna Prescribed for Breastfeeding Women

	Percent of Breastfeeding Women
<i>Carrots: Federal maximum of 2 pounds</i>	
Percent receiving Federal maximum	28.4%
Percent receiving 75 percent or more of Federal maximum	0.0
Percent receiving 50-75 percent of Federal maximum	0.0
Percent receiving less than 50 percent of Federal maximum	0.0
Percent receiving none	71.5
Mean all (pounds)	0.6 lbs
Mean receiving carrots (pounds)	2.0
<i>Tuna: Federal maximum of 26 ounces</i>	
Percent receiving Federal maximum	9.0 %
Percent receiving 75 percent or more of Federal maximum	19.5
Percent receiving 50-75 percent of Federal maximum	0.0
Percent receiving less than 50 percent of Federal maximum	0.0
Percent receiving none	71.5
Mean all (ounces)	7.1 oz
Mean receiving tuna (ounces)	24.9
N	381,083

Source: PC2000 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except North Dakota, New Jersey and Oklahoma).

Table A 21
Quantity and Types of Formula Prescribed for WIC Infants and Children in April 2002

	Age of Infant				Total Infants Receiving Formula ^a	Children Receiving Formula ^b
	0-3 months	4-6 months	7 months and older	Age not reported		
Quantity						
Federal maximum (oz) ^c	806	806	806	806	806	See Infants
Mean (oz), all ^c	697.9	729.1	744.3	667.7	723.6	779.4
Mean (oz), receiving formula ^c	748.6	777.3	787.1	791.2	770.8	779.4
Percent receiving Federal maximum	71.8	77.4	79.0	71.9	76.0	68.5
Percent receiving 75 percent or more of Federal maximum	8.4	8.0	8.8	4.4	8.4	21.3
Percent receiving 50-75 percent of Federal maximum	3.9	2.3	1.7	3.4	2.7	2.5
Percent receiving less than 50 percent of Federal maximum	9.1	6.1	5.1	4.7	6.8	7.7
Percent receiving none	6.8	6.2	5.4	15.6	6.1	0.0
Form Allowable ^d						
Concentrate	52.7	53.0	54.2	33.8	53.4	31.8
Powdered	58.1	57.7	57.1	66.2	57.6	41.0
Ready-to-feed	12.9	13.1	13.4	0.7	13.1	44.1
Type Allowable ^d						
With iron	99.7	99.7	99.8	100.0	99.7	99.1
Low-iron	0.5	0.4	0.3	0.6	0.4	0.2
Milk-based	86.1	84.0	84.3	85.3	84.9	72.5
Soy-based	41.1	41.4	42.9	43.8	41.9	28.2
Lactose-free	4.5	5.5	5.1	4.6	5.0	42.5
Metabolic	0.0	0.0	0.0	0.0	0.0	0.3
Hydrolysate	2.6	3.2	2.6	3.5	2.8	8.3
Special	1.4	1.3	1.0	0.2	1.2	12.4
Hydrolysate or Special	3.9	4.3	3.5	3.7	3.8	20.0
Formula Type						
Nonexempt	84.8	84.4	84.7	95.7	84.7	49.1
Exempt	3.7	4.0	3.2	3.7	3.6	10.0
Medical food	0.0	0.0	0.0	0.2	0.0	32.2
Not specified	11.5	11.6	12.1	0.4	11.7	8.7
N	610,766	465,983	637,127	640	1,714,516	42,361

Source: PC2002 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

- a Excludes infants receiving milk packages.
- b 1.1 percent of participants classified as children received food packages containing formula.
- c Ready-to-feed formula. Concentrate and powdered formula converted to ready-to-feed equivalent based on reconstitution rates.
- d Responses are not mutually exclusive so percentages may add to more than 100 percent.

Table A 22
Quantity and Types of Formula Prescribed for WIC Infants

	All Infants
Quantity	
Federal maximum (oz) ^a	806
Mean (oz), all ^a	700.9
Mean (oz), receiving formula ^a	770.8
Percent receiving Federal maximum	73.6
Percent receiving 75 percent or more of Federal maximum	8.2
Percent receiving 50-75 percent of Federal maximum	2.6
Percent receiving less than 50 percent of Federal maximum	6.6
Percent receiving none	9.1
N	1,770,099

Source: PC2002 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

a Ready-to-feed formula. Concentrate and powdered formula converted to ready-to-feed equivalent based on reconstitution rates.

Table A 23
Quantity and Types of Milk Products Prescribed for WIC Participants by Participant Category

	Quantity								N
	Federal Maximum (quarts) ^a	Mean (quarts) ^a	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None		
Pregnant women	28	21.0	1.0	67.3	29.4	2.1	0.2	807,919	
Breastfeeding women	28	21.2	3.1	69.4	25.1	2.2	0.2	424,593	
Postpartum women	24	17.2	1.4	58.5	37.3	2.6	0.3	560,972	
Children	24	16.6	1.1	48.2	49.0	1.7	0.1	3,680,016	
Infants ^c Receiving Milk	24	14.7	0.3	18.3	80.5	0.8	0.0	55,370	

Participant Category	Percent with Form Allowable ^b			Percent by Type Allowable ^b									
	Fluid	Dry	Evapo-rated	Whole	Reduced fat (2%)	Low-fat (1 or 1 ½%)	Skim or Non-fat (0.5% or less)	Acidophilus	Lactose Reduced	UHT	Butter-milk	Goat	Kosher
Pregnant women	99.5	24.6	34.7	97.1	95.7	93.9	93.8	12.6	11.9	4.3	4.8	4.3	6.6
Breastfeeding women	98.9	29.5	39.7	95.9	95.1	93.9	93.8	10.1	8.7	3.3	3.8	3.8	6.9
Postpartum women	99.5	22.9	29.7	98.0	96.1	94.2	94.2	12.3	9.6	3.4	5.1	3.7	5.9
Children	98.6	24.6	30.7	98.2	78.4	75.4	75.4	11.3	10.3	3.9	5.0	3.9	5.9
Infants ^c Receiving Milk	99.8	36.3	38.2	99.9	59.9	52.0	52.0	6.0	5.1	0.5	2.8	0.4	3.0

Source: PC2002 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

a Fluid milk. Evaporated or dry milk converted to fluid equivalent.

b Responses are not mutually exclusive so percentages may add to more than 100 percent.

c These participants were classified as infants at their most recent certification. Many States reported providing food packages containing milk to infants who were eleven months or older in April 2002. They represent 3.1 percent of all those certified as infants.

Table A 24
Quantity of Cheese Prescribed for WIC Participants by Participant Category

	Quantity								N
	Federal Maximum (lbs) ^a	Mean All (lbs)	Mean Receiving Cheese (lbs.)	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	4	1.8	1.9	2.8	4.0	69.6	20.7	2.8	807,919
Breastfeeding women	5	2.1	2.1	0.4	2.7	21.5	73.2	2.2	424,593
Postpartum women	4	1.7	1.7	0.8	1.3	64.5	28.8	4.7	560,972
Children	4	1.6	1.6	0.4	0.7	57.4	36.1	5.5	3,722,377
Infants ^c Receiving Cheese	4	1.6	1.7	1.9	0.2	57.7	36.8	3.5	55,370

Source: PC2002 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

a Additional cheese may be issued on an individual basis.

b These participants were classified as infants at their most recent certification. Many States reported providing food packages containing milk or cheese to infants who were eleven months or older in April 2002. They represent 3.1 percent of all those certified as infants.

Table A 25
Quantity of Juice Prescribed for WIC Participants by Participant Category

	Quantity								N
	Federal Maximum (oz) ^a	Mean All (oz) ^a	Mean Receiving Juice (oz.) ^a	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	276	269.5	269.7	90.7	4.8	4.1	0.3	0.1	807,919
Breastfeeding women	322	279.7	280.2	27.8	62.6	8.0	1.4	0.1	424,593
Postpartum women	184	185.5	185.9	94.9	3.7	0.8	0.4	0.2	560,972
Infants age 4-12 months	92	66.6	86.6	49.4	1.5	25.9	0.2	23.1	1,157,023
Children	276	232.1	232.4	60.1	4.7	34.0	1.0	0.1	3,722,377

Source: PC2002 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

a Single strength juice. Concentrated juice converted to single strength equivalent. Federal maximum for concentrated juice is slightly higher: pregnant (288 oz.); breastfeeding (366 oz.); postpartum (192 oz.); infants (96 oz.); children (288 oz.).

Table A 26
Quantity of Cereal Prescribed for WIC Participants by Participant Category^a

	Quantity								N
	Federal Maximum (oz)	Mean All (oz)	Mean Receiving Cereal (oz.)	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	36	35.1	35.2	93.1	1.2	5.2	0.0	0.4	807,919
Breastfeeding women	36	35.3	35.5	95.4	1.0	3.1	0.0	0.5	424,593
Postpartum women	36	34.7	34.9	89.0	4.5	5.7	0.2	0.6	560,972
Infants age 4-12 months	24	19.7	21.5	60.5	0.2	27.4	3.3	8.5	1,157,023
Children	36	34.3	34.5	85.4	7.3	6.2	0.6	0.4	3,722,377

Source: PC2002 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

a Infants receive infant cereal. All others receive adult cereal

Table A 27
Quantity of Eggs Prescribed for WIC Participants by Participant Category

				Quantity					
	Federal Maximum (dozen) ^a	Mean All (dozen) ^a	Mean Receiving Eggs (dozen) ^a	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50- 75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum ^b	Percent Receiving None	N
Pregnant women	2.5	2.0	2.0	6.6	89.2	0.0	3.9	0.2	807,919
Breastfeeding women	2.5	2.0	2.0	8.5	87.2	0.1	3.6	0.5	424,593
Postpartum women	2.5	1.8	1.9	2.5	79.2	2.0	10.9	5.4	560,972
Children	2.5	1.8	1.8	3.0	78.4	0.1	17.0	1.5	3,722,377

Source: PC2002 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

a Fresh eggs. Dried egg mix converted to fresh equivalent.

Table A 28
Quantity and Type of Legumes Prescribed for WIC Participants by Participant Category

	Percent with Type Allowable ^a		Quantity								N
	Peanut Butter	Dried Beans/Peas	Federal Maximum (oz) ^b	Mean All (oz) ^b	Mean Receiving (oz) ^b	Percent Receiving Federal Maximum	Percent Receiving 75 Percent or More of Federal Maximum	Percent Receiving 50-75 Percent of Federal Maximum	Percent Receiving Less Than 50 Percent of Federal Maximum	Percent Receiving None	
Pregnant women	58.4	71.2	18/16	16.6	16.9	98.0	0.0	0.0	0.0	2.0	807,919
Breastfeeding women	51.6	79.1	34/32	20.3	21.7	28.3	0.0	65.2	0.0	6.5	424,593
Children	47.7	72.5	18/16	15.9	16.8	94.7	0.0	0.0	0.0	5.3	3,722,377

Source: PC2002 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

a Food package contains either peanut butter, beans, or both.

b Maximum for pregnant women and children is 16 ounces dried beans/peas, or 18 ounces peanut butter. Maximum for breastfeeding women is 16 ounces dried beans/peas and 18 ounces peanut butter or 32 ounces dried beans/peas. If participant can choose either beans or peanut butter, quantity is coded as 17 ounces.

Table A 29
Quantity and Type of Legumes Prescribed for WIC Participants by Participant Category

	Certification Category		
	Pregnant Women	Breastfeeding Women	Children
Percent by Type Received^a			
Peanut Butter	26.8%	29.1%	22.5%
Dried Beans/Peas	39.8	60.3	47.2
Indeterminant ^b	31.6	22.9	25.3
Quantity			
Federal maximum	18/16 oz	34/32 oz	18/16 oz
Mean All (oz) ^c	16.6	20.3	15.9
Peanut Butter	4.8	5.9	4.0
Beans	6.3	10.4	7.6
Indeterminant ^b	5.4	3.9	4.3
Mean Receiving (oz) ^c	16.9	21.7	16.8
Peanut Butter	18.0	18.0	18.0
Beans	16.0	18.8	16.0
Indeterminant ^b	17.0	17.6	17.0
Percent receiving Federal maximum	98.0%	28.3%	94.7%
Percent receiving 75 percent or more of Federal maximum	0.0	0.0	0.0
Percent receiving 50-75 percent of Federal maximum	0.0	65.2	0.0
Percent receiving less than 50 percent of Federal maximum	0.0	0.0	0.0
Percent receiving none	2.0%	6.5%	5.3%
N	807,919	424,593	3,722,377

Source: PC2002 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

- a Pregnant women and children: does not add to 100% as some participants did not receive any peanut butter or beans.
Breastfeeding women: counted in both peanut butter and beans if received both.
- b Food package contains either peanut butter or beans.
- c Maximum for pregnant women and children is 16 ounces dried beans/peas, or 18 ounces peanut butter. Maximum for breastfeeding women is 16 ounces dried beans/peas and 18 ounces peanut butter or 32 ounces dried beans/peas. If participant can choose either beans or peanut butter, quantity is coded as 17 ounce

Table A 30
Quantities of Carrots and Tuna Prescribed for Breastfeeding Women

	Percent of Breastfeeding Women
Carrots: Federal maximum of 2 pounds	
Percent receiving Federal maximum	29.1%
Percent receiving 75 percent or more of Federal maximum	0.0
Percent receiving 50-75 percent of Federal maximum	0.1
Percent receiving less than 50 percent of Federal maximum	0.0
Percent receiving none	70.8
Mean all (pounds)	0.6
Mean receiving carrots (pounds)	2.0
Tuna: Federal maximum of 26 ounces	
Percent receiving Federal maximum	9.5
Percent receiving 75 percent or more of Federal maximum	19.4
Percent receiving 50-75 percent of Federal maximum	0.3
Percent receiving less than 50 percent of Federal maximum	0.0
Percent receiving none	70.8
Mean all (ounces)	7.2
Mean receiving tuna (ounces)	24.8
N	424,593

Source: PC2002 participant characteristics data. Analysis includes the 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

**Appendix B: WIC Food Prescription Data Tables 1998-2002, as adapted by the USDA
Food and Nutrition Service, Office of Analysis, Nutrition and Evaluation to analyze exclusively
breastfeeding women**

Table B 1

Quantity and Types of Milk Prescribed for WIC Participants by Participant Category

	Federal Maximum (quarts) ^a	Mean (quarts) ^b	Percent Prescribed Federal Maximum	Percent Prescribed 75 Percent of More of Federal Maximum	Percent Prescribed 50-75 Percent of Federal Maximum	Percent Prescribed Less Than 50 Percent of Federal Maximum	Percent Prescribed None	N
Pregnant Women	28	21.5	1.2%	70.6%	27.1%	1.1%	0.0%	785,160
Breastfeeding Women	28	21.3	0.7%	73.4%	24.8%	1.0%	0.0%	246,890
Exclusively Breastfeeding Women	28	22.6	7.9%	81.8%	9.9%	0.3%	0.0%	106,737
Postpartum Women	24	17.4	1.8%	59.8%	37.6%	0.8%	0.0%	516,451
Children	24	17.1	1.2%	55.1%	43.3%	4.0%	0.0%	3,585,882
Infants ^c Prescribed Milk	See Children	17.3	0.6%	52.0%	47.4%	0.1%	0.0%	113,896

	Percent with Form Allowable ^b			Percent by Type Allowable ^b									
	Fluid	Dry	Evaporated	Whole	Reduced Fat (2%)	Low-fat (1% or 1.5%)	Skim or Non-fat (.5% or less)	Acidophilus	Lactose Reduced	UHT	Butter-milk	Goat	Kosher
Pregnant Women	99.9	32.7	34.2	98.6	96.8	96.5	96.8	12.1	12.8	6.2	5.5	3.9	7.1
Breastfeeding Women	99.7	42.5	43.3	99.0	97.5	97.3	97.6	8.7	8.5	3.7	3.3	2.6	7.6
Exclusively Breastfeeding Women	100.0	37.7	40.8	98.4	99.5	98.4	99.4	10.4	13.8	3.8	6.5	2.5	4.8
Postpartum Women	99.9	31.2	28.6	99.0	97.5	97.1	97.6	10.5	9.2	6.0	6.6	3.9	7.4
Children	99.1	33.1	30.9	99.4	79.8	79.3	79.9	9.7	10.6	5.4	5.7	3.5	7.0
Infants ^c Prescribed Milk	98.3	49.8	29.2	99.5	66.6	65.0	66.5	2.0	3.9	0.6	1.1	0.8	0.8

Source: PC1998 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine)

Notes:

a Fluid milk. Evaporated or dry milk converted to fluid equivalent.

b Responses are not mutually exclusive so percentages may add to more than 100 percent.

c These participants were classified as infants at their most recent certification. They represented 6.4% of all those certified as infants.

Table B 2**Quantity of Cheese Prescribed for WIC Participants by Participant Category**

	Federal Maximum (lbs) ^a	Mean All (lbs)	Mean Prescribed Cheese (lbs)	Percent Prescribed Federal Maximum	Percent Prescribed 75 Percent of More of Federal Maximum	Percent Prescribed 50-74.9 Percent of Federal Maximum	Percent Prescribed Less Than 50 Percent of Federal Maximum	Percent Prescribed None	N
Pregnant Women	4	1.8	1.9	3.1	2.3	68.4	22.9	3.3	785,160
Breastfeeding Women	4	1.8	1.9	3.2	2.1	72.0	20.0	2.8	246,890
Exclusively Breastfeeding Women	5	2.6	2.6	1.0	1.9	66.7	30.2	0.3	106,737
Postpartum Women	4	1.6	1.7	0.6	0.9	60.2	33.5	4.8	516,451
Children	4	1.5	1.6	0.3	0.4	55.1	39.2	4.9	3,610,603
Infants ^b Prescribed Cheese	See Children	1.0	1.5	0.0	0.1	34.7	29.1	36.1	113,896

Source: PC1998 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine).

Notes:

a Additional cheese may be issued on an individual basis.

b Those participants were classified as infants at their most recent certification. They represent 6.4% of all those certified as infants.

Table B 3**Quantity of Juice Prescribed for WIC Participants by Participant Category**

	Federal Maximum (oz)^a	Mean All (oz)^b	Mean Prescribed Juice (oz)^c	Percent Prescribed Federal Maximum	Percent Prescribed 75 Percent of More of Federal Maximum	Percent Prescribed 50-74.9 Percent of Federal Maximum	Percent Prescribed Less Than 50 Percent of Federal Maximum	Percent Prescribed None	N
Pregnant Women	276	272.6	272.7	93.3%	4.4%	2.1%	0.1%	0.0%	785,160
Breastfeeding Women	276	266.1	266.2	87.9%	2.1%	9.6%	0.3%	0.0%	246,890
Exclusively Breastfeeding Women	322	321.6	321.7	96.3%	3.3%	0.2%	0.2%	0.0%	106,737
Postpartum Women	184	184.9	184.9	97.9%	1.2%	0.9%	0.0%	0.0%	516,451
Infants age 4-12 months	92	72.8	94.5	54.0%	1.1%	21.9%	0.1%	22.9%	1,157,214
Children	276	240.4	240.5	65.7%	4.5%	29.3%	0.5%	0.0%	3,610,603

Source: PC1998 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine).

Notes:

a Single strength juice. Concentrated juice converted to single strength equivalent. Federal maximum for concentrate juice is slightly higher: pregnant (288 oz.); breastfeeding (366 oz.); postpartum (192 oz.); infants (96 oz.); children (288 oz.).

Table B 4**Quantity and Type of Legumes Prescribed for WIC Participants by Participant Category**

	Certification Category			
	Pregnant Women	Breastfeeding Women	Exclusively Breastfeeding Women	Children
Percent by Type Received				
Peanut Butter	13.7%	9.3%	44.1%	10.8%
Dried Beans/Peas	34.8%	40.8%	93.7%	43.7%
Indeterminant ^a	49.7%	40.7%	25.8%	39.9%
Quantity				
Federal Maximum	18/16	18/16	18/34	18/16
Mean All (oz) ^b	16.5	15.1	32.5	15.7
Peanut Butter	2.5	1.7	9.4	2.0
Beans	5.6	6.5	19.0	7.0
Indeterminant ^a	8.4	6.9	6.1	6.8
Mean Prescribed (oz) ^b	16.9	16.7	32.6	16.7
Peanut Butter	18.0	18.0	21.3	18.0
Beans	16.0	16.0	22.4	16.0
Indeterminant ^a	17.0	17.0	19.6	17.0
Percent prescribed Federal maximum	97.7%	90.8%	96.1%	94.3%
Percent prescribed 75 percent or more of Federal maximum	0.0%	0.0%	0.0%	0.0%
Percent prescribed 50-74.9 percent of Federal maximum	0.0%	0.0%	3.9%	0.0%
Percent prescribed less than 50 percent of Federal maximum	0.0%	0.0%	0.0%	0.0%
Percent prescribed none	2.3%	9.2%	0.0%	5.6%
N	785,160	246,890	106,737	3,610,604

Source: PC1998 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine).

Notes: a Food package contains either peanut butter, beans, or both.

b Maximum for pregnant women, breastfeeding women and children is 16 ounces dried beans/peas, or 18 ounces peanut butter. Maximum for exclusively breastfeeding women is 16 ounces dried beans/peas and 18 ounces peanut butter.

Table B 5**Quantity of Carrots and Tuna Prescribed for Exclusively Breastfeeding Women**

	Percent of Exclusively Breastfeeding Women
<i>Carrots: Federal maximum of 2 pounds</i>	
Percent prescribed Federal maximum	99.8%
Percent prescribed 75 percent or more of Federal maximum	0.0%
Percent prescribed 50-74.9 percent of Federal maximum	0.2%
Percent prescribed less than 50 percent of Federal maximum	0.0%
Percent prescribed none	0.0%
Mean all (pounds)	2.0
Mean prescribed carrots (pounds)	2.0
<i>Tuna: Federal maximum of 26 ounces</i>	
Percent prescribed Federal maximum	31.0%
Percent prescribed 75 percent or more of Federal maximum	68.8%
Percent prescribed 50-74.9 percent of Federal maximum	0.1%
Percent prescribed less than 50 percent of Federal maximum	0.1%
Percent prescribed none	0.0%
Mean all (ounces)	24.8
Mean prescribed tuna (ounces)	24.9
N	106,737

Source: PC1998 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (except Louisiana, Minnesota, North Dakota, Ohio, and infants in Maine).

Table B 6

Quantity and Types of Milk Prescribed for WIC Participants by Participant Category

	Federal Maximum (quarts) ^a	Mean (quarts) ^b	Percent Prescribed Federal Maximum	Percent Prescribed 75 Percent of More of Federal Maximum	Percent Prescribed 50-74.9 Percent of Federal Maximum	Percent Prescribed Less Than 50 Percent of Federal Maximum	Percent Prescribed None	N
Pregnant Women	28	21.2	1.0%	68.9%	28.5%	1.5%	0.0%	819,710
Breastfeeding Women Exclusively	28	21.0	0.6%	71.2%	26.5%	1.7%	0.0%	272,329
Breastfeeding Women	28	22.4	7.1%	78.8%	13.0%	1.0%	0.0%	108,753
Postpartum Women	24	17.3	1.7%	56.5%	40.2%	1.6%	0.0%	529,999
Children	24	17.0	1.0%	53.0%	45.0%	1.0%	0.0%	3,520,348
Infants ^c Prescribed Milk	See Children	17.4	0.4%	57.0%	42.5%	0.1%	0.0%	81,139

	Percent with Form Allowable ^b			Percent by Type Allowable ^b									
	Fluid	Dry	Evaporated	Whole	Reduced Fat (2%)	Low-fat (1% or 1.5%)	Skim or Non-fat (.5% or less)	Acidophilus	Lactose Reduced	UHT	Butter-milk	Goat	Kosher
Pregnant Women	99.6	31.4	33.5	98.9	96.6	95.2	96.5	12.1	12.5	5.9	4.5	4.4	5.2
Breastfeeding Women Exclusively	99.2	40.0	38.1	99.1	97.2	96.7	97.4	10.0	9.0	4.3	3.3	3.9	4.6
Breastfeeding Women	99.5	38.1	40.6	98.3	98.8	98.7	98.6	10.5	9.0	3.9	5.5	3.5	3.9
Postpartum Women	99.5	29.3	28.7	99.2	97.4	97.3	97.4	12.5	9.4	6.0	5.6	4.4	5.4
Children	98.7	32.0	29.7	99.5	78.9	79.1	79.0	10.9	10.4	5.3	5.0	4.1	4.7
Infants ^c Prescribed Milk	99.9	52.7	13.7	100.0	83.2	83.1	83.2	4.3	6.7	0.6	1.9	0.4	1.1

Source: PC2000 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

a Fluid milk. Evaporated or dry milk converted to fluid equivalent.

b Responses are not mutually exclusive so percentages may add to more than 100 percent.

c These participants were classified as infants at their most recent certification. They represented 4.5 percent of all those certified as infants.

Table B 7**Quantity of Cheese Prescribed for WIC Participants by Participant Category**

	Federal Maximum (lbs) ^a	Mean All (lbs)	Mean Prescribed Cheese (lbs)	Percent Prescribed Federal Maximum	Percent Prescribed of More of Federal Maximum	Percent Prescribed 50-74.9 Percent of Federal Maximum	Percent Prescribed Less Than 50 Percent of Federal Maximum	Percent Prescribed None	N
Pregnant Women	4	1.8	1.9	2.9	4.3	69.5	20.2	3.1	819,710
Breastfeeding Women	4	1.9	1.9	3.4	2.7	72.5	19.1	2.3	272,329
Exclusively Breastfeeding Women	5	2.7	2.7	1.0	2.4	66.5	29.7	0.3	108,753
Postpartum Women	4	1.6	1.7	0.6	0.8	62.2	32.2	4.1	529,999
Children	4	1.5	1.6	0.3	0.6	57.0	36.8	5.3	3,560,448
Infants ^b Prescribed Cheese	See Children	1.0	1.5	0.0	0.1	35.0	34.0	30.9	81,139

Source: PC2000 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

a Additional cheese may be issued on an individual basis.

b Those participants were classified as infants at their most recent certification. They represent 4.5 percent of all those certified as infants.

Table B 8**Quantity of Juice Prescribed for WIC Participants by Participant Category**

	Federal Maximum (oz) ^a	Mean All (oz) ^b	Mean Prescribed Juice (oz) ^c	Percent Prescribed Federal Maximum	Percent Prescribed of More of Federal Maximum	Percent Prescribed 50-74.9 Percent of Federal Maximum	Percent Prescribed Less Than 50 Percent of Federal Maximum	Percent Prescribed None	N
Pregnant Women	276	267.7	267.8	89.4%	5.3%	3.6%	1.7%	0.0%	819,710
Breastfeeding Women	276	262.5	262.6	85.7%	1.7%	11.2%	1.3%	0.0%	272,329
Exclusively Breastfeeding Women	322	320.1	320.1	95.7%	3.2%	0.2%	0.8%	0.0%	108,754
Postpartum Women	184	184.5	184.5	95.4%	3.6%	0.7%	0.3%	0.0%	529,999
Infants age 4-12 months	92	71.1	89.6	53.0%	1.4%	25.0%	0.1%	20.6%	1,210,062
Children	276	235.0	235.2	62.7%	3.9%	32.3%	1.0%	0.1%	3,560,448

Source: PC2000 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes:

a Single strength juice. Concentrated juice converted to single strength equivalent. Federal maximum for concentrate juice is slightly higher: pregnant (288 oz.); breastfeeding (366 oz.); postpartum (192 oz.); infants (96 oz.); children (288 oz.).

Table B 9
Quantity and Type of Legumes Prescribed for WIC Participants by Participant Category

	Certification Category			
	Pregnant Women	Breastfeeding Women	Exclusively Breastfeeding Women	Children
Percent by Type Received				
Peanut Butter	18.5%	12.5%	47.7%	15.9%
Dried Beans/Peas	37.3%	39.6%	94.6%	44.6%
Indeterminanta	41.5%	36.8%	19.7%	34.4%
Quantity				
Federal Maximum	18/16	18/16	18/34	18/16
Mean All (oz) ^b	16.4	14.9	32.8	15.9
Peanut Butter	3.3	2.2	10.4	2.9
Beans	6.0	6.3	19.1	7.2
Indeterminanta	7.1	6.3	3.3	5.9
Mean Prescribed (oz) ^b	16.9	16.7	32.8	16.7
Peanut Butter	18.0	18.0	21.7	18.0
Beans	16.0	16.0	22.9	16.0
Indeterminanta	17.0	17.0	20.2	17.0
Percent prescribed Federal maximum	97.2%	89.4%	97.4%	95.1%
Percent prescribed 75 percent or more of Federal maximum	0.0%	0.0%	0.0%	0.0%
Percent prescribed 50-74.9 percent of Federal maximum	0.0%	0.0%	2.6%	0.0%
Percent prescribed less than 50 percent of Federal maximum	0.0%	0.0%	0.0%	0.0%
Percent prescribed none	2.8%	10.6%	0.0%	4.9%
N	819,710	272,329	108,753	3,560,448

Source: PC2000 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Notes: a Food package contains either peanut butter, beans, or both.

b Maximum for pregnant women, breastfeeding women and children is 16 ounces dried beans/peas, or 18 ounces peanut butter. Maximum for exclusively breastfeeding women is 16 ounces dried beans/peas and 18 ounces peanut butter.

Table B 10
Quantities of Carrots and Tuna Prescribed for Exclusively Breastfeeding Women

	Percent of Exclusively Breastfeeding Women
<i>Carrots: Federal maximum of 2 pounds</i>	
Percent prescribed Federal maximum	99.7%
Percent prescribed 75 percent or more of Federal maximum	0.0%
Percent prescribed 50-74.9 percent of Federal maximum	0.1%
Percent prescribed less than 50 percent of Federal maximum	0.0%
Percent prescribed none	0.2%
Mean all (pounds)	2.0
Mean prescribed carrots (pounds)	2.0
<i>Tuna: Federal maximum of 26 ounces</i>	
Percent prescribed Federal maximum	31.6%
Percent prescribed 75 percent or more of Federal maximum	68.2%
Percent prescribed 50-74.9 percent of Federal maximum	0.1%
Percent prescribed less than 50 percent of Federal maximum	0.1%
Percent prescribed none	0.0%
Mean all (ounces)	24.9
Mean prescribed tuna (ounces)	24.9
N	108,753

Source: PC2000 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (except Mississippi, North Dakota, and Oklahoma).

Table B 11
Quantity and Types of Milk Prescribed for WIC Participants by Participant Category

	Federal Maximum (quarts) ^a	Mean (quarts) ^b	Percent Prescribed Federal Maximum	Percent Prescribed 75 Percent of More of Federal Maximum	Percent Prescribed 50-74.9 Percent of Federal Maximum	Percent Prescribed Less Than 50 Percent of Federal Maximum	Percent Prescribed None	N
Pregnant Women	28	21.0	1.0%	67.3%	29.4%	2.1%	0.2%	807,919
Breastfeeding Women	28(24)	20.7	0.8%	66.4%	29.8%	2.7%	0.3%	300,339
Exclusively Breastfeeding Women	28	22.3	8.5%	76.4%	13.8%	1.1%	0.1%	124,254
Postpartum Women	24	17.2	1.4%	58.5%	37.3%	2.6%	0.3%	560,972
Children	24	16.6	1.1%	48.2%	49.0%	1.7%	0.1%	3,680,016
Infants ^c Prescribed Milk	See Children	14.7	0.3%	18.3%	80.5%	0.8%	0.0%	55,370

	Percent with Form Allowable ^b			Percent by Type Allowable ^b									
	Fluid	Dry	Evaporated	Whole	Reduced Fat (2%)	Low-fat (1% or 1.5%)	Skim or Non-fat (.5% or less)	Acidophilus	Lactose Reduced	UHT	Butter-milk	Goat	Kosher
Pregnant Women	99.5	24.6	34.7	97.1	95.7	93.9	93.8	12.6	11.9	4.3	4.8	4.3	6.6
Breastfeeding Women	98.6	28.4	40.1	95.5	94.2	92.5	92.4	10.0	7.9	3.3	3.2	3.8	7.6
Exclusively Breastfeeding Women	99.5	32.0	38.8	97.0	97.4	97.3	97.2	10.4	10.7	3.5	5.2	3.6	5.2
Postpartum Women	99.5	22.9	29.7	98.0	96.1	94.2	94.2	12.3	9.6	3.4	5.1	3.7	5.9
Children	98.6	24.6	30.7	98.2	78.4	75.4	75.4	11.3	10.3	3.9	5.0	3.9	5.9
Infants ^c Prescribed Milk	99.8	36.3	38.2	99.9	59.9	52.0	52.0	6.0	5.1	0.5	2.8	0.4	3.0

Source: PC2002 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (Mississippi, North Dakota, and Oklahoma).

Notes:

a Fluid milk. Evaporated or dry milk converted to fluid equivalent.

b Responses are not mutually exclusive so percentages may add to more than 100 percent.

c These participants were classified as infants at their most recent certification. They represented 3.1 percent of all those certified as infants.

Table B 12**Quantity of Cheese Prescribed for WIC Participants by Participant Category**

	Federal Maximum (lbs) ^a	Mean All (lbs)	Mean Prescribed Cheese (lbs)	Percent Prescribed Federal Maximum	Percent Prescribed 75 Percent of More of Federal Maximum	Percent Prescribed 50-74.9 Percent of Federal Maximum	Percent Prescribed Less Than 50 Percent of Federal Maximum	Percent Prescribed None	N
Pregnant Women	4	1.8	1.9	2.8	4.0	69.6	20.7	2.8	807,919
Breastfeeding Women	4	1.8	1.9	2.8	2.6	71.6	20.1	2.9	300,339
Exclusively Breastfeeding Women	5	2.7	2.7	1.4	2.4	67.2	28.7	0.4	124,253
Postpartum Women	4	1.7	1.7	0.8	1.3	64.5	28.8	4.7	560,972
Children	4	1.6	1.6	0.4	0.7	57.4	36.1	5.5	3,722,377
Infants ^b Prescribed Cheese	4	1.6	1.7	1.9	0.2	57.7	36.8	3.5	55,370

Source: PC2002 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (Mississippi, North Dakota, and Oklahoma).

Notes:

a Additional cheese may be issued on an individual basis.

b Those participants were classified as infants at their most recent certification. They represent 3.1 percent of all those certified as infants.

Table B 13**Quantity of Juice Prescribed for WIC Participants by Participant Category**

	Federal Maximum (oz) ^a	Mean All (oz) ^b	Mean Prescribed Juice (oz) ^c	Percent Prescribed Federal Maximum	Percent Prescribed 75 Percent of More of Federal Maximum	Percent Prescribed 50-74.9 Percent of Federal Maximum	Percent Prescribed Less Than 50 Percent of Federal Maximum	Percent Prescribed None	N
Pregnant Women	276	269.5	269.7	90.7%	4.8%	4.1%	0.3%	0.1%	807,919
Breastfeeding Women	276	263.4	263.9	86.4%	2.0%	10.7%	0.7%	0.2%	300,339
Exclusively Breastfeeding Women	322	319.3	319.4	95.0%	3.2%	1.1%	0.7%	0.0%	124,254
Postpartum Women	184	185.5	185.9	94.9%	3.7%	0.8%	0.4%	0.2%	560,973
Infants age 4-12 months	92	66.6	86.6	49.4%	1.5%	25.9%	0.2%	23.1%	1,157,023
Children	276	232.1	232.4	60.1%	4.7%	34.0%	1.0%	0.1%	3,722,377

Source: PC2002 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (Mississippi, North Dakota, and Oklahoma).

Notes:

a Single strength juice. Concentrated juice converted to single strength equivalent. Federal maximum for concentrate juice is slightly higher: pregnant (288 oz.); breastfeeding (366 oz.); postpartum (192 oz.); infants (96 oz.); children (288 oz.).

Table B 14
Quantity and Type of Legumes Prescribed for WIC Participants by Participant Category

	Certification Category			
	Pregnant Women	Breastfeeding Women	Exclusively Breastfeeding Women	Children
Percent by Type Received				
Peanut Butter	26.8%	20.3%	50.2%	22.5%
Dried Beans/Peas	39.8%	46.1%	94.7%	47.2%
Indeterminant ^a	31.6%	24.9%	18.0%	25.3%
Quantity				
Federal Maximum	18/16	18/16	18/34	18/16
Mean All (oz) ^b	16.6	15.2	32.6	15.9
Peanut Butter	4.8	3.6	11.5	4.0
Beans	6.3	7.3	18.0	7.6
Indeterminant ^a	5.4	4.2	3.1	4.3
Mean Prescribed (oz) ^b	16.9	16.7	32.7	16.8
Peanut Butter	18.0	18.0	22.9	18.0
Beans	16.0	16.0	22.8	16.0
Indeterminant ^a	17.0	17.0	20.0	17.0
Percent prescribed Federal maximum	98.0%	90.9%	96.6%	94.7%
Percent prescribed 75 percent or more of Federal maximum	0.0%	0.0%	0.0%	0.0%
Percent prescribed 50-74.9 percent of Federal maximum	0.0%	0.0%	3.2%	0.0%
Percent prescribed less than 50 percent of Federal maximum	0.0%	0.0%	0.0%	0.0%
Percent prescribed none	2.0%	9.1%	0.2%	5.3%
N	807,919	300,339	124,253	3,722,377

Source: PC2002 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (Mississippi, North Dakota, and Oklahoma).

Notes: a Food package contains either peanut butter, beans, or both.

b Maximum for pregnant women, breastfeeding women and children is 16 ounces dried beans/peas, or 18 ounces peanut butter. Maximum for exclusively breastfeeding women is 16 ounces dried beans/peas and 18 ounces peanut butter.

Table B 15**Quantities of Carrots and Tuna Prescribed for Exclusively Breastfeeding Women**

	Percent of Exclusively Breastfeeding Women
<i>Carrots: Federal maximum of 2 pounds</i>	
Percent prescribed Federal maximum	99.6%
Percent prescribed 75 percent or more of Federal maximum	0.0%
Percent prescribed 50-74.9 percent of Federal maximum	0.2%
Percent prescribed less than 50 percent of Federal maximum	0.0%
Percent prescribed none	0.2%
Mean all (pounds)	2.0
Mean prescribed carrots (pounds)	2.0
<i>Tuna: Federal maximum of 26 ounces</i>	
Percent prescribed Federal maximum	32.5%
Percent prescribed 75 percent or more of Federal maximum	66.4%
Percent prescribed 50-74.9 percent of Federal maximum	0.9%
Percent prescribed less than 50 percent of Federal maximum	0.1%
Percent prescribed none	0.1%
Mean all (ounces)	24.8
Mean prescribed tuna (ounces)	24.8
N	124,254

Source: PC2002 participant characteristic data. Analysis includes 50 States, D.C., and Puerto Rico (Mississippi, North Dakota, and Oklahoma).