

Substitutions

	#	Food Item	Suggested Substitute(s)
Fruits & Vegetables fresh	1	Apples any variety (bagged or loose)	
	2	Bananas	Plantains
	3	Grapes (green or red)	
	4	Melon (cantaloupe, honeydew, or watermelon)	
	5	Oranges, any variety (bagged or loose)	Tangerines, Mandarin Oranges, Tangelos, Grapefruit
	6	Sweet Potato	
	7	Cabbage	
	8	Carrots, unpeeled (bagged or loose)	
	9	Celery, bunch	
	10	Green pepper	
	11	Lettuce, leaf (green or red)	Spinach; romaine lettuce; collard, mustard, turnip or beet greens; chard; bok choy
	12	Onions, yellow (bagged or loose)	
	13	Tomatoes, any variety	
	14	Potatoes, any variety	
Fruits & Vegetables canned/frozen	15	Oranges, mandarin (juice or light syrup)	Strawberries, frozen; blueberries, frozen
	16	Peaches, any variety (light syrup)	Pears, juice or light syrup
	17	Mushrooms, pieces	Mushrooms, whole
	18	Spaghetti sauce, any variety	Salsa
	19	Soup, any variety (not broth)	
	20	Tomato sauce, any variety	Salsa
	21	Orange juice, frozen concentrate	Grapefruit juice, frozen concentrate
	22	Broccoli, chopped	Spinach, chopped; kale chopped; collard, mustard, beet, turnip greens, chopped, frozen
	23	Green beans, any variety, frozen	Corn; okra; snow peas; frozen
	24	Green peas, any variety, frozen	Corn; okra; snow peas; frozen
	25	French fries, any variety, frozen	
Grains	26	Bread, white, enriched	Flour tortillas, enriched; pita bread, white, enriched
	27	Bread, whole wheat	Corn tortillas, enriched; whole-wheat pita bread, enriched
	28	Hamburger buns, enriched	Flour tortillas, enriched; pita bread, enriched
	29	Rolls, dinner, enriched	Flour tortillas, enriched; pita bread, enriched
	30	French or Italian Bread, enriched	Flour tortillas, enriched; pita bread, enriched
	31	Bagels, plain, enriched	English muffins, plain, enriched
	32	Tortilla, white or yellow corn	
	33	Bread crumbs, plain	Bread crumbs, flavored
	34	Ready-to-eat cereal: Corn Flakes	Ready-to-eat cereal: Bran Flakes
	35	Ready-to-eat cereal: Toasted Oats	Other cold cereal, any type
	36	Oatmeal, Instant	Old Fashion Oatmeal
	37	Flour, white, all-purpose enriched	
	38	Pilot bread	Nabisco Crown Pilot
	39	Macaroni, elbow-style, enriched	Macaroni, any style, enriched; Asian-style noodles, enriched
	40	Noodles, yolk-free, enriched	Macaroni, any style, enriched; Asian-style noodles, enriched
	41	Ramen Noodles, any variety	
	42	Potato Chips	Substitute with any type of potato chips, including tortilla
	43	Popcorn, microwave, any variety (un-popped)	Regular popcorn
	44	Rice, white, long-grain, enriched	Rice, white, short grain, enriched
	45	Brown Rice, any variety (not bulk)	
	46	Spaghetti, any variety, enriched	Macaroni, any style, enriched; Asian-style noodles, enriched

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	#	Food Item	Suggested Substitute(s)
Dairy	47	Milk, 1% milk fat	Milk, skim
	48	Milk, whole	Milk, 2% milk fat
	49	UHT Milk, regular or 2% milk fat	
	50	Yogurt, any variety	
	51	Tofu, firm	
	52	Cheese, cheddar, any variety	
	53	Cheese, cottage, any variety	
	54	Cheese, mozzarella, whole	Cheese, mozzarella, part skim, shredded
	55	Ice Cream	Substitute with container of ice cream which weighs at least 1/2 pint
	56	Evaporated milk, any variety	
Meats	57	Beef, ground, lean (16 to 23% fat)	Do not substitute regular ground beef
	58	Chicken, fryer, cut-up or whole	Chicken, any style
	59	Chicken, thighs	Chicken, any skinless, boneless style
	60	Turkey, ground	Tofu, any style
	61	Pork, ground	Beef, ground lean; tofu, any style
	62	Salmon, pink, canned	
	63	Bacon	
	64	Turkey ham (packaged luncheon meat)	Tofu, any style
	65	Bologna	
	66	Spam	Luncheon Loaf
	67	Eggs, grade A, large	Any size/grade eggs
	68	Fish, flounder or cod, frozen	grouper, haddock, Pollock, monkfish, rockfish, snapper. (Use fresh or frozen, whichever is cheaper, if same product.)
	69	Tuna fish, chunk-style, water packed	
	70	Beans, garbanzo (chick peas), canned	Black beans, red beans, navy beans, canned
	71	Beans, kidney, canned	Black beans, red beans, canned
	72	Beans, baked, vegetarian, canned	Baked beans with pork, canned
	73	Peanut butter, any variety	
Fats & Oils	74	Margarine, stick	
	75	Butter	
	76	Shortening, vegetable	
	77	Mayonnaise, regular	
	78	Vegetable oil, any type	
Sugars & Sweets	79	Sugar, brown (dark or light)	
	80	Sugar, powdered	
	81	Sugar, white, granulated	
	82	Jelly, grape	Jelly or jam, any flavor
	83	Molasses, any type	
	84	Pancake syrup, any type	
	85	Chocolate chips, semi-sweet	
	86	Cookies, Vanilla Wafers	
	87	Coke, 7-Up or Pepsi	Substitute with generic brand only if Coke, 7-Up or Pepsi is not available.
	89	Fruit drink, refrigerated, any flavor	
	89	Drink Mixes, Dry (Tang, Country Time, Kool-Aid)	
	90	Fudge-sicles, ice milk	Sherbet, any flavor; any other low-fat frozen dessert
Condiments	91	Catsup, any type	Salsa
	92	Avocado	
	93	Chocolate drink mix, powdered	
	94	Coffee, ground	
	95	Tea, bulk or bags (not instant)	
WIC	96	Baby Cereal, Rice	
	97	Baby Food, beef & beef gravy	
	98	Baby Food, green beans	

Substitutions

	#	Food Item	Suggested Substitute(s)
	99	Similac Advance Early Shield	Other Similac formula or other brand formula