

Inter Tribal Council of Arizona, Inc. WIC Program
Allowable Fruits and Vegetables versus **Unallowable** Herbs and Spices
(note: the following is NOT a complete listing.)

ALLOWABLE: Considered as Fruits and Vegetables
(as long as fresh and plain)

- ✓ Cactus Leaves (Nopales)
- ✓ Chili peppers
- ✓ Jalapeño peppers
- ✓ Red, bell, and yellow peppers
- ✓ Edamame
- ✓ Garlic
- ✓ Green onions
- ✓ Pumpkins (unpainted)
- ✓ Sweet Potatoes
- ✓ Yams

UNALLOWABLE: Herbs and spices are not an approved food item.
(whether fresh or dried)

- × Anise
- × Basil
- × Bay leaves
- × Caraway
- × Chervil
- × Chives
- × Cilantro
- × Cinnamon
- × Dill
- × Fenugreek
- × Ginger
- × Horseradish
- × Lemon grass
- × Marjoram
- × Mint
- × Oregano
- × Parsley
- × Rosemary
- × Sage
- × Savory
- × Tarragon
- × Thyme