

Supplemental Information

SUPPLEMENTAL TABLE 2 Food and Beverage Categories and Associated Subcategories and the USDA WWEIA Food Categorization Codes

Categories	Subcategories	USDA WWEIA Food Codes
Beverages or other liquids		
Breast milk	—	9602
Formula	Ready-to-feed, prepared, and prepared from concentrate	9402, 9404, and 9406
Whole milk	Whole milk	1002
Reduced-, low-, or nonfat milk	Reduced-fat, low-fat, or nonfat milk	1004, 1006, and 1008
Flavored milk or milk substitutes	Flavored milk (whole, reduced-fat, low-fat, or nonfat)	1202, 1204, 1206, and 1208
	Milk substitutes, milkshakes, and other dairy drinks	1404 and 1402
Total milk	Whole, reduced-fat, low-fat, nonfat, flavored milk, and/or milk substitutes	1002, 1004, 1008, 1202, 1204, 1206, 1208, 1404, and 1402
Water	Tap water, plain water, baby water	7702, 7704, and 9204
100% juice	Citrus juice, apple juice, other fruit juice, vegetable juice, baby juice	7002, 7004, 7006, 7008, and 9202
Sugar-sweetened beverages	Sweetened beverages (soft drinks, fruit drinks, sports and energy drinks, nutritional beverages, and smoothies and grain drinks)	7202, 7204, 7206, 7208, and 7220
	Flavored or enhanced water	7802 and 7804
Food categories		
Fruit	Apples	6002
	Bananas	6004
	Grapes	6006
	Peaches and nectarines	6008
	Berries	6010
	Citrus fruits	6012
	Melons	6014
	Dried fruits	6016
	Other fruits and fruit salads	6018
	Baby food (fruit)	9004
Vegetables (excluding white potatoes)	Tomatoes, carrots, other red and orange vegetables, and pasta sauces	6402, 6404, 6406, and 8410
	Dark-green and leafy vegetables, lettuce, and lettuce salads	6408 and 6410
	Legumes (beans and peas)	2802
	Vegetables (string beans, onions, mixed vegetables, and vegetable mixed dishes)	6412, 6414, 6420, and 6422
	Starchy vegetables except potatoes (corn and other starchy vegetables)	6416 and 6418
	Baby food (vegetables)	9006
Vegetables (white potatoes)	White potatoes (baked or boiled, French fries and other fried white potatoes, mashed and white potato mixtures)	6802, 6804, and 6806
Protein foods	Meats	2002, 2004, 2006, 2008, and 2010
	Poultry	2202, 2204, and 2206
	Seafood	2402 and 2404
	Eggs and omelets	2502
	Cured meats and/or poultry	2602, 2604, 2606, and 2608
	Nuts, seeds, and processed soy products	2804 and 2806
	Cheese and yogurt (includes baby food yogurt)	1602, 1604, 1802, 1804, 1820, 1822, and 9010
Dairy	Total milk (whole, reduced-fat, low-fat, nonfat, flavored milk, and/or milk substitutes)	1002, 1004, 1008, 1202, 1204, 1206, 1208, 1404, and 1402
	Cheese and yogurt (includes baby food yogurt)	1602, 1604, 1802, 1804, 1820, 1822, and 9010
Grains	Baby food (cereals)	9002
	Ready-to-eat cereals	4602 and 4604
	Cooked cereal	4802 and 4804
	Breads, rolls, and tortillas	4202, 4204, 4206, and 4208
	Quick breads and bread products	4402 and 4404
	Cooked grains	4002 and 4004
Mixed dishes	Mixed dishes (meat, poultry, and seafood)	3002, 3004, 3006, 3404, 9008
	Mixed dishes (rice, pasta, and other grain-based mixed dishes)	3202, 3204, 3206, 3208, 3402, 3406, and 3506
	Mixed dishes (pizza)	3602
	Mixed dishes (burgers and sandwiches [includes tacos and burritos])	3702, 3703, 3704, 3706, 3708, and 3502
	Mixed dishes (soup)	3802
Snacks	Savory snacks	5002, 5004, 5006, 5008, and 3504
	Crackers	5202 and 5204
	Snack and/or meal bars	5402 and 5404

SUPPLEMENTAL TABLE 2 Continued

Categories	Subcategories	USDA WWEIA Food Codes
Sweets	Sweet bakery products	5502, 5504, and 5506
	Candies and sugar	5702, 5704, 8802, 8804, and 8806
	Other desserts	5802, 5804, and 5806

—, not applicable.

SUPPLEMENTAL TABLE 3 Percentage of US Children Who Were 12 to 23 Months of Age and Consuming Different Food Categories by WIC Status (NHANES 2011–2014)

	Eligible for but Not Receiving (<i>n</i> = 84), % (95% CI)	WIC (<i>n</i> = 202), % (95% CI)	Not Eligible (<i>n</i> = 132), % (95% CI)
Fruits	57.6 (41.7–72.0) ^a	70.6 (63.9–76.4) ^a	86.4 (78.5–91.7)
Vegetables (excluding white potatoes)	42.3 (30.5–55.0) ^{a,b}	60.4 (52.2–68.0)	58.1 (46.6–68.7)
Vegetables (including white potatoes)	24.4 (16.4–34.6)	26.5 (20.6–33.4)	20.9 (13.3–31.3)
Protein foods	— ^c	80.5 (74.5–85.3) ^a	90.0 (80.0–95.3)
Dairy	94.9 (85.0–98.4)	91.7 (85.9–95.2) ^a	97.2 (92.3–99.0)
Grains	76.5 (66.6–84.2) ^{a,b}	85.5 (76.2–91.5)	87.2 (76.3–93.5)
Mixed dishes	75.2 (61.4–85.3)	74.8 (68.0–80.6)	68.7 (54.1–80.4)
Snacks	45.9 (32.0–60.5) ^a	48.5 (39.2–57.9) ^a	69.1 (57.4–78.8)
Sweets	68.1 (53.9–79.6)	64.0 (56.7–70.6)	70.7 (59.7–79.8)

Age is presented in months at the time of examination in an MEC. Foods contained in the fruit category include apples, bananas, grapes, peaches and nectarines, berries, citrus fruits, melons, dried fruits, other fruits and fruit salad, and baby food fruit. Foods contained in the vegetables (excluding white potatoes) category include tomatoes, carrots, other red and orange vegetables, dark-green and leafy vegetables, lettuce and lettuce salads, legumes, string beans, onions, mixed vegetables, vegetable mixed dishes, corn, other starchy vegetables, and baby food vegetables. Foods contained in the vegetables (including white potatoes) category include baked or boiled potatoes, French fries and other fried white potatoes, and mashed and white potato mixture. Foods contained in the protein foods category include meats, poultry, seafood, eggs and omelets, cured meats and poultry, nuts, seeds, processed soy products, baby food yogurt, cheese, and yogurt. Foods contained in the grains category include baby food cereals, ready-to-eat cereals, cooked cereals, breads, rolls, tortillas, quick breads and bread products, and cooked grains. Foods contained in the mixed-dishes category include meat, poultry, and seafood mixed dishes; rice, pasta, and other grain-based mixed dishes; pizza mixed dishes; burgers and sandwiches; and soups mixed dishes. Foods contained in the snacks category include savory snacks, crackers, and snack and/or meal bars. Foods contained in the sweets category include sweet bakery products, candy and sugar, and other desserts. WIC status is defined as children who are currently receiving WIC benefits. Eligible for but not receiving WIC benefits is defined as children who are eligible for WIC benefits on the basis of family income/poverty ratio, receipt of Medicaid, or receipt of SNAP benefits (previously called food stamps). Not eligible is defined as children who do not meet WIC eligibility criteria. —, not applicable.

^a Indicates results that are significantly different from those of children who are not eligible for WIC benefits (*t* test; *P* < .05).

^b Indicates results that are significantly different from those of WIC participants (*t* test; *P* < .05).

^c Indicates that the estimate did not meet the National Center for Health Statistics criteria for data presentation. Although degrees of freedom and the relative CI were in compliance with data-presentation standards, the absolute CI was slightly >0.3.