

| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|-------------------------------------|--|------------------|--|---|---------------|-------------------------------------|--|---|---|--|
| Cereal | | | | | | | | | | |
| Cereal | Ready-to-eat boxed cereal, first ingredient must be a whole grain | 1 Cup for Cereal | 150 | 1 | 0 | 140 | 30 | 3 | 2 | n/a |
| Dairy and Dairy Alternatives | | | | | | | | | | |
| Yogurt | Plain, non-fat or low-fat yogurt without added non-nutritive sweetener. | 1 cup | 120 | 1 | 0 | 80 | 15 | n/a | 1 | 8 |
| Kefir | Plain fermented non-fat or low-fat milk. No added sugar | 1 cup | 150 | 1.5 | 0 | 125 | 15 | n/a | 0 | 10 |
| Cheese | A milk-based pressed-curd product. | 1 oz | 150 | 3 | 0 | 300 | 10 | n/a | n/a | 2 |
| Cottage Cheese | A fresh cheese curd product with a mild flavor; also known as curds and whey. Not an aged or pressed cheese. | 1/2 cup | 120 | 1.5 | 0 | 400 | 8 | n/a | n/a | 11 |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|---------------------|--|--------------|--|---|---------------|-------------------------------------|--|---|---|--|
| Ricotta Cheese | Whey cheese made from sheep, cow, or goat. | 0.25 cup | 100 | 3 | 0 | 95 | 5 | n/a | n/a | 4 |
| Non-Dairy Cheese | Cheese substitute non-dairy. | 17-30 gm | 90 | 3 | 0 | 240 | 8 | n/a | 0 | n/a |
| Milk | Low or non-fat milk from cows/goats. | 1 cup | 110 | 1.5 | 0 | 130 | 12 | n/a | 0 | 8 |
| Milk Substitutes | Dairy substitutes such as almond milk, coconut milk, rice milk, soy milk, etc. | 1 cup | 120 | 1 | 0 | 130 | 12 | n/a | 5 | n/a |
| Creamer-Dairy | Low-fat or non-fat products from milk with no added sugar. | 1-2 tbsp | 40 | 1 | 0 | 35 | 5 | n/a | 0 | n/a |
| Non-Dairy Creamer | Dairy substitutes such as almond milk, coconut milk, rice milk, soy milk, etc. | 1 tbsp | 40 | 1 | 0 | 30 | 3 | n/a | 0 | n/a |
| Frozen Meals | | | | | | | | | | |
| Frozen Combo Meal | Combination meal intended for consumption at one time. Must include 1 servings of non-starchy vegetables. If it includes a grain, must be a whole grain. | 250-285 g | 200-400 | <10% kcal | 0 | 575 | 45 | 1 g:10 g cho | <5% kcal | 10 |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|------------------------------------|--|--------------|--|---|---------------|-------------------------------------|--|---|---|--|
| Frozen Combo Vegetarian/Vegan Meal | Combination meal consumed at one time. Must include 1 servings of non-starchy vegetable. <i>If includes grain, must be whole. Vegetarian must include quality source of plant-based protein (ie legume, pulse, etc).</i> | 250-285 g | 200-400 | <10% kcal | 0 | 575 | 50 | 1 g:10 g cho | <5% kcal | 10 |
| Fruit | | | | | | | | | | |
| Canned Fruit | Whole, minimally processed fruit in 100% fruit juice. Fruits must be in their own juice or water, no syrup or artificial sweeteners. | 1/2 cup | 100 | 0 | 0 | 10 | 20 | 1 g:10 g cho | 1 | n/a |
| Dried Fruit | Whole, minimally processed fruit with no added sugar or artificial ingredients | 1/4 cup | 120 | 0 | 0 | 140 | 30 | 1 g:10 g cho | 0 | n/a |
| Frozen Fruit | Frozen whole, minimally processed fruit, with no added sugar, salt, or other ingredients. | 1 cup | 100 | 0 | 0 | 0 | 20 | 1 g:10 g cho | 0 | n/a |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|-----------------------|--|--------------|--|---|---------------|-------------------------------------|--|---|---|--|
| Packaged Fruit | Fresh, minimally processed fruit with no added sugar, salt or artificial ingredients. | 1 cup | 100 | 0 | 0 | 0 | 20 | 1 g:10 g cho | 0 | n/a |
| Lean Protein | | | | | | | | | | |
| Canned Lean Protein | Canned poultry, fish or other seafood packed in water. | 3 oz | 200 | 2 | 0 | 360 | n/a | n/a | 0 | 21 |
| Dried Lean Protein | Dried beef, lamb, poultry, and fish (i.e., jerky). | 1 oz | 100 | 2 | 0.5 | 300 | 1 | n/a | 1 | 7 |
| Fresh Lean Protein | Fresh unprocessed beef, lamb, pork, veal, poultry, fish, seafood, and eggs whites with no added salt or sugar. | 3 oz cooked | 200 | 2 | 0.5 | 360 | 0 | n/a | 0 | 13 |
| Frozen Lean Protein | Frozen unprocessed beef, lamb, pork, veal, poultry, fish, and seafood with no added salt or sugar. | 3 oz | 200 | 2 | 0.5 | 360 | n/a | n/a | 0 | 21 |
| Packaged Lean Protein | Deli cuts of beef, ham, and poultry. | 3 oz | 200 | 2 | 0.5 | 480 | n/a | n/a | 0 | 21 |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|------------------|--|---------------------------------|--|---|---------------|-------------------------------------|--|---|---|--|
| Legumes | | | | | | | | | | |
| Canned Legumes | Includes canned black beans, pinto beans, red beans, navy beans, and lentils. | 1/2 cup | 100 | 0 | 0 | 140 | 30 | ≥5 g, or ≥18% DV | 1 | 8 |
| Dried Legumes | Includes packaged, dried, black beans, pinto beans, red beans, navy beans, and lentils. | 1/2 cup cooked or 1/4 cup dried | 100 | 0 | 0 | 0 | 30 | ≥5 g, or ≥18% DV | 1 | 8 |
| Frozen Legumes | Shelled or whole, minimally processed legumes with no added fat, sugar, sodium, or other ingredient. | 1/2 cup | 150 | 0 | 0 | 0 | 15 | ≥5 g, or ≥18% DV | 1 | 8 |
| Packaged Legumes | Whole, unprocessed legumes with no added fat, sugar, sodium, or other ingredient. | 1/2 cup | 150 | 0 | 0 | 140 | 20 | ≥5 g, or ≥18% DV | 1 | 6 |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|-----------------------------------|--|---|--|---|---------------|-------------------------------------|--|---|---|--|
| Nut Butters and Nuts/Seeds | | | | | | | | | | |
| Nut Butters | Spreads with nut(s)/seeds as first ingredient(s); without added sugars (may have sugar from minimally processed fruit such as dates); minimal added salt; if fat is added it must be from non-hydrogenated vegetable-based oil. Excludes macadamia and brazil nut products. Examples include almond butter, hazelnut butter, peanut butter, sunflower seed butter, and tahini. | 2 Tbsp | 200 | 2.5 | 0 | 110 | 8 | 1 g:10 g cho | 1 | 5 |
| Nuts and Seeds | Dry roasted or roasted with peanut or vegetable oil; with minimal added salt | 1 oz | 200 | 2.5 | 0 | 110 | 9 | 1 g:10 g cho | 1 | 1 |
| Packaged Snacks | | | | | | | | | | |
| Crackers/Pretzels | These are salty or savory pretzel or cracker snacks | As defined by package (usually 3/4 oz to 1 oz) 30 grams | 120 | 1 | 0 | 140 | 20 | 3 | 1 | n/a |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|-------------------------|--|---|--|---|---------------|-------------------------------------|--|---|---|--|
| Chips | Chips made from a fruit or vegetable and baked | As defined by package (usually 3/4 oz to 1 oz) 30 grams per FDA | 150 | 1 | 140 | 240 | 20 | 1 g: 10 g carb | 0 | n/a |
| Puffed/Extruded/Popcorn | Snacks that are puffed, extruded, popped or baked | As defined by package (usually 3/4 oz to 1 oz) 30 grams per FDA | 150 | 1 | 0 | 140 | 20 | 1 g:10 g carb | 1 | n/a |
| Bars | Bar used as meal replacement or snack. First two ingredients must contain whole grains, nuts, seeds, fruits. | 1 bar | 220 | 2 | 0 | 140 | 30 | 1 g:10 g carb | 6 | n/a |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|------------------------------|--|--------------------|--|---|---------------|-------------------------------------|--|---|---|--|
| Sauces and Condiments | | | | | | | | | | |
| Entrée-Based Sauces | These are sauces that would be consumed as a main ingredient of a meal such as pasta with tomato or alfredo sauce, barbecue chicken, or teriyaki chicken. | 1/4 Cup to 1/2 Cup | 100 | 1 | N/A | 350 | 15 | N/A | 0 | N/A |
| Dipping/Topping Condiments | These are sauces/condiments that are consumed in smaller portions in a dish (mayo, ketchup, mustard, etc) | ≤ 2 Tbsp | 50 | 1 | N/A | 250 | 5 | 1 | 1 | N/A |
| Salad Dressings | | ≤ 2 Tbsp | 90 | 1 | N/A | 300 | 5 | N/A | 1 | N/A |
| Soups | | | | | | | | | | |
| Canned Soup | Prepared canned, low or reduced sodium; must contain at least one non-starchy vegetable; if it includes a grain, must be whole grain; vegetarian soups must include a quality source of plant-based protein. | 1 cup | 200 | 1 | 0 | 300 | 30 | 1 g:10 g cho | 1 | 2 |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|--------------------------------------|---|--------------|--|---|---------------|-------------------------------------|--|---|---|--|
| Jarred Soup | Prepared jarred soup, low or reduced sodium; must contain at least one non-starchy vegetable; if it includes a grain, must be whole grain; vegetarian soups must include a quality source of plant-based protein. | 1 cup | 200 | 1 | 0 | 300 | 30 | 1 g:10 g cho | 1 | 2 |
| Packaged Soup | Prepared packaged soup, low or reduced sodium; must contain at least one non-starchy vegetable; if it includes a grain, must be whole grain; vegetarian soups must include a quality source of plant-based protein. | 1 cup | 200 | 1 | 0 | 300 | 30 | 1 g:10 g cho | 1 | 2 |
| Vegetable/Legume Spreads/Dips | | | | | | | | | | |
| Vegetable Dips | Vegetable is first ingredient listed, not an oil-based spread, not a sauce (examples include salsa and guacamole). | 2 Tbsp | 120 | 2.5 | 0 | 140 | 7 | n/a | 1 | n/a |
| Legume Spreads | Spread made from chickpeas, lentils, beans, etc. with without added sugar or artificial ingredients. | 2 Tbsp | 120 | 2.5 | 0 | 140 | 7 | n/a | 5 | 2 |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|---------------------------------|--|--------------|--|---|---------------|-------------------------------------|--|---|---|--|
| Vegetables (Non-Starchy) | | | | | | | | | | |
| Canned Non-Starchy Vegetables | Whole, minimally processed non-starchy vegetables with no added fat, sugar, sodium, or other ingredient. | 1/2 cup | 50 | 0 | 0 | 140 | 10 | 1 g:10 g cho | 0 | 2 |
| Frozen Non-Starchy Vegetables | Whole, minimally processed non-starchy vegetables with no added fat, sugar, sodium, or other ingredient. | 1 cup | 50 | 0 | 0 | 50 | 10 | 1 g:10 g cho | 0 | 2 |
| Fresh Non-Starchy Vegetables | Whole, unprocessed non-starchy vegetables with no added fat, sugar, sodium, or other ingredient. | 1 cup | 50 | 0 | 0 | 50 | 10 | 1 g:10 g cho | 0 | 2 |
| Vegetables (Starchy) | | | | | | | | | | |
| Canned Starchy Vegetables | Canned peas, corn, potatoes, squash, or combo vegetables. | 1/2 cup | 80 | 0 | 0 | 140 | 15 | 1 g:10 g cho | 0 | n/a |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to -g) | Trans Fat (g) | Sodium (less than or equal to -mg) | Total Carbohydrate (less than or equal to -g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to -g OR percent of calories) | Protein (greater than or equal to -g) |
|--------------------------------------|---|---------------------------------|--|--|---------------|------------------------------------|---|---|--|---------------------------------------|
| Canned Starchy Vegetables | Canned peas, corn, potatoes, squash, or combo vegetables. | 1/2 cup | 80 | 0 | 0 | 140 | 15 | 1 g:10 g cho | 0 | n/a |
| Fresh Starchy Vegetables | Fresh peas, corn, potatoes, squash, or combo vegetables. | 1/2 cup | 80 | 0 | 0 | 140 | 15 | 1 g:10 g cho | 0 | n/a |
| Frozen Starchy Vegetables | Frozen peas, corn, potatoes, squash, or combo vegetables. | 1/2 cup | 80 | 0 | 0 | 140 | 5 | 1 g:10 g cho | 0 | n/a |
| Packaged Starchy Vegetables | Freeze-dried peas, corn, potatoes, squash, or combo vegetables. | 1/2 cup | 250 | 0 | 0 | 140 | 30 | 1 g:10 g cho | 0 | n/a |
| Whole Grains | | | | | | | | | | |
| Rice and other whole grains (cooked) | First ingredient: Brown rice, wild rice, quinoa, millet, farro, bulgur, kasha, oats, and barley. Includes packaged, fresh, and frozen. Can include grain-free alternatives made with cauliflower or other non-starchy vegetables. | ½ cup, cooked (rice is 1/3 cup) | 200 | 0 | 0 | 140 | 30 | 1 g:10 g cho | 1 | n/a |



| Food Category | Description | Serving Size | Total Calories (less than or equal to) | Saturated Fat (less than or equal to - g) | Trans Fat (g) | Sodium (less than or equal to - mg) | Total Carbohydrate (less than or equal to - g) | Fiber (g or ratio of g fiber: 10 g CHO) | Added Sugars (less than or equal to - g OR percent of calories) | Protein (greater than or equal to - g) |
|------------------------------------|--|------------------------|--|---|---------------|-------------------------------------|--|---|---|--|
| High Fiber Whole Grains (dried) | First ingredient must be a whole grain (ex: teff, quinoa, etc) | 1/4 cup (dry) | 180 | 0 | 0 | 0 | 38 | 1 g:10 g cho | 0 | n/a |
| Low Fiber Whole Grains (dried) | First ingredient must be a whole grain (ex: brown rice, steel cut oats, etc) | 1/4 cup (dry) | 180 | 0 | 0 | 0 | 33 | 2 | 0 | n/a |
| Pasta (includes couscous and orzo) | First ingredient: whole grain or legume. Can be gluten-free. Includes packaged, fresh, and frozen. Can include those made with non-grain flours. | ½ cup, cooked | 250 | 1.5 | 0 | 250 | 45 | 1 g:10 g cho | 2 | n/a |
| Bread | First ingredient must be a whole grain. Can include those made with non-grain flours. | 1 oz (1 slice or roll) | 150 | 1.5 | 0 | 250 | 30 | 1 g:10 g cho | 3 | n/a |
| Bread alternatives | Products used in place of traditional bread products | 1 oz | 120 | 1 | 0 | 180 | 10 | 1 g:10 g carb | 0 | n/a |

