

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



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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



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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



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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, game, 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, game 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, game. 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



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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



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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



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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



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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	475	30	1 g:10 g cho	1	2



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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	475	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	475	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



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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



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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



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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

