



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	1/2-1 cup*	150	1	0	140	30	3	2	n/a
Dairy and Dairy Alternatives										
Yogurt	Description: Plain or Flavored, non-fat or low-fat yogurt	2/3-1 cup*	120	1	0	80	15	n/a	1	8
Kefir	Fermented non-fat or low fat milk. Plain. 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
Ricotta Cheese	Whey cheese made from sheep, cow, goat	0.25 cup	100	3	0	95	5	n/a	n/a	4
Non-Dairy Cheese	Cheese sub not containing 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 2 servings of nonstarchy 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
Frozen Combo Vegetarian/Vegan Meal	Combination meal intended for consumption at one time. Must include 2 servings of nonstarchy vegetables. If it includes a grain, it must be a whole grain. Vegetarian must include quality source of plant-based protein (ie legume, pulse, etc).	250-285g *	200-400	<10% kcal	0	575	50	1 g:10 g cho	<5% kcal	10
Frozen Mixed Ingredient Dish	Mixed Dishes not measurable with a cup, intended for consumption at one time. Must include lean animal or plant-based protein, excluding ultra-processed sources. May or may not include vegetables. If it includes a grain, must be a whole grain. Ex. Personal Pizzas/Pizza Pockets, Quiches, Burritos, Enchiladas, Sandwiches	110-200 gms*	< 400	<10% kcal	0	≤ 490 per 100g	<45	1 g:10 g cho	<5% kcal	≥ 8
Meal Kits and Pre-made Meals										
Meal Kit Delivery and Pre-made Meals	Meal kit delivery service that ships boxes of ingredients (meal kits) along with recipes for consumers to cook and/or provides pre-made meals that can be consumed; meals must include at least 2 servings of non-starchy vegetables, a whole grain and a source of protein, and must offer a minimum choice of 3-5 recipes/week in the weekly rotation of meals offered.	Per labeled serving size	< 800	<10%	0	<700	30-65	1 g:10 g cho	<5% kcal	20-50 or 15-20% kcal
Point of Sale Meal Kits and Pre-made Meals	Point of sale meal kits with ingredients along with recipes for consumers to cook and/or pre-made meals that can be consumed; must include at least 2 servings of non-starchy vegetables, a whole grain and a source of protein.	Per labeled serving size	< 800	<10%	0	<700	30-65	1 g:10 g cho	<5% kcal	20-50 or 15-20% kcal
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
Fresh Fruit	Whole, unprocessed with no added fat, sugar, sodium, or other ingredient.	1 piece-1 cup*	100	0	0	0	20	1 g:10 g cho	0	n/a
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, game, 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
Legumes										
Canned Legumes	Includes canned black beans, pinto beans, red beans, navy beans, and lentils.	1/2 cup	170	0	0	140	30	≥5 g, or ≥18% DV	1	6
Dried Legumes	Includes packaged, dried, black beans, pinto beans, red beans, navy beans, and lentils.	1/2 cup cooked or 1/4 cup dried	170	0	0	25	30	≥5 g, or ≥18% DV	1	6
Frozen Legumes	Shelled or whole, minimally processed legumes with no added fat, sugar, sodium, or other ingredient.	1/2 cup	170	0	0	25	30	≥5 g, or ≥18% DV	1	6
Packaged Legumes	Whole, unprocessed legumes with no added fat, sugar, sodium, or other ingredient.	1/2 cup	170	0	0	140	30	≥5 g, or ≥18% DV	1	6
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
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	0	240	20	1 g: 10 g carb	0	n/a
Puffed/Extruded/Popcorn	Snacks that are puffed, extruded or popped - 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 and Bites	Bar used as meal replacement or snack. First two ingredients must contain whole grains, nuts, seeds, fruits.	Per labelled serving size	200	2	0	140	25	1 g:10 g carb	6	n/a
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
Spices & Spice/Seasoning Mixes										
Spices, herbs, & seasoning mixes	Low Sodium or No Added Sodium dried spices, herbs, or seasoning mixes	1/4 tsp	n/a	n/a	n/a	< 140	n/a	n/a	< 1	n/a
Marinades	Low Sodium or No Added Sodium sauces meant to flavor or soften and tenderize food	1 tbsp	< 20	0	0	< 140	< 5	n/a	< 5	n/a
Seasoning Pastes	Low Sodium or No Added Sodium pastes meant to flavor food, typically consisting of herbs or herbal mixtures	1 tsp	< 20	0	0	< 140	< 3	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	8 oz.	200	1	0	320	30	1 g:10 g cho	1	2
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	8 oz.	200	1	0	320	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	8 oz.	200	1	0	320	30	1 g:10 g cho	1	2
Canned, Jarred or Package Soup Meal Portion	Prepared meal portion of canned, jarred or packaged soup, low or reduced sodium; must contain at least one non-starchy vegetable; if it includes a grain must be a whole grain; vegetarian soups must include a quality source of plant based protein	12 oz	350	1.5	0	480	45 (50 for vegetarian soups)	1g:10 ratio	1.5	3
Vegetable/Legume Spreads/Dips										
Vegetable Dips	Vegetable is first ingredient listed, not an oil-based spread, not a sauce (examples include salsa and suvaramole).	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
Vegetables (Non-Starchy)										
Canned Non-Starchy Vegetables	Whole, minimally processed non-starchy vegetables with no added fat, sugar, sodium, or other ingredient.	1/2 -1 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.	1/2-1 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.	1/2-1 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
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	15	1 g:10 g cho	0	n/a
Packaged Starchy Vegetables	Freeze-dried peas, corn, potatoes, squash, or combo vegetables.	1/2 cup cooked	80	0	0	140	15	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.	varies. Usually 1/2-1 cup*	200	0	0	140	30	1 g:10 g cho	1	n/a
High Fiber Whole Grains (dried)	First ingredient must be a whole grain (ex: teff, quinoa, etc)	1/4 cup (dry)*	180	0	0	0	38-40	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 (cooked, 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.	varies. Usually 1/2-1 cup*	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
Low Calorie Beverages and Beverage Enhancers										
Low Calorie Beverages	Still or sparkling beverages with minimal calories meant to increase flavor and decrease calories/sugar intake from fluids consumed, may contain vitamins and minerals e.g., regular and herbal unsweetened teas, but does not include sodas/pop/coke. Should not contain > 60mg caffeine per labeled serving.	8-18oz	≤ 15	0	0	≤ 75	< 5	0	0	0
Beverage Enhancers (Liquid Drops or Powders)	Liquid Drops or Powders meant to increase flavor and decrease calorie/sugar intake from fluids consumed, may contain vitamins and minerals, but does not contain caffeine, herbs, or supplements. Should not contain caffeine.	Varies 1pack-30ml (Pack is ~2ml)	≤ 15	0	0	≤ 75	< 5	0	0	0

* Indicates nutrition criteria listed are the maximum amount allowed per labeled serving on package